



Community Resources Manual for Caregivers



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The following pages contain a list of community resources relevant to caregiver needs. Please note that these lists do not contain every single resource in the community, but it is mainly an overview of what is available. Please contact the organization to clarify prices and services prior to initiating any services. VHA Home Healthcare is not promoting one community resource over another. Please also look to other online caregiver directories (explained at the end of the document) for further information on various community resources.

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Community Support Groups

Name of Organization	Location and Contact	Service Description	Additional Information
ALS Society of Canada (Amyotrophic Lateral Sclerosis Society of Canada)	393 University Avenue, Suite 1701 Toronto, ON M5G 1E6 Phone: 416-497-2267 Toll-free: 1-800-267-4257 Fax: 416-497-8545 Website: www.als.ca	<u>Toronto Caregivers Only Discussion</u> Discussion is third Wednesday of each month from 7:00pm – 9:00pm	RSVP is required for attendance. Contact to RSVP: Sarah Reedman 416-497-2267 x226 sreedman@als.ca
Alzheimer's Society Toronto	20 Eglinton Ave West, 16 th floor Toronto, ON M4R 1K8 416-322-6560 to get more information about the support programs Phone: 905-726-3477 Toll-free: 1-888-414-5550 Call to get more information on York Region Alzheimer Society Support Groups	<u>Free Support Groups</u> Various free support groups offered, you must call in advance to get more information about the timing, location and availability of the courses Some of the support groups offered include: <ul style="list-style-type: none"> • Alzheimer's Disease Support Group • Young Onset Support Group • Frontotemporal Dementia Support Group • Lewy Body Dementia Support Group • Living with Ambiguous Loss Group • Men's Cooking Group • PSW Support Group • Vascular Dementia Support Group 	Contact an Intake Coordinator regarding these programs. Our Intake Coordinators can provide information and help connect you to supports. To talk to us by phone, please call us at 416-322-6560 during regular business hours Monday-Friday 9:00am-5:00pm. You can also call this number to get connected with a First Link Care Navigator- they would assist you with community dementia services and support For after-hours support, please contact Telehealth at 1-866-797-0000. We will respond to your request in 48 business hours

<p>Alzheimer’s Society of York Region</p>	<p>240 Edward St, Unit 2 Aurora, ON L4G 3S9</p> <p>184 Simcoe Ave, Unit 4 Keswick, ON L4P 2H7</p> <p>Maple Health Centre 10424 Keele St Maple, ON L6A 2L1</p> <p>Markham Public Library 6031 Hwy 7 Markham, ON L3P 3A7</p> <p>Parkview Home 123 Weldon Rd Stouffville, ON L4A 0G8</p> <p>10 Harlech Court, Unit 2 Thornhill, ON L3T 6L5</p>	<p>Various programs are available through the Alzheimer’s Society of York Region. Programs can depend on the location.</p>	
<p>Alzheimer’s Society of York Region Aurora (DAY) Centre North</p>	<p>240 Edward Street, Unit 2 Aurora, ON L4G 3S9</p> <p>Phone: 905-713-6596 Toll-free: 1-877-452-4287</p>	<p><u>Free Support Groups, Education and Training</u> Free peer support groups, education, and training for family members, service providers, and caregivers</p> <p>* Sessions may include information such as advanced directives and safety issues</p>	

