

Seniors' Resource Directory

Revised August 19, 2013

TRILLIUM HEALTH PARTNERS



SENIORS' DIRECTORY

Trillium Health Partners

Sites:
Mississauga Hospital
Queensway Hospital
Credit Valley Hospital

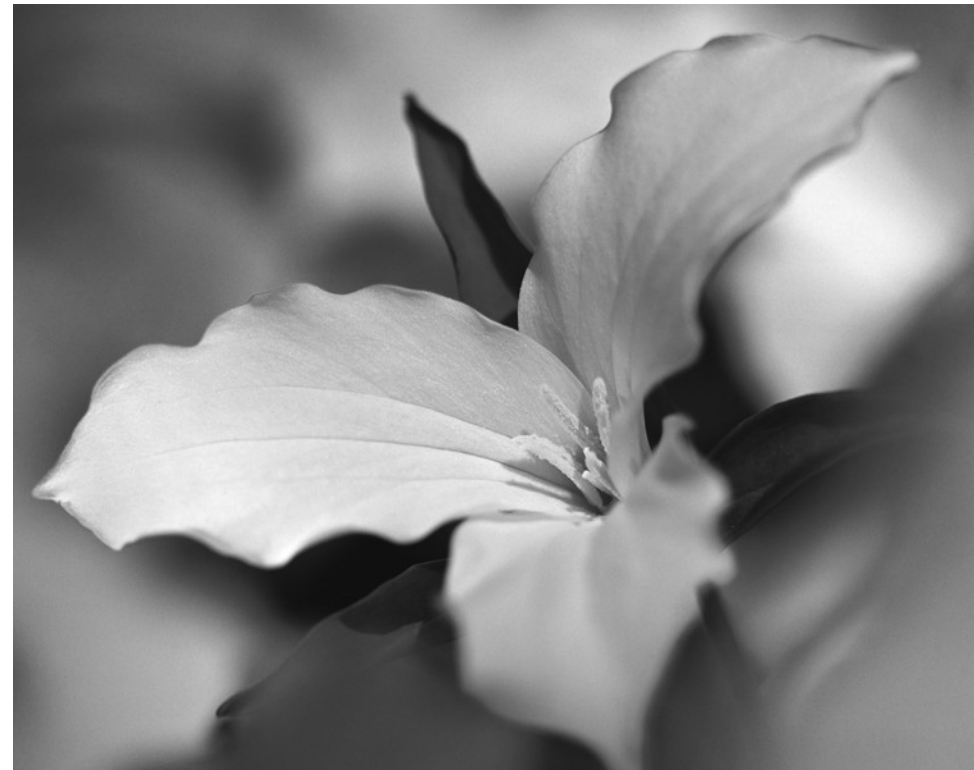


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HOSPICE PALLIATIVE CARE

NAME	PHONE NUMBER
Dorothy Ley Hospice (Etobicoke)	(416) 626-0116
Heart House Hospice (Mississauga)	(905) 712-8119
Ian Anderson House (Oakville)	(905) 337-8004
McCall Centre (Etobicoke)	(416) 259-2573
Toronto Grace Health Centre	(416) 925-2251 x 261
Wellspring Provides emotional and psychological support, free of charge, to individuals and families living with cancer (Oakville).	(905) 257-1988

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ADDITIONAL HOME SERVICES

Trillium Health Centre promotes optimal health and independence. With these goals in mind, the following information has been compiled for client and family use.

Disclaimer: This directory is for information only and does not imply a recommendation. There may be other services that are not listed in the directory and exclusion does not imply a lack of endorsement.

COMMUNITY CARE ACCESS CENTRES (CCAC)

This directory does not include information on long-term care facilities. For this information, and to apply, contact your local Community Care Access Centre.

Role of CCAC:

- Answers questions about health concerns or community resources
- Coordination of in-home services
- Application to day programs
- Applications to long term care

Mississauga-Halton CCAC: (905) 855-9090

- Mississauga, Oakville, Milton, Georgetown, Halton Hills and South Etobicoke

Central-West CCAC: (905) 796-0040

- Central West Toronto, including part of north Etobicoke and north Peel region

Toronto Central CCAC: (416) 506-9888

- Toronto area

AGENCY	CITY	SERVICES AVAILABLE	PHONE NUMBER
Med Visit	Greater Toronto area	Physician House Call Service	(416) 631-3000
Elder-Help	Brampton	Friendly visiting	(905) 457-6055
Recreational Respite	Greater Toronto area	Therapeutic recreation tailored to individual needs	(905) 813-0336

CAREGIVER RELIEF/RESPITE CARE (Non-profit)

NAME	PHONE NUMBER
Caregiver Recharge Program (CRP) Free caregiver respite service for seniors	(905) 281--4443
Storefront Humber Services for Seniors & Disabled 2445 Lakeshore Blvd. W, Etobicoke Nonprofit; fee schedule and sliding scale Located below Bloor, Target: Bloor; Browns Line; Etobicoke Creek, Etobicoke (South) -day program with Seniors, Breakfast program; Lunch program, Client emergency response program, Foot care – Podiatrist, Friendly visiting, Grass and snow removal, Home help services (light housekeeping), Handy man service, Respite – Care provider come to the home	(416) 259-4207 Contact: Joyce x 234
West Toronto Support Services Offers assistance to caregivers to continue to provide care and support to their loved one, including respite care, individual or group counselling.	(416) 653-3535

FOOD BANKS

NAME	MAJOR INTERSECTION	PHONE NUMBER
Braeburn Neighbourhood place	Albion/Elmhurst, Rexdale	(416) 745-3113
Compass Market Food Bank	310 Lakeshore Road (west of Hurontario) www.thecompass.ca	(905) 274-9309
Eden Community Food Bank	3051 Battleford Road (at Winston Churchill) 3185 Unity Drive, Unit 2 (at Winston Churchill) edenfoodbank.org	(905) 785-3651
Etobicoke Temple Salvation Army	2152 Kipling Ave. (Kipling/Taber)	(416) 743-1282
Daily Bread Food Bank	191 New Toronto Street Islington/Lakeshore	(416) 203-0050
The Salvation Army Brampton Community and Family Services	Steeles/Torbram	(905) 451-8840
Family & Community Services Erin Mills	Glen Erin/Collegeway	(905) 607-2151

Food banks continued on next page

FOOD BANKS (continued)

