



◆ Torchlight

Parenting & Caregiving

<https://nfp.torchlight.care>

Torchlight & NFP - The value of our partnership

Reflects a
supportive
culture

NFP thinks that offering the Torchlight caregiving benefit shows commitment and acceptance of their employee's diverse needs and concerns.

Solution-oriented
supports

Torchlight is the best-in-class, curated parenting and caregiving solution to meet the employee's needs. Able to customize and recommend topics related to your particular needs. Torchlight is available from your computer or mobile device.

Educates
employees

Torchlight offers vast and diverse resources, solutions, and content types to help educate employees on their caregiver needs. Torchlight helps employees resolve caregiving & parenting challenges and is available 24/7 before challenges become a crisis.

WHAT IS A CAREGIVER?

A caregiver is anyone who is responsible for the health, safety, and wellbeing of a loved one.

WHO IS A CAREGIVER?

There are only four kinds of people in the world.

- *Those who have been caregivers.*
- *Those who are currently caregivers.*
- *Those who will be caregivers,*
- *Those who will need a caregiver.”*
- FORMER FIRST LADY MRS. ROSALYNN CARTER

Approximately 53 million people provide unpaid care to adults & children



About Torchlight



Find answers.

Build the knowledge and skills you need to support your loved one, achieve your parenting and caregiving goals, and find more joy in family life. Customize a profile for your child or loved one. Share your concerns and get recommended resources.

 [Create a profile](#)

 [Digital guides](#)

 [Downloadable tools](#)



Learn from experts.

Explore our expert resources and events to improve your ability to advocate for your loved one, understand available options, and take further action.

 [Expert Q&A](#)

 [Educational webinars](#)



Discover self.

Reflect on your own wellness, resilience, and self-care. Then, explore live web chat sessions and get support.

 [Self-assessment](#)

 [Live Web Chats](#)

Getting started with Torchlight is easy

To access Torchlight, you first need to **create an account** by entering your name and email address. Creating an account keeps your parenting and caregiving concerns private and provides recommended resources addressing your family's dynamics.

1. First visit <https://nfp.torchlight.care>
2. Choose the experience that is best for your caregiving needs: Torchlight Caregiving for Children or Torchlight Caregiving for Seniors
3. Select "Create Account" and enter your name, preferred email address (work or personal), and a strong password*
4. Check the box to accept the Terms of Service and Privacy Policy and click on "Create Your Free Account"
5. Select your Country and language, English or French

*To create an account on both sites, we recommend using the same email address and password

The screenshot displays the Torchlight website interface. At the top, the logo 'Torchlight Parenting & Caregiving' is visible alongside the NFP logo. A main banner features a group of people celebrating and the text 'Explore your free Torchlight resources today.' Below this, two teal buttons offer options: 'I'm a parent or guardian. Explore now' and 'I'm a caregiver for an older adult.' A dark blue overlay contains the account creation form, which includes fields for 'First Name', 'Last Name', 'Email', 'Password', and 'Re-type Password'. A checkbox for 'I've read and accept the Terms of Service and Privacy Policy' is present, along with a 'CREATE YOUR FREE ACCOUNT' button and a 'Need help creating your account? Contact us.' link.

◆ Torchlight
Parenting & Caregiving

NFP

Explore your free Torchlight resources today.

◆ Torchlight
Caregiving for Children
I'm a parent or guardian.
Explore now →

◆ Torchlight
Caregiving for Seniors
I'm a caregiver for an older adult.

CREATE ACCOUNT ▾ LOG IN

First Name Last Name

✉ Email

🔒 Password

🔒 Re-type Password

I've read and accept the [Terms of Service](#) and [Privacy Policy](#).