<p>Alzheimer’s Society of York Region Georgian Site</p>	<p>184 Simcoe Avenue, Unit 4 Keswick, ON L4P 2H7</p>	<p><u>Support Groups, Education and Training</u> Peer support groups, education, and training for family members, service providers, and caregivers</p> <p>* Sessions may include information such as advanced directives and safety issues</p>	
<p>Aphasia Institute of Toronto</p>	<p><u>Address:</u> 73 Scarsdale Road, Toronto ON M3B 2R2</p> <p><u>Email:</u> aphasia@aphasia.ca</p> <p><u>Phone:</u> 416 226 3636</p> <p><u>Contact:</u></p> <p>Contact Allison Tedesco at atedesco@aphasia.ca or call 416-226-3636 x26 to submit a referral for the New Beginnings program</p> <p>Leanne Buck at lbuck@aphasia.ca or call 416-226-3636 x15 to register for the Family Support and Education Program.</p>	<p><u>New Beginnings: An Introduction to Living Successfully with Aphasia</u></p> <p>The New Beginnings program is a beacon of light for clients with aphasia and their families. Throughout this 12-week program, professional staff and volunteers work with clients and families to understand aphasia and provide them with strategies to communicate in new ways and make meaningful connections with those around them.</p> <p>The New Beginnings program is the first step in restoring confidence and improving coping skills for those affected by aphasia, giving clients and their families a plan on how to live successfully with aphasia.</p> <p>New Beginnings Program Dates for 2020:</p> <p>February 6, 2020 to April 23, 2020 – 9:30-11:30 am</p>	

		<p>June 4, 2020 to August 20, 2020 – 9:30-11:30 am September 24, 2020 to December 10, 2020 – 9:30-11:30 am</p> <p>Fees: \$450.00 per term for client or an accompanying family member or friend <i>*The Aphasia Institute does not turn away anyone who is unable to pay the program fee.</i></p> <p><u>Family Support and Education Program</u></p> <p>Monthly Family Support Group Meetings are available to family and others after the New Beginnings program ends.</p> <p>Groups focus on continued support and education for family members affected by aphasia.</p> <p>The groups are facilitated by program staff.</p> <p>Fee: \$70 / year (Bursaries are available.)</p> <p>Contact Leanne Buck at lbuck@aphasia.ca or call 416-226-3636 x15 to register for the Family Support and Education Program.</p>	
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<p>Better Living Health and Community Services</p>	<p>1 Overland Drive North York, ON M3C 2C3</p> <p>Phone: 416-447-7244 x541 Fax: 416-447-6364</p> <p>Email: info@betterlivinghealth.org</p>	<p><u>Free Caregiver Support Services</u></p> <p>Services are available to adults who are grieving the loss of a loved one or who are currently providing care to someone who is at end of life, frail, or is dealing with a long-term illness. In order to address the spectrum of Caregiver needs we provide Professional Counseling, Peer Support, Caregiver Education and a variety of Support Groups geared to the unique needs of the Caregiver. Caregiver Support services are provided at no cost to the participants, except for Professional Counseling services which can be provided on a sliding scale.</p>	<p>Additional services can include:</p> <ul style="list-style-type: none"> • Meal delivery and grocery delivery (subsidized fees) • Community fitness and free falls prevention classes • Home maintenance • Hospice Service • In-home Services • Social work services • Transportation services <p>Call for further information on fees and services</p> <p>Servicing mainly North York area (east of Yonge)</p>
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<p>Canadian Cancer Society- Wheels of Hope Service</p>	<p>If you need a ride to your treatment and you would like to register for our Volunteer Driver Provided Program, please call 1-800-263-6750.</p> <p>If you have questions about the Wheels of Hope Volunteer Driver Provided Program or the registration fee, call 1-800-263-6750.</p>	<p>Volunteer-delivered service that help people living with cancer get to their treatment appointment</p>	<p>New patients who register for volunteer driver provided transportation will be required to pay an annual registration fee. Patients under the age of 18 are exempt. If you are unable to pay the full registration fee, you may be eligible for assistance through our compassionate program. We are committed to ensuring that no patient is denied a ride due to their inability to pay the entire registration fee. (please call for more information regarding this)</p> <p>Registration fee is \$100 (annual)</p>
<p>Canadian Mental Health Association</p>	<p>180 Dundas Street West, Suite 2301 Toronto, ON M5G 1Z8</p> <p>Phone: 416-977-5580 Toll-free: 1-800-875-6213 Fax: 416-977-2813</p> <p>Email: info@ontario.cmha.ca</p>	<p><u>Living Life to the Full for Caregivers 55+</u> Caregivers at least 55 years old in the Toronto area can now access Living Life to the Full, a free eight-week course (valued at \$185 for 8 weeks) designed to provide skills and knowledge to cope with life’s challenges. This fun and interactive course is offered to groups of 10-15 people in community settings</p>	<p>There are various programs in various locations, please see below:</p> <p><i>Polycultural Immigrant and Community Services</i></p> <p>2225 Erin Mills Parkway, Sheridan Centre, Mississauga Contact: Kiran Maqsood Email: kmaqsood@polycultural.org Phone Number: 905-403-8860 ext. 5253</p> <p><i>North York Community House, Bathurst Finch Hub</i></p> <p>540 Finch Avenue West, Toronto Contact: Shova Adhikari Email: sadhikari@nych.ca</p>

