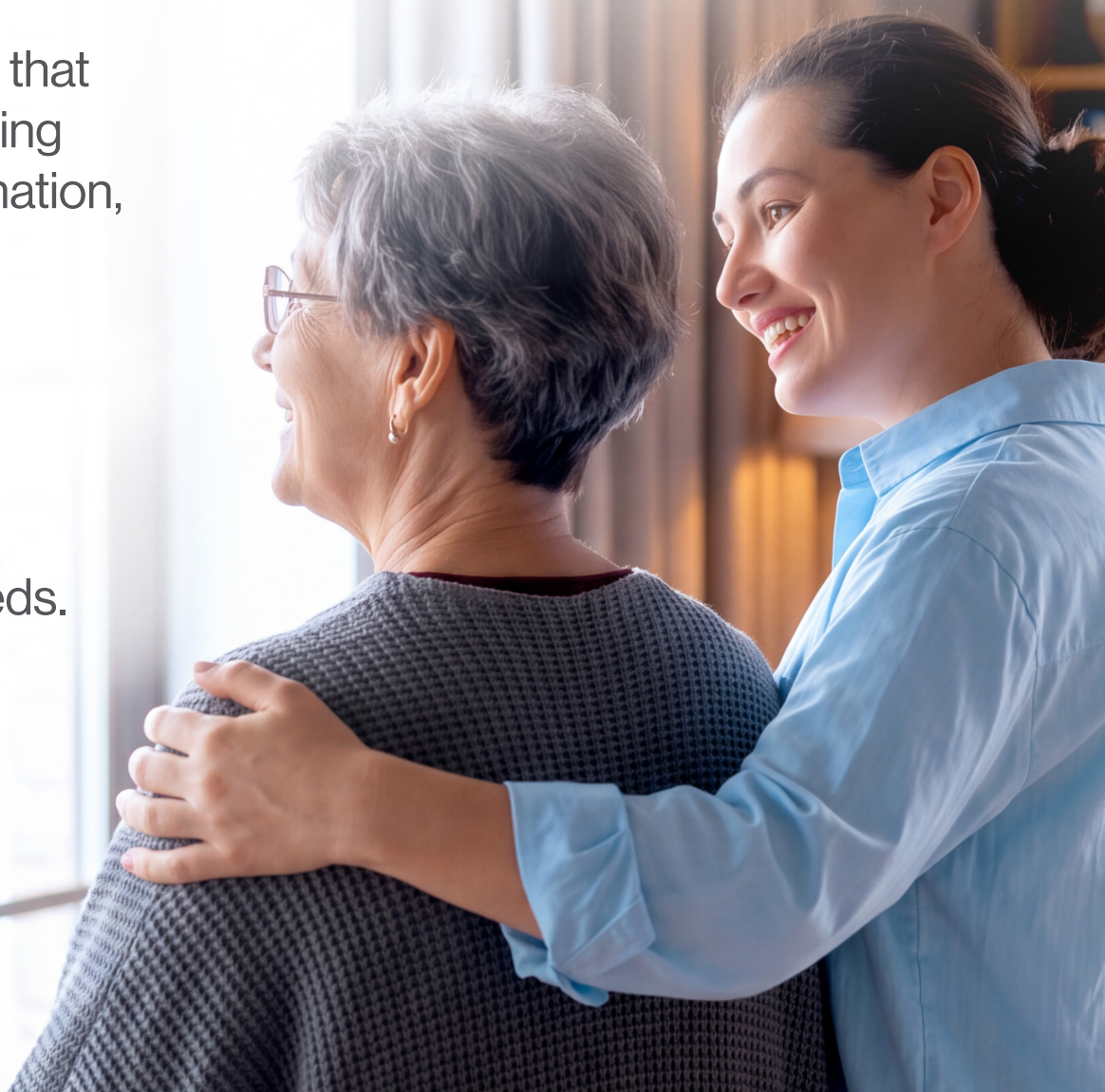


You don't have to navigate caregiving alone.

Caring for a parent, spouse, family member or friend?

C-CART by Baycrest is a free tool that helps you understand your caregiving needs and find personalized information, resources and support.

- Find resources and services tailored to you.
- Get support for your wellbeing.
- Plan for changing caregiving needs.



Find your place to start.

Point your phone's camera at the code to get started.

Or visit c-cart.baycrest.org to take the assessment online or download the free C-CART app.