CREATE YOUR FREE ACCOUNT

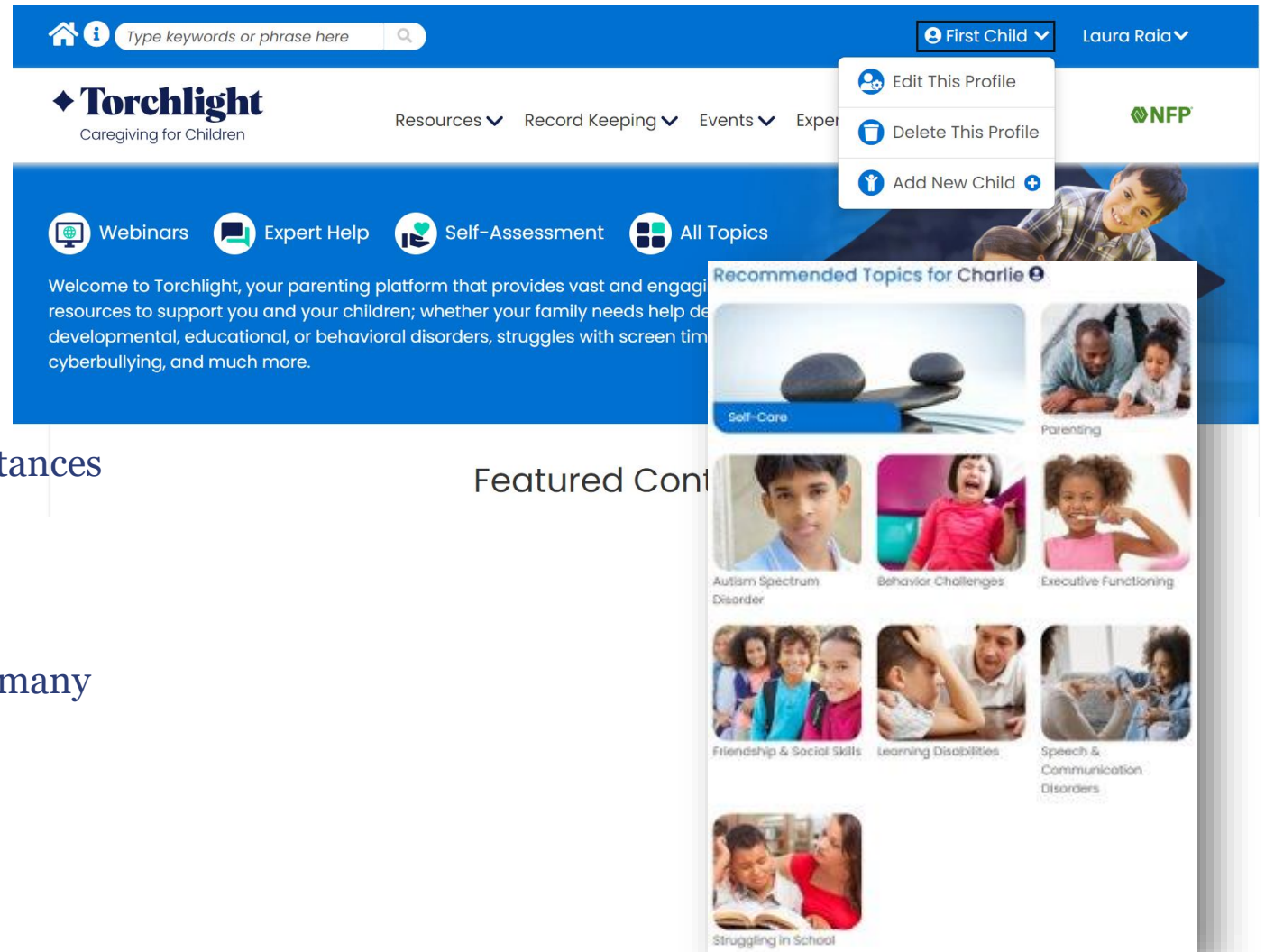
Need help creating your account?
[Contact us.](#)

Personalizing your Torchlight experience

Start your journey by creating a profile!

Once registered, you will have the option to fill out a **profile** for each child or loved one. Share specific information about your and your loved one's circumstances as well as any concerns you have. With this guidance, Torchlight can make recommendations for guides and tools that fit your needs.

Caring for more than one person? It is easy to add as many profiles as you need.



Featured Content

Exploring the site to begin your Torchlight journey

Once you have a profile created, you can select a recommended topic from the homepage, use the search feature, or select "All Topics" in the blue bar. For example, say you care for a child with Autism Spectrum Disorder. If you type that phrase into the search bar, you will get many relevant results.

Be sure to explore the many **Guides** available. Guides are a terrific way to get an overview of a topic along with deeper information and steps. Once you have a better understanding of a topic, explore our **worksheets** and **tools** which offer hands-on, practical ways to address related parenting and caregiving concerns.

Autism Spectrum Disorder

Autism spectrum disorder (ASD) can manifest differently from individual to individual. That means that your child's journey (like everyone else's) will be unique. Find out how ASD is diagnosed and treated, and get information and tips for supporting children with ASD to lead happy, successful lives.



GUIDE Autism Spectrum Disorder (ASD)	GUIDE Support Your Child with ASD	GUIDE Talk to Your Child About ASD
TOOL Show Me How You're Feeling! Game	TOOL Visual Schedule: Morning Checklist	TOOL Visual Schedule: Bedtime Checklist
TOOL After-School Checklist		

Expand all steps

STEP 1 • Understand the challenges and opportunities.

STEP 2 • Understand the definition of ASD.