			<p>Phone: 647 208 9733</p> <p><i>SPRINT Senior Care</i></p> <p>140 Merton Street, Toronto (Second Floor) Contact: Natalie Leventhal Email: natalie.leventhal@sprintsniiorcare.org Phone: 416-481-5099</p> <p><i>Jenner Jean Community Centre</i></p> <p>48 Thorncliffe Park, Toronto January 14 to March 3, 12:45 to 2:45 pm Contact: Ameera Hosein Email: ahosein@healthaccesstp.org Phone: 416-421-6369 ext. 302</p>
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<p>Canadian Mental Health Association York Region</p>	<p>15150 Yonge Street, Suite 201 Aurora, ON L4G 1M2</p> <p>Phone: 905-841-3977 x3321 Toll-free: 1-866-345-0183 x3321</p>	<p><u>Mental Illness Support Group</u> This group offers support to people who care for someone with a mental illness. Groups are offered throughout the year and meet once per week over a 10-week period. Groups are offered in multiple locations. Through participation in the group, participants will increase their understanding of mental illnesses, relevant medications and their side effects enabling them to make more informed decisions; reduce the stress they face through increased access to information, services, and a support network; meet other people in like situations for coaching, mentoring, brainstorming, problem resolution, and sharing; learn about stigma and its impact on recovery; and, develop a plan of action for self-care.</p> <p><u>Ethno-specific support groups</u> Farsi speaking support group: 2nd Tuesday every month in Richmond Hill</p> <p>Chinese speaking support group: 1st Wednesday of every month in Markham</p> <p>For more info, please call.</p>	
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<p>CANES Community Care</p>	<p>10 Carlson Court Suite 200 Toronto ON M9W 6L2</p> <p>Phone: 416-743-3892 x243</p> <p>Email: canes@canes.on.ca Email: information@canes.on.ca</p> <p>Website: www.canes.on.ca</p>	<p><u>Caregiver Support and Counselling</u> This free service is for family members and/or others caring for a senior. Our counselor provides individual support, advocacy and resources, assisting with a variety of social and emotional issues.</p> <p>Private support sessions provide a non-judgmental atmosphere for sharing and problem solving, led by the counselor.</p> <p>One-on-one therapeutic counselling and case management services provided to isolated and vulnerable at-risk seniors, both short and long term.</p> <p>Our Counsellor meets with the client either in their home or designated area. After initial contact, our counselor may provide short-term or long-term supports, depending on the needs of the client.</p>	<p>For this program, a referral form needs to be submitted. This can be completed by a family, friend or service provider.</p> <p>There are multicultural groups offered as well, contact the office for more information regarding this.</p> <p>Services the following cities Etobicoke, Brampton, Malton or Woodbridge areas.</p>
<p>Circle of Care</p>	<p>4211 Yonge St, Suite 401 Toronto, ON M2P 2A9</p> <p>Phone: 416-635-2860</p> <p>Intersection: Yonge St and York Mills Rd</p>	<p><u>Supportive Counselling</u> Professional social workers offer supportive counselling and resource navigation to older adults and their caregivers. Services included:</p> <ul style="list-style-type: none"> • individual counselling • crisis intervention • advocacy • hospice support • support groups • caregiver support 	