NAME	MAJOR INTERSECTION	PHONE NUMBER
Family & Community Services Meadowvale	Vanderbilt/Winston Churchill	(905) 824-0450
Family & Community Services Mississauga (Family Services)	3167 Cawthra Rd.	(905) 279-3941
Malton Food Bank maltonfoodbank.org	7060 Airport Rd, Mississauga	(905) 696-9963
Society of St. Vincent de Paul	Call for closest location & hours of operation	(416) 364-5577
St. Louise Outreach Centre of Peel	McLaughlin/Queen St.	(905) 454-2144
St. Mary's Food Bank Coopers stmarysfb.com	5715 Coopers Ave., Unit 4 (North of Matheson, east side of Kennedy Road)	(905) 890-0900
St. Mary's Food Bank Dundas stmarysfb.com	1699 Dundas St. E (East of Dixie Rd)	(905) 238-9008

CAREGIVER RELIEF/RESPITE CARE (Non-profit)

NAME	PHONE NUMBER
Alzheimer Society of Peel Nora's House Respite Care for 1-2 weeks for those with Alzheimer's who do not have complex medical needs	(905) 278-3667
C.A.N.E.S. (Located in Northern Etobicoke) Parameters: N- Steeles; Malton, Brampton & Woodbridge; S – Bloor; W – 427 Homemaking, personal care & transportation *fee schedule based on annual income May vary pending funding Respite, Volunteer visiting Congregate dining room program with supportive housing: Social Worker – every 3 rd Wed. of month	(416) 743-3892
Elder Help – Peel Multi-service agency for diverse seniors providing recreational, educational and supportive services.	(905) 457-6055
E.S.S. Support Services (Etobicoke Services for Seniors) Adult Day Services, Bathing Program, Caregiver Support Groups, Caring Centre, Escorted Transportation, In-Home Respite Services, Information and Referrals, Seniors Lunch Program, Supportive Housing Program, Telephone Reassurance, Volunteer Visiting, Seniors Exercise Program, Diabetic Clinic., Health & Wellness Program.	(416) 243-0127
Peel Senior Link Multi-service supportive for daily living for seniors providing personal support and homemaking services	(905) 712-4413

RELOCATION SERVICES

NAME	CATCHMENT AREA	PHONE NUMBER
HELPS Inc.	Toronto & surrounding areas	(613) 533-3059 1-877-833-3059
New Season Transition Services for Seniors	Greater Toronto Area	(416) 886-8565
Senior Transitions	GTA	(416) 249-4049 x309

MEAL DELIVERY & CONGREGATE DINING

NAME	AREA SERVICED	PHONE NUMBER
Copper County Foods coppercountyfoods.ca	Halton-Peel Etobicoke	1-866-494-4333
Grocery Gateway (Longo's Shopping Delivery Service)	GTA and surrounding areas	(905) 564-8778
Healthy Heart Meals	GTA & Ontario-wide – call to check on service in area	(416) 465-6325
Meals on Wheels (Red Cross)	Mississauga Etobicoke	(905) 403-9494 (416) 236-3180
V.O.N. Congregate Dining Monday, Wednesday, Friday Can provide transportation for those without a wheelchair, if needed	1510 Turtle Creek, Mississauga	(905) 821-3254 x4220

RETIREMENT HOMES

Only retirement homes that are licensed or deemed to be licensed by the Retirement Homes Regulatory Authority (RHRA) are listed here.

NAME	MAJOR INTERSECTION	PHONE NUMBER
Adeline's Lodge	Lake Promenade/39th St.	(416) 503-3333
Amica at City Centre	Confederation/ Princess Royal	(905) 803-8100
Amica at Erin Mills	Winston Churchill/ Eglinton	(905) 816-9163
Bough Beeches Place	Burnhamthorpe/ Dixie Rd.	(905) 625-2022
Carmel Heights Seniors' Residence	Dundas/ Mississauga Road	(905) 822-5298
Centennial Park Place	Rathburn/Renforth	(416) 621-2139
Chartwell Classic Robert Speck	Hurontario/ Burnhamthorpe	(905) 501-9922
Constitution Place	Dundas/Dixie	(905) 279-8554
Elim Springs Retirement Residence	Kipling/Bloor	Number does not work
Evergreen Retirement Residence	Mavis/Eglinton	(905) 502-8882
Fairfield Residence Assisted Living for Seniors	Lakeshore/Kipling	(416) 417-6136
Greenway Residence	Lakeshore/Cawthra	(905) 271-0062
Greenway Retirement Village	Main St/Vodden	(905) 799-7273
Heritage Glen	Glen Erin/Battleford	(905) 567-6015

RETIREMENT HOMES (continued)

NAME	MAJOR INTERSECTION	PHONE NUMBER
Heritage House Mississauga	Hurontario/Dundas	(905) 279-4800
King Gardens	King E./Hurontario	(905) 566-4545
Kingsway	Dundas/Royal York Rd.	1-888-549-5450
Palisades on the Glen	Collegeway/ Mississauga Rd.	(905) 820-8210
Port Credit Residences	Hurontario/Lakeshore	(905) 274-6864
Regency Retirement Residence	Mississauga Rd./ Lakeshore	(905) 891-2422
Rosedale Retirement Residence	Main St. N/Vodden	(905) 454-3788
Scarlett Heights Retirement Residence	Eglinton/Royal York Rd	(416) 977-0867
Southbrook Retirement Community	Raylson Blvd/ McLaughlin Rd. S	(905) 456-3334
Sunrise Senior Living of Erin Mills	Erin Mills Parkway/ Burnhamthorpe	(905) 569-0004
Sunrise Senior Living of Mississauga	Burnhamthorpe/Dixie	(905) 625-1344
The Beechwood	Rathburn/Dixie Mississauga	(905) 238-0800
The Erinview	Dundas/Erin Mills Parkway	(905) 823-6700

FORM FILLING ASSISTANCE

NAME	TYPE	PHONE NUMBER
Albion Neighbourhood Services <i>serves Etobicoke – North, Peel Region</i>	government forms in many languages	(416) 741-1553
Brampton Multicultural Community Centre <i>serves Peel Region</i>	government forms in many languages	(905) 790-8482
Brampton Neighbourhood Resource Centre <i>serves Brampton</i>	government forms in many languages	<u>Number Does not Work</u>
Catholic Cross Cultural Services <i>serves Peel Region</i>	all forms in many languages	(905) 273-4140
Dixie Bloor Neighbourhood Centre <i>serves southeast Mississauga</i>	all forms in many languages	(905) 629-1873 TTY - 905-629-3589
Global Immigration Services <i>serves Peel Region</i>	government & immigration forms in English, Hindi, Punjabi, Urdu	(905) 672-6497

