



NEW RESOURCES

designed by
caregivers and
health care
experts.

Caregiving Strategies: Providing Care and Support for a Senior Living with Frailty

Improve your skills,
knowledge, and
confidence as a
family member or
friend caregiver.

RESOURCES AVAILABLE

- FREE online course
- Handbook
- Tools, tips and links to great resources

Get resources at
www.rgps.on.ca/caregiving-strategies