		<ul style="list-style-type: none"> • resource and system navigation • housing support • financial planning and counselling • linkages to community, healthcare and primary care services 	
<p>Community and Home Assistance to Seniors (CHATS)</p>	<p>Various locations in the York Region and South Simcoe Region.</p> <p>Richmond Hill CHATS Office 10132 Yonge Street Richmond Hill, ON Phone: 905-508-5860 x6527</p> <p>Aurora CHATS Office 240 Edward Street, Unit 2 Aurora, ON L4G 3S9 Phone: 905-713-6596 Toll-free: 1-877-452-4287</p> <p>Thornhill Program Location Mosaic Care (Shops on Steeles) 2900 Steeles Avenue East Thornhill, ON Phone: 905-508-5860 x6527</p> <p>Vaughan Program Location Vaughan Community Health Centre 9401 Jane Street, Suite 206 Maple, ON Phone: 905-508-5860 x6527</p> <p>Bradford CHATS Office 448 Holland Street West (Hakim Optical Plaza)</p>	<p><u>Free Caregiver Support Group</u> As a caregiver, it’s important to take a break, get out, and meet other caregivers with similar concerns. CHATS support groups invite caregivers to share stories, strategies, strengths, and to find new ways to cope with personal challenges.</p> <p><u>Richmond Hill Support Group</u> 1st and 3rd Tuesday of the month from 2:00pm-4:00pm at the CHATS Richmond Hill office.</p> <p><u>Aurora Support Group</u> 2nd Wednesday of the month from 7:00pm-9:00pm at the CHATS Aurora office.</p> <p><u>Thornhill Support Group</u> 2nd Thursday and 4th Tuesday of the month from 2:00pm-3:30pm at Mosaic Care.</p> <p><u>Vaughan Support Group</u> Call for details, dates, and times.</p>	

	<p>Bradford, ON Phone: 1-866-677-9048 x6226</p> <p>Sutton Program Location The Link 20849 Dalton Road Sutton, ON Phone: 1-866-677-9048 x6226</p> <p>If you have a question or concern, please call us at 905-713-6596 or 1-877-452-4287.</p>	<p><u>Bradford Support Group</u> 1st and 3rd Thursday of the month from 10:00am-12:00pm at the Bradford CHATS office.</p> <p><u>Sutton Support Group</u> 1st Monday of the month from 1:00pm-3:00pm at The Link.</p>	
<p>Doane House</p>	<p>17100 Yonge Street, Newmarket, Ontario L3Y 8V3</p> <p>Monday through Thursday 8:30am-4:30pm</p> <p>Phone: 905-967-0259 Fax: 905-967-0593</p> <p>Email: info@doanehospice.org</p>	<p><u>Caregiver Support Program</u> Promotes open discussions on the frustrations that accompany care giving, but more importantly, the opportunity to identify skills and activities caregivers can develop to improve their level of support and strategies to manage stress in order to prevent 'burnout'.</p> <p><u>1:1 Caregiver Support</u> Doane House offers one-on-one caregiver support to family and friend caregivers.</p> <p><u>Evening Group Meetings</u> Explore common experiences in being the primary caregiver. Support is available from experienced facilitators, staff and other community resources. Each session is 1.5 hours on Wednesday evenings from 7:00-8:30pm.</p>	<p>Registration is required for participation in the Caregiver Support Program. Please call Doane House at 905-967-0259.</p> <p>For any other questions about our programs, please give us a call as well.</p>