DENTAL SERVICES (reduced rates)

NAME	PHONE NUMBER
Canadian Dental Academy 1599 Hurontario St., Mississauga	(905) 278-2794
George Brown School of Dental Hygiene 175 Kendall Avenue, Toronto	(416) 415-4547
City of Toronto Dental services http://www.toronto.ca/health/dental/free_dental_care.htm	
Rexdale C.H.C. 8 Taber Road (on Kipling Ave., north of Rexdale)	(416) 338-1790
Parkdale C.H.C. 1229 Queen St. West	(416) 338-5652
Region of Peel Seniors' Program (one year wait list for one time service)	(905) 799-7700
University of Toronto School of Dentistry 101 Elm Street, Toronto	(416) 979-4927

RETIREMENT HOMES (continued)

NAME	MAJOR INTERSECTION	PHONE NUMBER
The Village of Humber Heights	Royal York/Lawrence	(416) 235-0201
Tyndall Seniors Village Inc.	Eglinton/Tompkin	(905) 624-5027
V!va Retirement Community	Winston Churchill/Thomas	(905) 566-4500
Wawel Villa Seniors Residence	Clarkson Rd. South/Lakeshore	(905) 823-3650
Weston Gardens	Lawrence/Jane/401	(416) 241-1113
Woodhall Park	Kennedy Rd. & Bovaird	(905) 846-1441

SPECIAL NEEDS HOMES

NAME	MAJOR INTERSECTION	PHONE NUMBER
Bethany Residence	Guelph Line/Mountain side	(905) 335-3463
Genesis Lodge	Main St. N & Queen St. E., Brampton	(905) 450-0277
Streetsville Residence	Queen St. S./Thomas	(905) 826-4510

EMERGENCY RESPONSE SYSTEMS

COMPANY	WEBSITE	PHONE NUMBER
First Call Response	www.firstcallhelp.com	416-516-0088 1-800-463-6425
Connect Care	www.connectcare.ca	1-888-298-6116 or (519) 685-4550
Lifecall	www.lifecall.ca	1-800-661-5433
Lifeline	www.lifeline.ca	1-866-784-1992

ADVOCACY SERVICES

NAME OF AGENCY	SERVICES PROVIDED	PHONE NUMBER
Advocacy Centre for the Elderly (ACE) www.ancelaw.ca	A free Legal Aid clinic for seniors only. Provides direct legal services, public legal education, and law reform assistance	(416) 598-2656
Peel Elder Abuse Support Program	Program that works with seniors and their concerned family and friends in the Region of Peel who have been exploited, abused and are experiencing various types of challenges and struggles.	(905) 278-3141
United Senior Citizens of Ontario	Provides information, education and advocacy on behalf of older adults in Ontario	(416) 252-2021

BEREAVEMENT SERVICES (continued)

NAME OF SERVICE	PHONE NUMBER
Hospice of Peel Cindy Elkerton, Coordinator of bereavement and spiritual care. Location: 855 Matheson Blvd E, Unit #1, Mississauga	(905) 712-8119 x232
New Beginnings (Dorothy Ley Hospice) For adults living in Etobicoke who have lost a loved one at least 4 months prior to the group meeting. <i>Location:</i> 170 Sherway Drive, Suite #3, Etobicoke	(416) 626-0116
Pet Loss Support Program	(519) 824-4120 x53694
The Grief Support Group Neweduk Funeral Home <i>Location:</i> Sunrise Living Centre, 4046 Erin Mills Parkway, Mississauga	(905) 616 8675
Wellspring Bereavement Group Family support groups for anyone over age 18 who has lost an adult family member or spouse to cancer. <i>Location:</i> 2545 Sixth Line, Oakville	(905) 257-1988

BEREAVEMENT SERVICES

NAME OF SERVICE	PHONE NUMBER
Alzheimer Society of Peel 10 week support group for those caregivers who have lost a loved one to Alzheimer's disease or a related dementia.	Christine Longo (289) 632-2273
Bereaved Families of Ontario, Halton-Peel www.bereavedfamilies.ca Location: 33 City Centre Dr., Suite 610 Mississauga	(905) 848-4337
COPEs (Community of People Extending Support) - Turner & Porter <i>Locations:</i> 2180 Hurontario St, Mississauga Benares Historic House, 1507 Clarkson Rd. N or Montgomery's Inn 4709 Dundas St. W, Etobicoke	(416) 767-6793
Family Services of Peel Locations: 7700 Hurontario St, Mississauga or 20 Nelson St. W #202, Brampton	(905) 453-5775
Friends & Advocates	(416) 234-9245
Good Grief! Scott Funeral Home 420 Dundas St. E	(905) 272-4040
Halton/Peel Pet Loss Support Group	(905) 637-5233

CRISIS RESOURCES

NAME	REGION	PHONE NUMBER
Distress Centre Telephone Listening	Brampton	(905) 459-8439 24-hour English Service: (905) 459-7777
Distress Line Peel	Mississauga	(905) 278-7208
Elder Abuse Line	Peel	(905) 270-3141
Family Services of Toronto Elder Abuse Consultation Team Services for care providers & families/clients	Toronto	416) 595-9618
Mobile Crisis Team COAST team (mental health worker & plain clothes police officer)	Etobicoke Peel	(416) 498-0043 905) 278-9036
Peel Police Community Relations Office (Elder Abuse/Neglect)	Peel	(905) 453-2121 x3623
Toronto Police Elder Abuse Officer	Toronto	(416) 808-7040
Gerstein Distress Centre	Toronto	(416) 929-5200

EMERGENCY SHELTERS

NAME	CITY	PHONE NUMBER
Cawthra Shelter (Co-ed)	Mississauga	(905) 281-1272
Ernestine's Women's Shelter	Etobicoke	(416) 746-3701
Interim Place I (Women & children)	Mississauga South & Central	(905) 403-0864
Interim Place II (Women & children)	Mississauga North	(905) 676-8515
Peel Salvation Army Family Shelter (Families)	Mississauga	(905) 272-7061
Salvation Army Family Life Resource Centre (Women & children)	Brampton	(905) 451-4115
St. Leonard's House (Men's long-term shelter)	Brampton	(905) 457-3611
Wilkinson Road Shelter (Men)	Brampton	(905) 452-1335
Women's Habitat	Etobicoke	(416) 252-5829

FAMILY SERVICES/COUNSELLING

NAME	PHONE NUMBER
Catholic Family Services of Peel	(905) 897-1644
Catholic Family Services of Toronto	(416) 921-1163 or (416) 222-0048
Family Services of Peel	(905) 453-7890
Family Services Toronto	(416) 595-9230
Victim Services (Toronto)	(416) 808-7066