STEP 3 • Learn as much as you can.

The more you know about Autism Spectrum Disorder, the better able you will be to help your child. Check out these resources to get you started:

Books:

- Uniquely Human: A Different Way of Seeing Autism, by Barry M. Prizant
- The Reason I Jump: The Inner Voice of a Thirteen-Year-Old Boy with Autism, by Naoki Higashida
- NeuroTribes, The Legacy of Autism and the Future of Neurodiversity, by Steve Silberman
- The Autism Awareness Centre curated collection of books and other resources on autism
- The Canadian Children's Book Centre Reading List for Autism Awareness (English only)

Web resources:

- The Autism and/or Intellectual Disability Knowledge Exchange Network (AIDE Canada)
- Autism Speaks* Canada
- Holland Bloorview Kids Rehabilitation Hospital Foundation's Autism

Tasks	
<input type="checkbox"/>	Get dressed
<input type="checkbox"/>	Eat breakfast
<input type="checkbox"/>	Brush teeth
<input type="checkbox"/>	Make bed

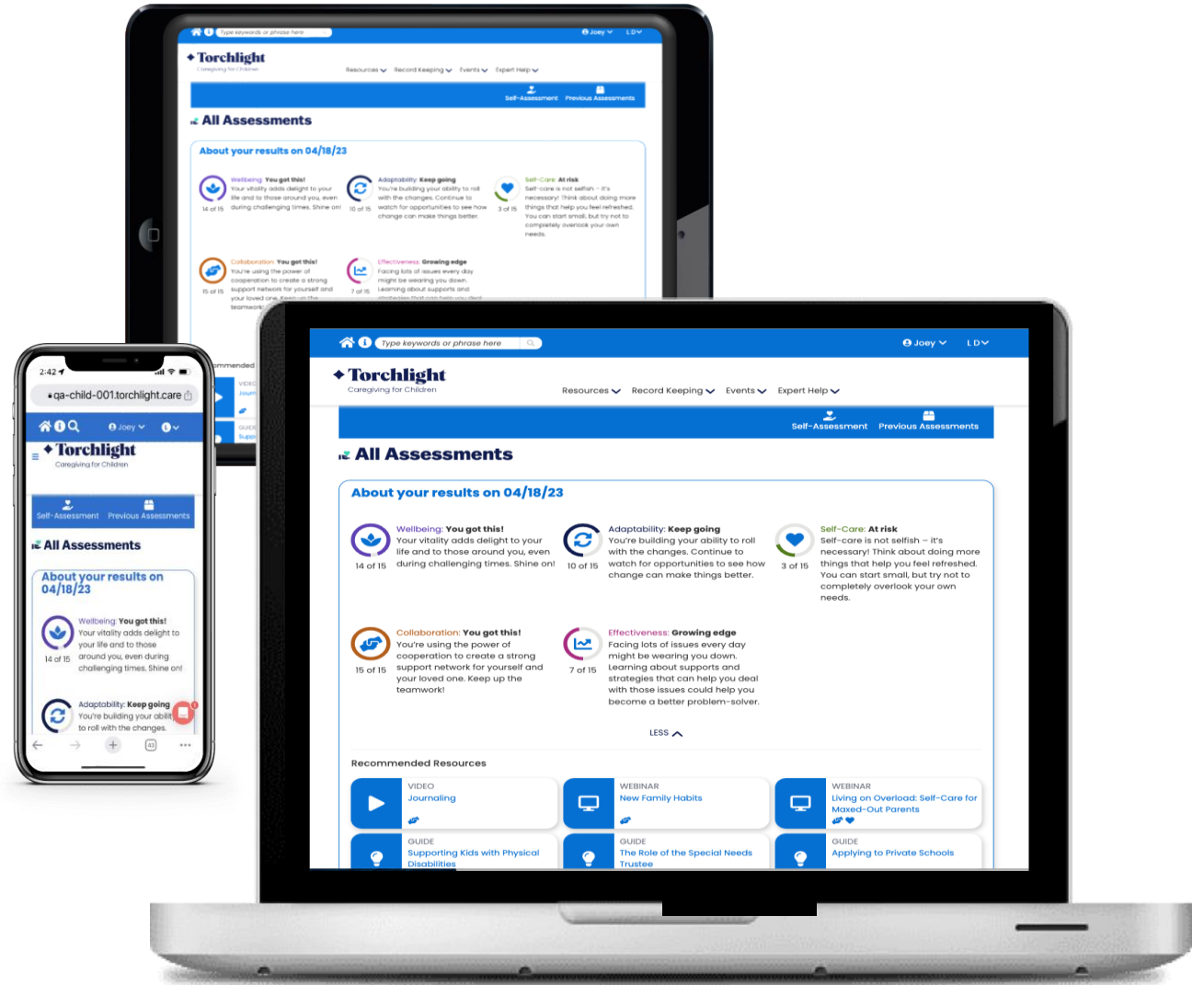
Caregiver Self-Assessment

A self-assessment is a powerful means of self-awareness.

