



SENIORS DIRECTORY

Contact: Heather Elliott
Phone: (905) 848-7580, ext. 2774
Email: helliott@thc.on.ca

Trillium Health Centre
100 Queensway West
Mississauga ON L5B 1B8

SENIORS' HEALTH PROGRAM

Seniors' Resource Directory

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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	(905) 452-1262
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

MEAL DELIVERY

NAME	AREA SERVICED	PHONE NUMBER
Copper County Foods www.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) 820-4026 (416) 236-3180

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

Ministry of Health and Long Term Care Info Line:
1-888-910-1999

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) www.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
Family & Community Services Brampton	Steeles/Torbram	(905) 451-8840
Family & Community Services Erin Mills	Glen Erin/Collegeway	(905) 607-2151
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 www.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 www.stmarysfb.com	5715 Coopers Ave., Unit 4 (North of Matheson, east side of Kennedy Road)	(905) 890-0900
St. Mary's Food Bank Dundas www.stmarysfb.com	1699 Dundas St. E (East of Dixie Rd)	(905) 238-9008

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

DENTAL SERVICES (reduced rates)

NAME	PHONE NUMBER
University of Toronto School of Dentistry 101 Elm Street, Toronto	(416) 979-4927
George Brown School of Dental Hygiene 175 Kendall Avenue, Toronto	(416) 415-4547
Canadian Dental Academy 1599 Hurontario St., Mississauga	(905) 278-2794
Region of Peel Seniors' Program (one year wait list for one time service)	(905) 799-7700
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) Parkdale C.H.C. 1229 Queen St. West	(416) 338-1790 (416) 338-5652

BEREAVEMENT SERVICES

NAME OF SERVICE	PHONE NUMBER
Bereaved Families of Ontario, Halton-Peel www.bereavedfamilies.ca Location: 6700 Century Ave #204, Mississauga (401 & Erin Mills Parkway)	(905) 813-4337
COPEs (Community of People Extending Support) - Turner & Porter Locations: Benares Historic House, 1507 Clarkson Rd. N or Montgomery's Inn 4709 Dundas St. W, Etobicoke	(416) 767-6793
Family Services of Peel Locations: 151 City Centre Dr. #501, 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
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. Location: 170 Sherway Drive, Suite #3, Etobicoke	(416) 626-0116
Pet Loss Support Program	1-866-226-8079 x55
The Grief Support Group Neweduk Funeral Home Location: Sunrise Living Centre, 4046 Erin Mills Parkway, Mississauga	(905) 828-8000
Wellspring Bereavement Group Family support groups for anyone over age 18 who has lost an adult family member or spouse to cancer. Location: 2545 Sixth Line, Oakville	(905) 257-1988

RETIREMENT HOMES

* Retirement residence approved by ORCA (Ontario Retirement Communities Association)

Rapid Response Program (immediate care solutions 24 hour accommodation line)	Various locations	1-877-929-9222
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NAME	MAJOR INTERSECTION	PHONE NUMBER
Adeline's Lodge	40 th St./south of Lakeshore	(416) 503-3333
Amica at City Centre*	Confederation/Princess Royal	(905) 803-8100
Amica at Erin Mills*	Erin Mills/Eglinton	(905) 816-9163
Beechwood Court* (assisted living)	Rathburn/Dixie Mississauga	(905) 238-0800
Beechwood Place* (independent living)	Rathburn/Dixie	(905) 238-0800
Bough Beeches*	Burnhamthorpe/Dixie Rd.	(905) 625-2022
Carmel Heights*	Dundas/Mississauga Road	(905) 822-5298
Centennial*	Renforth/Rathburn	(416) 621-2139
Chartwell Classic Robert Speck*	Hurontario/Burnhamthorpe	(905) 501-9922
Constitution Place*	Dundas/Dixie	(905) 279-8554
Dom Lipa	427/Dundas	(416) 621-3820
Erin Mills Lodge*	Dundas/Erin Mills Parkway	(905) 823-6700
Evan's House	Evans/Royal York	(416) 247-1569 or (416) 557-1460
Evergreen Retirement Community	Mavis/Eglinton	(905) 502-8882
Fairfield Residence	Lakeshore/Kipling	(416) 417-6136
Genesis Lodge	Hurontario/Hwy 7	(905) 450-0277
Greenway Residence	Lakeshore/Cawthra	(905) 271-0062
Grenadier	Bloor/High Park	(416) 769-2885
Heritage Glen Community for Seniors*	Glen Erin/Battleford	(905) 567-6015
Heritage House Retirement	Hurontario/King W.	(905) 279-4800

RETIREMENT HOMES (continued)