HOME CLEANING SERVICES

AGENCY	PHONE NUMBER
Comfort Keepers	1(866) 363-0072
Links2care (subsidized) Mississauga Monday to Friday 8:30-4:00	(905) 822-3500
Molly Maid www.mollymaid.ca	(905) 847-6243 1-800-663-6243
Peel Senior Link 500 Burnhamthorpe Rd W www.peelseniorlink.com	(905) 712-4413
Seniors for Seniors Mississauga, Brampton and Oakville www.seniors4seniors.ca	(905) 276-1140
Supreme Care Services	(416) 781-7687

HEAVIER CLEANING SERVICES

NAME	PHONE NUMBER
Extreme Clean Hoarding Cleanup www.extremecleanup.com	<u>Number does not work</u>
Fresh Start (Toronto)	(416) 504-4262
Storefront Humber Services for Seniors & Disabled	(416) 259-4207

EQUIPMENT & A.D.L. PRODUCTS—VENDORS LIST

Continued

R = Rent raised toilet seats

* = Assistive Devices Program Vendor

	NAME	PHONE NUMBER
R *	Motion Specialties 2130 Dundas St. E. Mississauga	(905) 804-0400
R *	Shopper's Home Health Care Applewood Mall 1077 North Service Road Mississauga	(905) 281-0166
*	Vital Aire 1333 Neilson Ave. Unit 325, Scar- borough	(905) 890-7100
	106 Humber College Blvd, Unit 3210, Brampton	(905) 455-2499
*	Vital Mobility 140 Bass Pro Mills, Unit 62, Concord http://www.vitalmobility.ca/	1-866-508-4825
R *	Woodland IDC Pharmacy 3353 The Credit Woodlands, Missis- sauga	(905) 279-5353

MULTICULTURAL SERVICES

NAME	PHONE NUMBER
CANES – Newcomer elderly outreach South Asian	(416) 743-3892 x228
CANES – Newcomer elderly outreach	(416) 743-3892 x239
Catholic Cross Cultural Services	(905) 457-7740
Centre for Diverse Women & Families (formerly MIAG)	(905) 270-6252
India-Rainbow Community Services Settlement, training & social services to South Asian community in Peel Seniors programs, family visiting Services provided in English, Hindi, Punjabi, Urdu & Tamil	(905) 275-2369 or (905) 361-0463
Malton Neighbourhood Services	(905) 677-6270
Peel Multicultural Council (free service for immigrants)	(905) 819-1144

HOME OXYGEN

NAME	PHONE NUMBER
Pro Resp	(905) 273-7377
Medigas	1-866-446-6302 or (905) 312-0991
Vital Aire (02 + CPAP)	1-800-567-0202

FINANCIAL AID

NAME	PHONE NUMBER
Assistive Devices Program www.health.gov.on.ca	(416) 327-8804
Brampton Municipal Tax Department	(905) 874-2200
Family Benefits Ministry of Community and Social Services	(905) 897-3100
General Welfare Assistance Program (Ontario Works Peel)	(905) 793-9200
Guaranteed Annual Income System (GAINS)	1-866-668-8297
Home Adaptation for Senior's Independence (HASI)	(905)453-1300 1-800-668-2642
Last Post Fund (funeral fund for eligible veterans)	1-800-563-2508
Mississauga Tax Department	(905) 615-4311
Ontario Drug Benefit Program	(416) 327-8109 or 1-866-811-9893
Peel Living (Non-Profit Housing)	(905)791-7800 1-888-919-7800
Revenue Canada Taxation	1-800-959-8281
Service Canada - Canada Pension Plan (CPP), Old Age Security (OAS)	1-800-277-9914
Soldiers' Aid Commission (financial assistance for veterans who require assistive devices)	(416) 327-4674
Veterans Affairs (including Veteran's Independence Program)	1-866-522-2122

EQUIPMENT & A.D.L. PRODUCTS—VENDORS LIST

R = Rent raised toilet seats

*** = Assistive Devices Program Vendor**

NAME	PHONE NUMBER
R * Canadian Home Healthcare (CHH) 77 Queensway West, Unit 202, Mississauga Also have CPAP machines & oxygen	(905) 848-3045
R * Courtesy IDA 1603 Clarkson Rd. N, Mississauga	(905) 823-4664
* First Choice Healthcare 5130 Dixie Road, Unit 5, Mississauga	(905) 624-3404
* Glen Erin Pharmacy Unit 1 & 2—2318 Dunwin Drive, Mississauga	(905) 828-1980
R * Glen Cade Home Health Care 290 The West Mall, Etobicoke	(416) 622-2111
R * Gore Medical Pharmacy 4515 Ebenezer Rd, Unit 110 Brampton	(905) 794-5003
* Hunt's Convalescent Equipment Unit 7—109 Woodbine Downs Blvd, Etobicoke	(416) 798-1303
R * King Medical Arts Pharmacy 71 King Street West, Mississauga	(905) 270-2226
* Medical Mart Supplies Unit 101—550 Matheson West Mississauga	(905) 624-2011
R * Medichair 154 Norseman Street, Etobicoke Monday—Friday 9-5 Sat 10-1	(416) 237-9654

SENIORS APARTMENTS & ASSISTED LIVING

NAME	MAJOR INTERSECTION	PHONE NUMBER
Etobicoke Services for Seniors	Royal York & Lawrence	(416) 243-0127
Forum Italia	Eglinton Ave & Hurontario St (Highway 10)	(905) 507-2711
Grace Court Apartments	Scott St & Queen St E	(905) 457-7777
Holland Christian Homes (seniors' apartments)	McLaughlin/Steeles	(905) 459-3333
Kennedy Road Tabernacle	Williams Parkway/ Kennedy Rd N	(905) 459-1971
Living Waters	Burnhamthorpe/Erin Mills Parkway	(905) 820-3888
Evergreen	Mavis/Eglinton	(905) 502-8882
Peel Living	Multiple locations	(905) 453-1166
Peel Regional Housing Authority	Multiple locations	(905) 453-1300
Richview Residence (seniors' apartment)	Kipling-Eglinton	(416) 247-5317
Supports for Daily Living (Nucleus Independent Living)	2 locations: Weston & Eglinton Weston Rd. & Lawrence	905-829-4499
Toronto Housing Authority	Multiple locations	(416) 981-5500
Westminister Court	Tomken Rd & Rathburn Rd	(905) 273-3676