		<p>Yoga Sessions Mondays from 10:30am - 11:30am</p> <p>Art Therapy for Caregivers Creative expression for caregivers</p>	
Etobicoke Services for Seniors	<p>2245 Lawrence Avenue West Etobicoke, ON M9P 3W3</p> <p>Phone: 416-243-0127</p>	<p>Free Group Support for Caregivers Group support for caregivers, including family and friends providing support to someone with Alzheimer’s Disease, dementia or other related memory disorders</p> <p>* Support group provides a safe place where caregivers can share their personal experiences, talk to other caregivers, relieve stress and learn useful tips about caregiving.</p>	Please note that the Caregiver Support Group is free. Call 416-243-0127 for more information.
Evergreen Support Services	<p>Evergreen Hospice 201-5762 Highway 7 East Markham, ON L3P 1A8</p> <p>Phone: 416-499-2185</p> <p>Email: info@evgcares.org</p> <p>Mailings and telephone support are provided in North York and York Regions</p>	<p>Free 6-Week Workshop for Caregivers Drop-in caregiver support groups are available as well. Offered several times a month at several locations, drop-in support group meetings give opportunities for learning, sharing and support from other caregivers in the community. Call the head office to ask about the caregiver support groups and to register</p> <p>Telephone support is provided. Staff will check in with you and provide resources and support over the phone when you can’t get out of the house.</p>	<p>Pre-registration required for the workshops.</p> <p>Organization also provides telephone support for individuals that cannot leave their home.</p>

<p>Family Service Toronto</p>	<p>355 Church Street Toronto, ON M5B 0B2</p> <p>Phone: 416-595-9230 x0 Fax: 416-595-0242 (fax)</p> <p>Website: https://familyservicetoronto.org</p>	<p>The Seniors and Caregivers Support Service (SCSS) Unit at Family Service Toronto provides social work services to older people and caregivers. Our work includes counselling, group work, advocacy, training and educational sessions on a variety of topics such as aging and memory loss, anger and guilt, how to access community resources, abuse of older adults, etc.</p> <p>You can come to our office for counselling, attend support groups or educational seminars, talk to a trained counsellor by telephone or, in exceptional circumstances, arrange for a home/community visit. We can provide counselling in English and Spanish.</p> <p>We provide counselling services for those facing issues such as:</p> <ul style="list-style-type: none"> • Dealing with chronic or degenerative illness • Stress in family relationships • Bereavement • The uprootedness and difficulty of adapting to a new culture at an advanced age • Caregiver stress • Elder abuse 	
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<p>Family Service Toronto</p>	<p>Family Service Toronto 355 Church Street Toronto, ON M5B 0B2</p> <p>Phone: 416-595-9230 x0 Fax: 416-595-0242</p> <p>Website: https://familyservicetoronto.org</p> <p>Programs are run in 3 different locations. Please connect with us to determine which programs are offered at each location.</p> <p>1527 Victoria Park Ave Caregiver Workshops are the 2nd Tuesday of each month, 1:00pm–3:00pm</p> <p>355 Church Street Caregiver Workshops are the 3rd Tuesday of each month, 5:30pm–7:30pm</p> <p>128A Sterling Road Caregiver Workshops are the 4th Wednesday of each month, 10:30am–12:30pm</p>	<p>Caregivers Discussion Group For those who are caring for or concerned about an elderly parent, spouse, partner, relative or friend. Exchange ideas, offer support, share experiences.</p> <p>Pre-Registration required. <u>Please call Family Service Toronto’s Service Access Unit at 416-595-9618.</u></p> <p>Caregivers Education Workshops Are you caring for, or concerned about, an elderly parent, spouse, partner, relative or friend? Register for any of our Caregivers Education workshops offered by SCSS and</p> <p>Learn key skills to support a senior Gain support from other caregivers Access resources for seniors and caregivers Each month we have a new workshop topic which is presented at all our three locations: Church, Sterling and Victoria Park.</p> <p>Registration All workshops are free. Light snacks and refreshments are provided.</p> <p>Contact: Erin Relyea Caring for Caregivers Project Coordinator erinre@familyservicetoronto.org 416-595-9230 x265</p>	
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<p>Hope House Community Hospice</p>	<p>Aurora location: 350 Industrial Pkwy S, Suite 4 Aurora, ON L4G 3V7</p> <p>Richmond Hill location: 10909 Yonge St, Suite 212 Richmond Hill, ON L4C 3E3</p> <p>Phone: 905-727-6815</p>	<p>Caregiver Connection: "Sharing the Care" Practical Help for Caregivers Support groups and education * Support provided 1:1 by staff and professionally trained volunteers * Wellness programs such as Yoga, Meditation, and Serenity Stroll are available for Caregivers</p>	
<p>Lance Krasman Memorial Centre for Community Mental Health - Family Support Program</p>	<p>10121 Yonge St Richmond Hill, ON L4C 1T7</p> <p>Phone: 905-780-0491 x117</p>	<p>Family Support Program The family support program offers ways to support people who are caring for someone who is recovering from mental health problems. The philosophy of the family program is that people can and do recover and that families can play a major supportive role in the process. We acknowledge and respect the strength and commitment of families and friends to enhance the lives of those struggling with mental health issues. Program components include: a Support Drop-In Night, Information and Referral, The Pathways to Wellness for Families, Family Wellness Recovery Action Planning for family members, and mobile outreach.</p>	<p>Self-referrals are welcome.</p>

