



TOGETHER WE ARE STRONGER

CaregiverStrong Institute was built from lived experience and a commitment to ensure no one faces caregiving alone.

Our goal is simple:



To help caregivers feel seen.



To help families feel supported.



To strengthen communities.



To remind you that you are not alone.

WHO WE SUPPORT

- Family caregivers • Older adults • Individuals living with dementia • Care partners • Families
- Healthcare professionals • Students
- Researchers • Community organizations

CONNECT WITH US



caregiverstronginstitute.ca



info@caregiverstronginstitute.ca



(416) 894-3331

TOGETHER, WE ARE
LEARNING TO CARE DIFFERENTLY.
TOGETHER, WE ARE
TURNING PAIN INTO PURPOSE.

Together,
we're stronger.



CaregiverStrong Institute

*Learning to Care Differently
Turning Pain into Purpose*

BECAUSE BEHIND EVERY DIAGNOSIS IS A PERSON,
BEHIND EVERY PERSON IS A FAMILY,
BEHIND EVERY FAMILY IS A CAREGIVER.



We support caregivers, families, older adults, and communities with compassion, understanding, and hope. Caregiving often begins without warning and can change daily life in profound ways. We walk alongside you so you feel supported, informed, and less alone.

BECAUSE CAREGIVING CHANGES EVERYTHING

Most people don't feel ready to become caregivers.

A diagnosis, illness, or change in health can shift roles overnight and bring new responsibilities, emotions and uncertainty

Caregiving can include:

- › Changing family roles and responsibilities
- › Emotional, physical, and financial stress
- › Difficult decisions and uncertainty
- › Deep love, concern, and responsibility
- › Moments of connection, resilience, and meaning

IF YOU ARE EXPERIENCING THIS, YOU ARE NOT ALONE — AND YOUR EXPERIENCE MATTERS.



OUR STORY

CaregiverStrong Institute was created through lived experience, professional practice, and a shared commitment to supporting caregivers, families, and communities.

Our foundation comes from work across healthcare, education, research, rehabilitation, long-term care, and community leadership—but even more from real family caregiving experiences.

Learning to Care Differently



was inspired by Denise's experience across healthcare, research, education, long-term care, and family caregiving. It reflects the importance of seeing the person behind the diagnosis and strengthening relationships through compassion and understanding.



Turning Pain into Purpose



was inspired by Belle's belief that life's challenges can become opportunities for growth, resilience, connection, and hope.

Together, these ideas shape CaregiverStrong Institute—a place built on experience, compassion, and human connection.

OUR FOUNDERS



DENISE BEDARD



BELLE LUMANI

WHAT WE BELIEVE



Every person deserves dignity and respect



Caregivers deserve support and recognition



Strong communities support caregivers



Knowledge should be practical and accessible



Relationships matter at every stage of life



Hope is always possible

Caregiving is not about perfection—it is about love, responsibility, and connection.

HOW WE HELP



RESEARCH

We share insights from experience and evidence to improve caregiving and daily life.



REHABILITATION

We support confidence, communication, adaptation, and well-being throughout the caregiving journey.



RESOURCES

We connect caregivers and communities with tools, education, and trusted support.