GENERAL HEALTH SERVICES

NAME	PHONE NUMBER
Allergy and Asthma Information Association http://aaia.ca/en/index.htm	1-800-611-7011
Alzheimer Society www.alzheimerpeel.com <i>Family support groups & counselling</i>	<i>Peel</i> (905)278-3667 <i>Metropolitan Toronto</i> (416) 322-6560
Arthritis Society www.arthritis.ca	(905) 455-6273 1-800-321-1433
Canadian Cancer Society www.cancer.ca	(416) 488-5400 1-800-268-8874
Canadian National Institute for the Blind (CNIB) www.cnib.ca	1-800-563-2642
COPD – Education Trillium Health Centre, West Toronto site Marni Wagner, Respiratory Care Coordinator	(416) 259-7580 x5682
Diabetes Management Centre Trillium Health Centre Clinical & Admin Building	(905) 848-7580 x7545
Heart and Stroke Foundation www.heartandstroke.ca	<i>Toronto</i> (416) 489-7111 <i>Mississauga</i> (905) 451-0021

Continued on next page

GENERAL HEALTH SERVICES (continued)

NAME	PHONE NUMBER
Lung Association www.lung.ca (Canada) www.lung.on.ca (Ontario)	(416) 622-2566 <i>General</i> 1-888-344-5864 Asthma Helpline: 1-800-668-7682 COPD Helpline: 1-866-717-2673
March of Dimes www.marchofdimes.ca	(905) 607-3463
Multiple Sclerosis Society www.mssociety.ca	1-800-268-7582 Toronto: (416) 922-6065 Mississauga: (905) 278-6186
Parkinson's Society www.parkinson.cno.ca	(416) 227-1200 1-800-565-3000
Sauga Stroke Breakers Therapeutic programs for stroke survivors, running from September to December and January to March. Phone for more information.	(905) 615-4100
VON SMART Program The SMART (Seniors Maintaining Active Roles Together) program is for frail seniors who wish to improve their strength, balance & flexibility. The program is run by trained volunteers and involves either group classes at some sites or an In-Home Program.	(905) 821-3254 x2036

TRANSPORTATION (continued)

NAME	PHONE NUMBER
Seniors for Seniors Companion Drivers who stays with the client.	(905) 276-1140
Storefront Humber Services for Seniors & Disabled	(416) 259-4207
Transhelp Specific for individuals with mobility difficulties An assessment is required first (if wheelchair dependent will be accepted automatically; if cane/walker needs assessment)- Covers region of Peel plus South Etobicoke	(905) 791-1015
Wheelchair Taxi	(905) 848-8000 or (905) 822-4000
Wheel Trans	(416) 393-4111

TRANSPORTATION

NAME	PHONE NUMBER
AmbuTrans	(416) 496-2444
Brampton Transit	(905) 874-2999
Canadian Red Cross (Cross Wheels) Needs 7 days advance notice.	Peel: (905) 890-8740 Etobicoke: (416) 236-3180 or 1-877-848-0707
Community Church (Clarkson) Volunteer drivers from Winston Churchill to Mississauga Rd. to south of the QEW.	(905) 822-3377
CANES: Seniors Ride Connect Medical Appointments, Group Shopping, Religious or cultural events, weekly errands Etobicoke, Brampton, Malton & Mississauga	1-877-ride-025 (1-877-743-3025)
Dignity Transportation Wheelchair accessible transportation www.dignitytransportation.com	(416) 398-2222 1-866-398-2109
E.S.S. Support Services (Etobicoke Services for Seniors) Escorted trips to medical appointments, group transportation to grocery stores and other trips based on driver availability.	(416) 243-0127
Go Transit	(416) 869-3200
Home Instead Senior Care (Appointment Escort)	(905) 276-2273
Med- Wheels (Caledon Community Services)	1-(905) 951-2300
Red Cross Transportation (Region of Peel Branch)	(905) 890-0704 x299

SENIORS MENTAL HEALTH SERVICES

The Seniors Mental Health Service provides comprehensive psychogeriatric assessment and treatment of individuals age 65 or over with mental health issues including mood disorders, anxiety, psychosis, progressive cognitive disorders and/or substance use disorders. Clients under 65 years of age with serious chronic mental illness and/or cognitive impairment related to a degenerative illness may be considered. Service is provided in the person's place of residence, including long term care facilities for those residing in southwest Toronto or Mississauga and clinic visits at the West Toronto site of Trillium Health Centre as indicated. This service includes consultation and education for clients, families and caregivers. Coordination with family physician, other health care providers and community partners is an important component of the service.

To make a referral to Seniors Mental Health Services, your physician may fax a referral to Mental Health Intake for Adults at (416) 521-4020.

For questions, please call (416) 521-4006.

Centre for Addiction & Mental Health (CAMH) (416) 535-8501

- Pace Peel x 7716
- Pace West (Etobicoke) x7206

Peel Addiction Assessment & Referral Centre (PAARC)

Problem gambling and addictions

Contact the Seniors counselor at (905) 629-1007

VON Peel Volunteer Visiting for Seniors with Mental Health Issues (905) 821-3254 x4219

SENIORS' HEALTH SERVICES

Seniors' Health Services aim is to improve your health and overall quality of life. Our team includes geriatricians (physicians who specialize in caring for seniors), nurses and advanced practice nurses (nurses with specialized education), occupational and physiotherapists (rehabilitation professionals), social workers and pharmacists. We provide the following services:

- Consultation (discussion about your health concerns and needs)
- Assessment (gathering information on your health history and current situation)
- Treatment and recommendations (suggestions may be given for you to help you improve your health)

Education (health teaching)

ELIGIBILITY FOR SENIORS' HEALTH SERVICES:

65 years of age or older and require support for:

- Memory
- Bladder and bowel concerns
- Mobility (e.g. walking, wheelchair use)
- Risk of falling
- Managing your medication
- Managing your daily activities
- Multiple medical and emotional health needs

SENIORS' HEALTH CLINIC

The Seniors' Health Clinic is an outpatient clinic serving older adults who live in the community. If you live at home, a retirement home or a long-term care facility and can come to the clinic, you will be seen by a nurse practitioner and/or a geriatrician who will complete your assessment, make recommendations and be in touch with your family physician with the results of your visit. A physician's referral is required.

