

# Patient and Caregiver Resources

This compilation of resources has been developed directly by members of the Topic Expert Group.

## POTS Patient and Caregiver Resources

Source	Link	Description
<b>Making Sense of your Symptoms to Support Diagnosis and Treatments</b>		
<p><b>Bateman Horne Centre</b> A centre dedicated to the diagnosis and care of patients with ME/CFS, FM &amp; Long COVID</p>	<p><a href="https://batemanhornecentre.org/wp-content/uploads/2023/09/Orthostatic-Intolerance-Education-Handout.pdf">https://batemanhornecentre.org/wp-content/uploads/2023/09/Orthostatic-Intolerance-Education-Handout.pdf</a></p>	<p>Symptom and treatment resources (including rehydration solution options), instructions for NASA Lean test.</p>
<p><b>Dysautonomia International</b> International organization focused on dysautonomia awareness, advocacy and research</p>	<p><a href="https://www.dysautonomiainternational.org/page.php?ID=36">https://www.dysautonomiainternational.org/page.php?ID=36</a></p> <p><a href="https://www.youtube.com/watch?v=ucgaUP6lp4E">https://www.youtube.com/watch?v=ucgaUP6lp4E</a> (video)</p>	<p>Extensive resources on all types of dysautonomia along with educational materials, research and support groups.</p>
<b>Disability and Accommodation Resources</b>		
<p><b>Benefits Wayfinder</b> A simple, easy to use, plain language tool that helps people on low and modest incomes find and track benefits they could get.</p>	<p><a href="https://benefitswayfinder.org/">https://benefitswayfinder.org/</a></p>	<p>Information and resources from federal, provincial, and territorial governments, updated on an ongoing basis as new information becomes available.</p> <p>Individuals can use the tool on their own or with the support of an agency staff person.</p>

<p><b>211 Ontario</b> Ontario helpline for social services, programs and community support.</p>	<p><a href="https://211ontario.ca/">https://211ontario.ca/</a></p>	<p>A free confidential service that helps connect Ontarians to potential social and community support. It can be searched using various topics e.g., disabilities.</p>
<p><b>Unity Health, Toronto</b> Toronto healthcare network comprising three hospitals providing services across the whole spectrum of care.</p> <p>A video from the Outpatient Post-COVID clinic on possible sources of income when sick or disabled.</p>	<p><a href="https://www.youtube.com/watch?v=dQGKRO-J3G4&amp;t=9s">https://www.youtube.com/watch?v=dQGKRO-J3G4&amp;t=9s</a></p>	<p>A review of possible sources of income (CPPD, Ontario Works, OPD) and their application processes (for Long Covid patients but may be useful to those with POTS).</p>