NAME	MAJOR INTERSECTION	PHONE NUMBER
Holland Christian Homes	McLaughlin/Steeles	(905) 459-3333
Ivan Franko	Winston Churchill/Dundas	(905) 820-0573
King Gardens Retirement Residence*	Hurontario/King E.	(905) 566-4545
Kingsway Retirement Residence*	Dundas/Royal York Rd.	(416) 236-7575
Palisades on the Glen	Mississauga Rd./Collegeway	(905) 820-8210
Regency Retirement Residence*	Lakeshore/Mississauga Rd.	(905) 891-2422
Scarlett Heights Retirement Residence	Eglinton/Royal York Rd	(416) 977-0867
Southbrook Retirement Home*	Ray Lawson/McLaughlin	(905) 456-3334
Streetsville Residence	Queen St. N/Thomas	(905) 826-4510
Sunrise of Mississauga*	Burnhamthorpe/Dixie	(905) 625-1344
Sunrise of Erin Mills*	Erin Mills Parkway/ Burnhamthorpe	(905) 569-0004
Tapestry at Village Gate West	Kipling/Dundas	(416) 777-2911
Tyndall Estates*	Eglinton/Dixie	(905) 624-5027
Viva Retirement Community	Winston Churchill/Thomas	(905) 566-4500
Wavel Villa	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/QEW, Burlington	(905) 335-3463
Genesis Lodge	Main St. N & Queen St. E., Brampton	(905) 450-0277
Streetsville Residence	Queen St. S./Thomas	(905) 826-4510

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 30 Eglinton Ave 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	(416) 578-9071
Fresh Start (Mississauga & Etobicoke)	(416) 504-4262
Storefront Humber Services for Seniors & Disabled	(416) 259-4207

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
*	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 10-5, Sat 9-1	(416) 237-9654
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, Scarborough 8 Brampton Court, Brampton	(905) 890-7100 (905) 455-2499

EMERGENCY RESPONSE SYSTEMS

COMPANY	WEBSITE	PHONE NUMBER
First Call Response	www.firstcallhelp.com	416-516-0088 1-800-361-5550
The Connect Care	www.connectcare.ca	1-888-298-6116 or (519) 685-4554
Lifecall	www.lifecall.ca	1-800-661-5433
Lifeline	www.lifeline.ca	1-866-784-1992

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	Toronto	(416) 595-4049
Elder Abuse Consultation Team Services for care providers & families/clients		(416) 595-9618
Mobile Crisis Team	Etobicoke	(416) 498-0043
COAST team (mental health worker & plain clothes police officer)	Peel	905) 278-9036
Peel Police Community Relations Office (Elder Abuse/Neglect) Fiona Tivierge	Peel	(905) 453-2121 x3623
Toronto Police Elder Abuse Officer (Patricia Fleishman)	Toronto	(416) 808-7040
Gerstein Distress Centre	Toronto	(416) 929-5200

EMERGENCY SHELTERS

NAME	CITY	PHONE NUMBER
Cawthra Shelter (Women)	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

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

SENIORS APARTMENTS & ASSISTED LIVING

NAME	MAJOR INTERSECTION	PHONE NUMBER
Etobicoke Services for Seniors	Royal York & Bloor St.	(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	(416) 620-0333 x122
Toronto Housing Authority	Multiple locations	(416) 981-5500
Westminister Court	Tomken Rd & Rathburn Rd	(905) 273-3676

TRANSPORTATION

NAME	PHONE NUMBER
AmbuTrans	(416) 496-2444
Brampton Transit	(905) 874-2999
Canadian Red Cross (Cross Wheels) Needs 7 days advance notice. Provide assistance getting into & out of car.	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 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 W/C dependent will be accepted automatically; if cane/walker needs assessment)- Covers region of Peel plus South Etobicoke	(905) 791-1015
VON Community Connection & Safety Program Volunteer escort to appointments, shopping or to community events. Note: client is responsible for securing mode of transportation if the volunteer does not drive.	(647) 788-3180 x4213
Wheelchair Taxi	(905) 848-8000 or (905) 822-4000
Wheel Trans	(416) 393-4111

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

MULTICULTURAL SERVICES

NAME	PHONE NUMBER
CANES – Newcomer elderly outreach South Asian	(416) 743-3892 x228
CANES – Newcomer elderly outreach Somali	(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)	1-800-263-7965
Home Adaptation for Senior's Independence (HASI)	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) 413-1300
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

RELOCATION SERVICES

NAME	CATCHMENT AREA	PHONE NUMBER
HELPS Inc.	Toronto & surrounding areas	(416) 626-2511
New Season Transition Services for Seniors	Greater Toronto Area	(416) 886-8565
Senior Transitions	GTA	(416) 249-4049 x309

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
Hamilton Health Services Pain Clinic 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/Dixon	(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 Italian Seniors' group South Asian Seniors' group Caribbean Seniors' group	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	Rexdale/Islington	(416) 394-8869
West Acres Seniors' Centre	Kipling/Albion	(416) 394-8680

CAREGIVER RELIEF/RESPIRE 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
ReCharge Program Free caregiver respite service for seniors	(905) 338-8357
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

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) 821-9481

SENIORS' HEALTH CLINIC

The Seniors' Health Clinic serves older persons who are experiencing issues such as memory problems, falls, and difficulties managing medications.

A referral from a physician is required. If you do not have a family physician, call Health Care Connect at 1-800-455-1822 for a list of physicians who are taking new patients.

Call (416) 521-4090 to obtain information about the referral process.