PAIN MANAGEMENT CENTRES

NAME	PHONE & FAX NUMBERS
Canadian Pain Society www.canadianpainsociety.ca Provides a list of Pain Clinics in Canada	(905) 404-9545 (Oshawa)
Centre for Pain Management (CPM) 6400 Millcreek Drive, Unit 9, Mississauga www.cpm-centres.com	(905) 288-1045 Fax: (905) 858-2144
Centre For Pain Management 2370 Barton Street East	(905) 527-4322 ext.44621
St. Michaels Hospital Chronic Pain Clinic (MD referral needed)	(416) 864-5561
Chronic Pain Management Clinic 405-89 Queensway West, Mississauga (MD referral needed)	(905) 281-9898 Fax: (905) 281-9143
Sunnybrook Health Centre Pain Clinic MD referral needed.	(416) 480-4771 Fax: (416) 680-4772
Wasser Pain Management Centre Mount Sinai Hospital www.mountsinai.on.ca/wasser	(416) 586-4800, x5997

SENIORS CENTRES & CLUBS

ORGANIZATION	MAJOR INTERSECTION	PHONE NUMBER
Clarkson Community Centre & Library	Erin Mills Parkway/ Southdown 2475 Truscott Drive	(905) 615-4840
Dixie Bloor Neighbourhood Centre	Dixie/Burnhamthorpe	(905) 629-1873
E.S.S. Support Services (Etobicoke Services for Seniors)	Multiple locations	(416) 243-0127
Fairfield Community Centre	Islington/Bloor	(416) 394-8687
Horner Ave. Seniors' Centre	Kipling/Horner	(416) 394-6000
India-Rainbow Community Services of Peel	Hurontario/Dundas	(905) 275-2369 or (905) 361-0463
Islington Seniors' Centre	Dundas/ Burnhamthorpe 4968 Dundas St. W	(416) 231-3431
Malton Neighbourhood Centre/Services Seniors' groups: Italian, South Asian, Caribbean	Goreway/Morningstar	(905) 677-6270
Mississauga Senior Centre	Cawthra Rd & Lakeshore	(905) 615-4810
Seniors Life Enhancement Centre	Cawthra/Highway 10	(905) 279-9061
Square One Older Adults Centre	Hurontario/ Burnhamthorpe (in Square One Mall)	(905) 615-3207
Thistletown Seniors' Centre	Islington/Albion Rd	(416) 394-8869
West Acres Seniors' Centre	Kipling/Albion	(416) 394-8680

REGIONAL CONTINENCE PROGRAM FOR SENIORS

If you have bladder or bowel concerns such as frequency, urgency, leaking, or chronic constipation, the nurse with the Continence Program may be able to help. A behavioural and educational approach is used to assist people experiencing these.

FALLS PREVENTION AND BONE HEALTH PROGRAM

You can take part in the program if you:

- are well enough to be physically active
- can walk 25 meters, with a walking aid if needed
- are able to learn new information
- are able to get to & from program
- want to stay strong and independent!

The program includes:

- a) an initial assessment at our clinic by a nurse practitioner and/or geriatrician and a physiotherapist
- b) a two hour education and exercise session, twice a week for six weeks and
- c) a follow-up visit three months after your program is completed

A physician's referral is required to attend.

Call (416) 521-4090 to have a form faxed to your doctor.

REGIONAL SENIORS HEALTH OUTREACH

The Outreach team provides services to you in your own home. A nurse practitioner or an occupational therapist will inquire about your health and how you are managing your daily activities. Other health professionals, for example, a social worker or pharmacist, may also visit you. Recommendations may be provided to you with the goal of improving your health and overall quality of life. Your family physician will receive a report and an appointment with our geriatrician will be arranged if required. A physician's referral is required.

COMMUNITY SERVICES

NAME OF AGENCY	SERVICES PROVIDED	PHONE NUMBER
211 Toronto	Information about community programs & social services	211 toll free
ARCH Disability Law Centre	Community legal clinic, legal information for people with disabilities	(416) 482-8255
Ask! LAMP Community Info (Lakeshore area in Etobicoke)	Counselling, help with housing issues, joining a social group, literacy or information on income support. For low income individuals: legal aid, tax preparation assistance, affidavits, wills, POA, settlement services, assistance with form completion.	(416) 252-6471 ext. 280
Canadian Association of Retired Persons (CARP)	Serves people age 45 and over, as a lobby group at all levels of government. Offers refresher driver education courses, and other services. Discount on drugs and insurance Membership fee	Head Office (416) 363-2277
Canadian Red Cross Equipment Loan Cupboard	Rental of adaptive equipment	(416) 236-3180

NON-PROFIT AGENCIES (continued)

AGENCY	CITY	SERVICES AVAILABLE	PHONE NUMBER
Peel Senior Link	Peel region	Personal care, meal prep, grocery shopping, cleaning, medication assistance, laundry, assisted housing	(905) 712-4413
Storefront Humber (Services for Seniors & the Disabled)	South Etobicoke	Friendly visiting, homemaking, shopping, security checks, home maintenance	(416) 259-4207
Supports for Daily Living (Nucleus Independent Living)	City of Toronto Mississauga	Provides attendant services to persons with physical disabilities	(905) 829-4499
Silver Circle West Toronto Services for Seniors	Catchment area: South of St. Clair West, West of Bathurst., to Old Mill, Jane South of Dundas and Bloor	Friendly visiting, grocery shopping, respite care, home help, friendly visiting, telephone security checks	(416) 653-3535

NON-PROFIT AGENCIES (some subsidized services)

AGENCY	CITY	SERVICES AVAILABLE	PHONE NUMBER
Canes Services	Central & Northern Etobicoke	Personal care, respite care, homemaking, caregiver support, counselling	(416) 743-3892
E.S.S. Support Services (Etobicoke Services for Seniors)	Etobicoke Catchment area: North - Steeles Avenue West, East - Scarlett Rd, South - Lakeshore Rd E, West - Mill Rd.	Adult day programs, short stay respite, in home respite, meals, bathing, telephone reassurance, volunteer visiting	(416) 243-0127
Links 2 Care	Mississauga & Halton region	Home help (bathing, laundry, cleaning, shopping, meal preparation) Home maintenance & repair	(905) 822-3500

Non-profit agency list continued on next page

COMMUNITY SERVICES continued

NAME OF AGENCY	SERVICES PROVIDED	PHONE NUMBER
Care Watch	Encourages those receiving or in need of in-home care to speak out about the successes and failures of their experiences; Educates patients and the public regarding their rights and the state of in-home care in Ontario and Canada; and Researches and advocates to affect positive change for in-home care.	(416) 590-0455
Community Legal Service	Provides advice, legal services, and information on old age security, Canadian pension, Ontario Disability Program., Social Assistance.	Etobicoke (south of Eglinton) (Ontario Disability Program) (416) 252-7218 Mississauga (social assistance) (905) 896-2050
Community Navigation Access Program (CNAP)	Connects seniors with home health support services in the Toronto Central LHIN	1-877-540-6565
Capacity Assessment Office	Capacity assessments	(416) 327-6766 or 1-866-521-1033

