

Care for Older Adults: Where to Start

Helpful resources for older adults and caregivers in Ontario. See local resources on next page.

Where can I find services for older adults?		
Name	Website	Contact
211 Ontario	211ontario.ca (click on Older Adults)	211
Health Connect Ontario	healthconnectontario.health.gov.on.ca	811
Ontario Senior Programs and Services	ontario.ca/SeniorsGuide	1-888-910-1999
Rehabilitative Care Alliance	rehabcareontario.ca	Website only

Where can I find information on Dementia?		
Name	Website	Contact
Alzheimer Society of Ontario	alzheimer.ca	1-800-616-8816
iGeriCare -Online lessons on dementia	igericare.ca	info@healthhq.ca

Where can I find information on mental health or safety?		
Name	Website	Contact
Canadian Coalition for Seniors' Mental Health. Resources in other languages.	ccsmh.ca	289-846-5383 ext. 223
Elder Abuse Prevention Ontario	eapon.ca	Senior Safety Line: 1-866-299-1011

Where can I find resources on aging?		
Name	Website	Contact
McMaster Optimal Aging Portal	mcmasteroptimalaging.org	Website only
Regional Geriatric Program of Toronto	rgptoronto.ca/resources	416-480-6026

Where can I find information on nutrition and meal services?		
Name	Website	Contact
Meals On Wheels	mealsonwheels.ca	416-256-3010
Older Adult Nutrition	olderadultnutritionscreening.com	hkeller@uwaterloo.ca

Where can I find support as a caregiver?		
Name	Website	Contact
Ontario Caregiver Organization	ontariocaregiver.ca	1-833-416-2273
Provincial Geriatrics Leadership Ontario. Resources in other languages.	rgps.on.ca (Caregiving Strategies)	info@rgpo.ca

Where can I find information on care planning?		
Name	Website	Contact
Advance Care Planning Ontario	advancecareplanningontario.ca	1-800-349-3111
Power of Attorney	ontario.ca (search Power of Attorney)	Website only

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Local Resources: Hamilton, Niagara, Haldimand, Norfolk, Brant, Burlington

How do I access specialized geriatric services in my region?

Name	Website	Contact
Regional Geriatric Program Central (RGPC) <i>Coordinates health services for older adults</i>	rgpc.ca	905-521-2100 ext. 12372
Central Clinical Intake for Geriatrics <i>Referrals for specialized geriatric services</i>	rgpc.ca/centralintake	905-521-2100 ext. 12221

Where can I find services for older adults in my region?

Name	Website	Contact
HNHB Health Line	hnhbhealthline.ca	1-800-810-0000
Seniors Hamilton <i>Resources in Hamilton and surrounding area</i>	seniorshamilton.ca	redbook@hpl.ca

Where can I find community supports in my region?

Name	Website	Contact
Alzheimer Society: Brant, Haldimand Norfolk, Hamilton Halton	alzda.ca	1-800-565-4614
Alzheimer Society: Niagara	alzheimer.ca/niagara	1-877-818-3202
Behavioural Supports Ontario (BSO)	hnhb.behaviouralsupportsontario.ca	1-800-810-0000 ext. 1500
Home & Community Care Support Services <i>Community Services and Long-Term Care</i>	healthcareathome.ca (Find Your Local Branch)	1-800-810-0000

Where can I find support for a mental health crisis in my region?

Name	Website	Contact
Brant: Crisis Outreach and Support Team	st-leonards.com	519-759-7188
Haldimand and Norfolk: Crisis Assessment and Support Team	camhs.ca	1-866-487-2278
Halton: Crisis Outreach and Support Team	halton.cmha.ca	1-877-825-9011
Hamilton: Crisis Outreach and Support Team	coasthamilton.ca	1-844-972-8338
Niagara: Crisis Outreach and Support Team	niagara.cmha.ca	1-866-550-5205

Notes:



Visit www.rgpc.ca to download



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