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
Peel Senior Link	Peel region	Personal care, meal preparation, 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)	Brampton Caledon 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

PRIVATE AGENCIES (continued)

AGENCY	CITY	SERVICES AVAILABLE	PHONE NUMBER
Seniors for Seniors	Mississauga	companions (drop-in, overnight, live-in), drivers, cleaning,	(905) 276-1140
	Toronto	handyperson, house/ pet sitting	(416) 481-2733
Spectrum	Toronto	Homemakers, nurses, nursing assistants, cleaning	(416) 964-0322
	Mississauga Brampton		(905) 272-2271
S.R.T. Med-Staff International	Greater Toronto Area	homemakers, nurses, nursing assistants	(416) 968-0833
St. Elizabeth Health Care	Mississauga	nurses, nursing assistants	(905) 826-0854
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

ADDITIONAL HOME SERVICES

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

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.

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
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
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
Capacity Assessment Office	Capacity assessments	(416) 327-6766 or 1-866-521-1033

PRIVATE AGENCIES

AGENCY	CITY	SERVICES AVAILABLE	PHONE NUMBER
Always Best Care	Toronto West Mississauga	PSWs, homemakers, live-ins	(905) 997-0540
Bayshore Health Care	Mississauga and Toronto	live-ins, homemakers, nurses, nursing assistants, cleaning	(905) 896-0200 or (905) 277-3116 (416) 927-7850
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) 566-5382
Home Instead	Etobicoke & Mississauga	companions, cleaning, personal care, medication reminders	(416) 239-2200
Home Watch Caregivers	Burlington, Oakville, Mississauga, Milton, Georgetown	PSWs, homemakers, companions, personal care, caregiver-assisted transportation	(905) 842-9793
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
Prohome Health Services	GTA	Homemakers, nurses, nursing assistants, cleaning	(905) 275-0544

FOOT CARE & CHIROPODY CLINICS

NAME	PHONE NUMBER
Bill Dedes 2309 Eglinton Ave W. Mississauga	(905) 820-5333
Cawthra Community Support Care 1389 Cawthra Rd, Mississauga VON provides foot care to seniors at this location	(905) 821-3254 x4207
ComForCare Certified foot care nurse provides home services	(905) 796-2273
Custom Orthotic Group 4210 Ridgeway Drive, 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	(905) 567-3094 www.ontariochiropodist.com
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
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 x3176

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. From John's personal binder, he 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, x7250
Landlord and Tenant Board Rent Review Services	Provides information on rights and obligations under the landlord/tenant act and rent review legislation.	1-888-332-3234
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

COMMUNITY SERVICES (continued)

NAME OF AGENCY	SERVICES PROVIDED	PHONE NUMBER
Peel Crime Stoppers	Crime tip line	1-800-222-8477
Salvation Army	Provides services such as emergency shelter, food, clothing, and 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 www.silvercross.com
Snow Removal Subsidy (Peel region)	For low income seniors or disabled persons. Requires application.	For questions, call (905) 896-5266
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

DAY PROGRAMS FOR SENIORS (continued)

ORGANIZATION	ADDRESS	PHONE NUMBER
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
Senior Life Enhancement Centres	2041 Cliff Rd., Mississauga The Circle of Friends Program (Cognitive Impaired, Secured Setting) The Gathering Place Program (Physically Disabled & mild cognitive impaired)	(905) 279-9061
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	(416) 259-4207
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

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	Main St. North/Alexander St. Brampton	(905) 457-6055
Etobicoke Services For Seniors (ESS Support Services)	4 locations:	(416) 243-0127
	Central Day Care 1447 Royal York Road	
	South Day Care 525 Horner Ave.	
	Humber Community Centre 1167 Weston Rd.	
	Humber Heights Adult Day Program 2245 Lawrence Ave W	
	Wesburn Adult Centre 400 The West Mall	
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

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 and 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

GENERAL HEALTH SERVICES (continued)

NAME	PHONE NUMBER
Lung Association www.lung.ca (Canada) www.lung.on.ca (Ontario)	(416) 622-2566 <i>Downtown Toronto</i> 1-800-972-2636 <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) 821-9481 x2036

SERVICES FOR HEARING IMPAIRMENT

NAME	PHONE NUMBER
Canadian Hearing Society 2225 South Millway, Suite 300, Mississauga	(905) 608-0271
Hearing Solutions 250 The East Mall, Etobicoke	(416) 231-2312
Lydia Kreuk Hearing Services 107-71 King St. W, Mississauga	(905) 272-4327
Montcalm Audiology 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 Contact Lou Traitsis
Silent Voice Canada Inc. Non-profit organization for the deaf	(416) 463-1104 TDD/TTY (416) 463-3928

ALTERNATE PRIVATE OCCUPATIONAL THERAPY, PHYSIOTHERAPY & SPEECH LANGUAGE PATHOLOGY

NAME	PHONE NUMBER
Action Physiotherapy Home Care	(905) 457-7475
AVID Physiotherapy Services	(647) 669-0646
Community Rehabilitation (Physiotherapy, Occupational Therapy)	(905) 455-1863
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