Torchlight's research-informed caregiver assessment measures your responses to questions in five domains – wellbeing, adaptability, self-care, collaboration, and effectiveness.

Assessment results drive the tailored content recommendations that appear in your caregiver "dashboard" to encourage and support growth and resilience.

Consider taking just a few minutes to complete the **self-assessment**, accessed via the homepage.



Torchlight provides 1-1 Expert Advising

• What to Expect During Your 1-1 Session

Our advisors are available to discuss your loved one's needs, address complex challenges, and figure out the next steps. Sessions, typically by phone or Zoom, cover a range of parenting and caregiving concerns, like ADHD, anxiety, autism, dementia, housing, legal documents, mental health, and more.

Strategy & Advice

- Clear explanations and effective support strategies
- Practical solutions and assistance
- Peer-to-peer consultation and problem solving

Consultation & Direction

- One-to-one consultation and problem solving
- Education to help build advocacy skills

Next Steps

Within 3 business days you will receive your personalized session summary with curated resources and tools, along with the recommended action steps for you and your family.

Confidential Sessions

Your session with a Torchlight-designated consultant is confidential. The time together is meant to give you the opportunity to share your concerns and questions and get consultation and actionable next steps.

The screenshot displays the Torchlight website interface. At the top, there is a blue navigation bar with a search bar containing the text "Type keywords or phrase here" and a magnifying glass icon. To the right of the search bar are the user profile "Laura Raia" and a dropdown menu for "First Child". Below the navigation bar is the Torchlight logo and the tagline "Caregiving for Children". A secondary navigation bar contains links for "Resources", "Record Keeping", "Events", and "Expert Help". The "Expert Help" dropdown menu is open, showing options for "Advising" and "Expert Q&A". Below this is a banner with icons for "Webinars", "Expert Help", "Self-Assessment", and "All Topics". A welcome message reads: "Welcome to Torchlight, your parenting platform that provides vast and engaging expert resources to support you and your children; whether your family needs help dealing with developmental, educational, or behavioral disorders, struggles with screen time or cyberbullying, and much more." Below the banner is the "Advising" section, titled "Personalized Advice from Our Expert Advisors". It includes a description: "Schedule a free, expert advising session to improve your ability to advocate for your child, understand available options, and take further action. Request a session in the platform by completing a brief form, and we will select the right advisor to address your concerns." and a "REQUEST EXPERT ADVISING" button. A small image of a family is visible on the right side of the page.

Torchlight content topics include:

CAREGIVING FOR CHILDREN

Anxiety, Depression & Mental Health
Assistive Technologies
Beginning & End of School Year
Behavior Challenges and Positive Behavior Supports
Bullying and Cyber-bullying
Disability-specific information – Autism, ADHD, Deaf/Hard of Hearing, Executive Function, Intellectual Disabilities, Learning Disabilities, Physical Disabilities, and Vision Impairments
Diversity, Equity and Inclusion
Friendships & Social Skills
LGBTQIA2S+
School Supports – Early Intervention, Evaluations & Special Education, Private Schools, Struggling in School, Transitions, and School Meetings
Screen Time & Social Media
Self-care
Sensory Processing
Speech & Communication
Substance Use & Prevention
Support for Struggling Learners
Vacations & Holidays

CAREGIVING FOR SENIORS

Caregiving Essentials – Arranging Services, Finding Resources, Home & Housing Options, and Pets
Cognitive Impairment, Dementia & Alzheimer's
Diversity, Equity, and Inclusion
Driving & Transportation
Eating & Nutrition
Elder Abuse or Neglect
Substance Abuse
End of Life
Family Dynamics
Finances & Financial Planning, Legal Documents & Estate Planning, and Scams and Financial Exploitation
Holistic & Integrative Therapies
Hospital Stays & Rehab
Medical Conditions – Bone & Joint Disorders, Cancer, Diabetes & Endocrine Disorders, Hearing, Heart Disease & Hypertension, Kidney & Urinary Tract Disorders, Pain, Lung/Pulmonary Disease, Neuro-logical Issues, Skin Disorders, and Vision Impairments
Medication Management
Mental Health, including Anxiety & Depression
LGBTQIA2S+
Self-care, Quality of Life, & Wellness/Preventive Care

Thanks

For assistance, email us at support@torchlight.care