



Helpful Websites for People Living with Dementia and Their Caregivers

Alzheimer Society Southwest Partners

Provides comprehensive support across Southwestern Ontario through personalized counselling, dementia education workshops, peer-led caregiver support groups, and their First Link® program. They offer direct assistance in navigating community resources, accessing local dementia-friendly activities, and planning for ongoing dementia care needs.

- <https://alzswp.ca/>

Canadian Coalition for Seniors' Mental Health (CCSMH)

Specializes in improving mental health services for older adults across Canada. Their comprehensive online resources offer caregivers access to many free, practical tools, including printable tip sheets and evidence-based strategies to help manage common challenges like agitation, anxiety, or wandering behaviors associated with dementia.

- <https://ccsmh.ca/>

Health Services for South West - southwesthealthline.ca

A regional directory that lets you freely search for nearby dementia day programs, respite beds, transportation and caregiver-support services across the South West.

- <https://www.southwesthealthline.ca/>

This brochure is part of ClarityPath's commitment to supporting caregivers with compassionate, evidence-informed resources.

Visit <https://claritypath.ca/> for more tools and guides.