COMMUNITY SERVICES (continued)

NAME OF AGENCY	SERVICES PROVIDED	PHONE NUMBER
Design Ability Program through the March of Dimes	Creates adapted devices such as a cleaning brush attached to the frame of a wheelchair to clean off excess mud/dirt, a modified walker to fit around a standard chair and toilet to assist an individual to stand from a seated position, an adjustable cup holder that mounts onto a wheelchair etc. Has made devices such as: adapted hairdryers, ramps, reading/art stands, adapted raised toilet seats, adapted walkers, adapted raisers for seats/sofas/beds etc.	1-800-263-3463, x7211
Haircuts on Wheels	Salon & barber services including wash, haircut, shave, styling, roller sets, perms and colour in private homes, long term care and retirement homes. In hospital services include wash, haircut, shave & roller set or style.	(416) 460-0513 or (416) 230-2159
Landlord & Tenant Board Rent Review Services	Provides information on rights and obligations under the landlord/tenant act and rent review legislation.	1-888-332-3234

PRIVATE AGENCIES (continued)

AGENCY	CITY	SERVICES AVAILABLE	PHONE NUMBER
Retire At Home Services	GTA	PSWs, RN, RPN, companion, foot care	(905) 281-4401
Right At Home Canada	Halton Peel	Nursing PSWs Companions	1-855-983-4663 (905) 331-HOME (4663)
Seniors for Seniors	Mississauga Brampton Oakville Toronto		(905) 276-1140 (416) 481-2733
Supreme Care	Toronto	RNs, RPNs, PSWs	(416) 781-7687
Thornbrook Home Care	Etobicoke, High Park, Mississauga	live-ins, homemakers, nurses, nursing assistants, cleaning	(416) 239-6161
We Care Home Health Services	Toronto Mississauga	live-ins, homemakers, nurses, nursing assistants, cleaning, escorts, palliative care	(416) 922-7601 (905) 507-2273

PRIVATE AGENCIES (continued)

AGENCY	CITY	SERVICES AVAILABLE	PHONE NUMBER
Homewatch CareGivers	Burlington Oakville Mississauga Milton Georgetown	RN, RPN, PSWs, companions, 24 hour care, caregiver- assisted transportation	(905) 842-9793 homewatchcaregiverslakeshore.ca
iCare Home Health Services Inc.	Mississauga Oakville Burlington Milton	PSWs Companions RN, RPN	(905) 491-6941 www.icarehomehealth.ca
Nurse Next Door	Etobicoke & West Toronto Mississauga	RN, RPN, PSW, companion, live-in	(416) 904-5634 (905) 582-3742
Preferred Health Services	GTA	PSW, RN, RPN, companions	(905) 771-2766
Premier Home Care Services	GTA	PSWs, homemakers, companions, 24 hour care, transportation	Mississauga: (905) 281-8100 Etobicoke: (416) 623-8229
We Care Health Services	GTA	Homemakers, nurses, nursing assistants, cleaning	(905) 275-0544
Qualicare Family HomeCare	GTA	PSW, RN, RPN, companions	(416) 595-5888

COMMUNITY SERVICES (continued)

NAME OF AGENCY	SERVICES PROVIDED	PHONE NUMBER
Lawyer Referral Service		416) 947-3330
Legal Aid Ontario	Legal aid to persons who cannot afford to retain a solicitor on a private basis	(416) 979-1446
Office of the Public Guardian and Trustee	Manages and protects the assets of people who, though mental incompetence, are unable to look after their own financial affairs or make decisions about their personal care.	(416) 314-2800
Ombudsman of Ontario	Investigates complaints against the actions, decisions, procedures, and practices of agencies of the Ontario government. Is a place of last resort when other approaches to resolve complaints have been tried.	(416) 586-3300 or 1-800-263-1830
Ontario Human Rights Commission	Investigates complaints of discrimination based on age, sex, marital status, race, creed, colour, nationality, disability, record of offence, family status and receipt of public assistance	1-800-387-9080
Peel Crime Stoppers	Crime tip line	1-800-222-8477

COMMUNITY SERVICES (continued)

NAME OF AGENCY	SERVICES PROVIDED	PHONE NUMBER
Salvation Army	Provides services such as emergency shelter, food, clothing, & counselling to people in need.	
	Salvation Army Counselling Services	(905) 820-8984
	Erin Mills Community & Family Services 2460 The Collegeway Mississauga	(905) 820-6868
	Meadowvale Community & Family Services Cornerstone Church 3020 Vanderbilt Rd Mississauga	(905) 824-0450
	Mississauga Branch 3167 Cawthra Rd Mississauga	(905) 279-3941
	Lakeshore Community Church 5 30TH St Etobicoke, ON	(416) 251-8372
Silver Cross Recycled & New Health Care Equipment	Stair lifts, elevators, ceiling lifts, hospital beds, power wheelchairs, scooters, etc.	(905) 847-5504 silvercross.com

PRIVATE AGENCIES

AGENCY	CITY	SERVICES AVAILABLE	PHONE NUMBER
Always Best Care	Toronto West Mississauga	PSWs, homemakers, live-ins	1-855-470-2273
Bayshore Health Care	GTA	live-ins, homemakers, nurses, nursing assistants, cleaning	1-877-289-3997
Closing the Gap	Mississauga Toronto Georgetown Milton	live-ins, homemakers, nurses, nursing assistants	(905) 306-0202
ComForCare	Bolton, Brampton, Caledon, Etobicoke, Mississauga	PSWs, live-ins, homemakers, companion, cleaning	(905) 796-2273
Comfort Keepers	Etobicoke Mississauga	PSWs, homemakers, cleaning	Etobicoke: (416) 663-2930 Mississauga: (905) 813-3074
First Class Home Care	Halton, Peel & Etobicoke	PSWs, companions, medical appointment accompaniment	(905) 636-9995
Home Instead	Etobicoke Mississauga	companions, cleaning, personal care, medication reminders	(416) 239-2200 (905) 276-2273

FOOT CARE & CHIROPODY CLINICS continued

NAME	PHONE NUMBER
Seniors Life Enhancement Centres Foot care clinics are held a minimum of once/month at each site 2041 Cliff Road, Mississauga	(905) 279-9061
Spectrum Health Care	(905) 272-2271
St. Elizabeth Health Care (Etobicoke)	(905) 826-0854
Storefront Humber South Etobicoke Foot care – Podiatrist (every other month)	(416) 259-4207
We Care Home Health Services (home visits)	Toronto (416) 922-3312 Peel (905) 507-2273
Victorian Order of Nurses Foot Care	(647) 788-3180

COMMUNITY SERVICES (continued)

NAME OF AGENCY	SERVICES PROVIDED	PHONE NUMBER
Snow Removal Subsidy (Peel region)	For low income seniors or disabled persons. Requires application.	For questions, call (905) 615-3200 x5266
Telephone Reassurance Program for Seniors	Mississauga Halton	(905) 615-3207
Victim Services of Peel	Works in conjunction with Region of Peel Police Department to assist and support victims of crime and tragic circumstances. Provides information to the court system, and legal matters.	(905) 568-1068

SERVICES FOR HEARING IMPAIRMENT

NAME	PHONE NUMBER
Canadian Hearing Society 2227 South Millway, Suite 300, Mississauga	(905) 608-0271
Hearing Solutions 250 The East Mall, Etobicoke	(416) 231-2312
Listen Up 107-71 King St. W, Mississauga	(905) 272-4327
Sense Of Hearing 325 Lakeshore Rd., Port Credit On-site audiologist and dispenser Counselling for adjustments to hearing loss equipment	(905) 274-3032
Ontario Hearing Aid Centre 2325 Hurontario St., Mississauga	(905) 848-3277
Silent Voice Canada Inc. Non-profit organization for the deaf	(416) 463-1104 <i>TDD/TTY</i> (416) 463-3928

FOOT CARE & CHIROPODY CLINICS

NAME	PHONE NUMBER
Bill Dedes 2300 Eglinton Ave W. Mississauga	(905) 820-5333
ComForCare Certified foot care nurse provides home services	(905) 796-2273
Custom Orthotic Group 4120 Ridgeway Drive, Unit 24 Mississauga www.customorthotic.ca	(905) 828-2969
East Mississauga Community Health Centre Off site chiropodist once/week for clients who meet the following criteria: -Have no other insurance except OHIP -Live within the boundaries of: North – Matheson Blvd South – Lake East – Etobicoke Creek West – Hurontario	(905) 602-4082
Find a Chiropodist Ontario Society of Chiropodists ontariochiropodist.com	(905) 567-3094
Laura Lee Kozody 1077 North Service Road, Suite 210 Mississauga, ON L4Y 1A6	(905) 273-9009
Lee & Assoc. (Brampton)	(905) 459-3668
Queensway Orthotic Centre In CA building of Trillium Health Centre, Mississauga	(905) 279-3215

DAY PROGRAMS FOR SENIORS (continued)

ORGANIZATION	ADDRESS	PHONE NUMBER
Senior Life Enhancement Centres	2041 Cliff Rd., Mississauga	(905) 279-9061
	The Circle of Friends Program (Cognitive Impaired, Secured Setting)	
	The Gathering Place Program (Physically Disabled & mild cognitive impaired)	
Sheridan Villa Day Program	2460 Truscott Dr. Mississauga	(905) 791-8668 x2912
St. Christopher House	248 Ossington, Toronto	(416) 532-4828
Storefront Humber	2445 Lakeshore Blvd. W, Etobicoke	(416) 259-4207
Square One Older Adults Centre	100 City Centre Drive, Mississauga	(905) 615-3207
Wesburn Centre Adult Day Program	400 The West Mall Etobicoke	(416) 243-0127 x233
West Toronto Support Services for Seniors	80 Ward St., Toronto	(416) 653-3535
Yee Hong Adult Day Program	5510 Mavis Rd., Mississauga	(905) 568-0333

**ALTERNATE PRIVATE
OCCUPATIONAL THERAPY,
PHYSIOTHERAPY &
SPEECH LANGUAGE PATHOLOGY**

NAME	PHONE NUMBER
Action Physiotherapy Home Care	(905) 457-7475
AVID Physiotherapy www.avidphysio.com	(647) 669-0646
Community Rehabilitation (Physiotherapy, Occupational Therapy)	<u>Number does not work</u>
COTA Mental Health & Community Services 2901 Dufferin St. (Dufferin/ Lawrence)	(416) 785-9230
In-home physiotherapy (Caroline Taylor)	(905) 271-9856 or (416) 722-2566
In-home Therapy (Debbie Putman)	(905) 815-0697
Inter Action Clinic (Physiotherapy, Occupational Therapy, Speech Language Pathology) 5945 Airport Road, Mississauga	(905) 677-2501

DAY PROGRAMS FOR SENIORS

(Application is through CCAC)

ORGANIZATION	LOCATION	PHONE NUMBER
Acclaim Health (formerly V.O.N) Alzheimer Services (Senior Day Program)	1430 Trafalgar Rd. Oakville	(905) 847-9559
Alzheimer Society of Peel Day Centres	Brunel Day Centre	(289) 632-2293
	Port Credit	(905) 278-2989
	Meadowvale	(905) 542-7424
	Brampton	(905) 789-1306
Elder Help Peel	37 George St N Brampton	(905) 457-6055
Etobicoke Services For Seniors (ESS Support Services) Several Locations	<i>Central Day Care</i> 1447 Royal York Road	(416) 243-0127
	<i>South Day Care</i> 525 Horner Ave.	
	<i>Humber Community Centre</i> 1167 Weston Rd.	
	<i>Humber Heights Adult Day Program</i> 2245 Lawrence Ave W	
	<i>Wesburn Adult Centre,</i> 400 The West Mall	

DAY PROGRAMS FOR SENIORS (continued)

ORGANIZATION	ADDRESS	PHONE NUMBER
Halton Region Adult Day Program	185 Ontario St. South, Milton, ON Friends Landing (Ext. 8027) Milton Place (Ext. 8168)	905-825-6000 Toll Free 1-866-442-5866
	235 Guelph Street, Unit 5A, Georgetown Silver Creek Place	905-825-6000 Ext. 8445 Toll Free 1-866-442-5866
India Rainbow Day Program	415 Matheson Blvd. E	(905) 507-6099
Kipling Acres	Rexdale/Kipling	(416) 392-2299
Marquee Active Care (PRIVATE) Daytime Care and Assistive Care	Islington/Dundas	(416) 232-1105
New Horizons Day Program (V.O.N.) For seniors who have been diagnosed with mental health issues	529 Main St. North, Brampton	<u>This program does not exist anymore</u>