<p>LOFT Community Service – Mobile Support Central</p>	<p>126 Wellington St W, Suite 216 Aurora, ON L4G 2N9</p> <p>Contact: Diana Pontes Program Director - Central Team Phone: 1-844-798-6920 x1611 Email: dpontes@loftcs.org</p>	<p><u>Behaviour Support Program</u> Short-term support and assistance to older adults, their families and caregivers, who live and cope with responsive behaviours associated with dementia, mental illness, addictions and/or other neurological conditions</p> <p>* Teams develop an evidence based Behavioural Support Plan that provides strategies for managing behaviours for both the older adult and the caregiver</p> <p>* Teams provide education, mentoring and coaching around responsive behaviours and provide referrals to other appropriate services</p> <p>* Transitional support is also provided as people move from one place to another</p>	<p>Catchment area: Toronto and North York, call for specific locations</p>
<p>North York Seniors Centre</p>	<p>21 Hendon Ave North York, ON M2M 4G8</p> <p>Phone: 416-733-4111 Email: email@nyseniors.org</p>	<p><u>Evening Caregiver Support Group</u> A monthly support group for caregivers to discuss common issues, practice relaxation techniques and gain support from peers. This is a joint program with Meals on Wheels and More. The group meets the third Tuesday of each month, 4:00 to 5:30 p.m at 80 Sheppard Ave West.</p> <p><u>A Day Away Caregiver Support Group</u></p>	<p>North York Senior Centre provides FREE respite care while caregivers attend these programs.</p> <p>A Personal Support Worker is available to care for the senior that the caregiver normally provides support to.</p> <p>* Please see below for additional information regarding home care services and other home maintenance services</p>

		<p>An opportunity to ask for advice, navigate community resources, access care, and meet other caregivers who will be able to relate to you. The group meets every first Wednesday of each month, 2:00 to 3:00 p.m. at 80 Sheppard Ave West.</p> <p><u>Chinese Caregiver Support Group</u> This monthly group is specific to caregivers who speak Cantonese. It runs on the last Thursday of each month, 11:00 a.m. to 12:30 p.m. at 21 Hendon Ave (across Finch Station)</p>	
Parkinson Canada	<p>Edithvale Community Centre 131 Finch Avenue West Toronto, ON</p> <p>Contact: Client Services Parkinson Canada Phone: 1-800-565-3000 x3372 Email: info@parkinson.ca</p>	<p><u>North York Support Group</u> The Toronto North York Support Group meets for mutual support, as well as to learn more about living with Parkinson's disease * For more information about the group, or to be connected with the current local volunteer contact for the support group, please contact Parkinson Canada.</p>	Various support groups available through Parkinson Canada, please call to get more information.
Reconnect Community Health Services	<p>1281 St. Clair Ave West, Toronto, ON M6E 1B8</p> <p>Phone: 416-248-2050 Email: contact@reconnect.on.ca</p>	<p><u>Family and Caregiver Support Services</u> Reconnect's FAME Family and Caregiver Support Services offer a range of supports to family members and caregivers who have a loved one experiencing a mental health concern. Services include drop-in support groups, one-on-one counselling, and specialized programming for children and youth.</p>	<p>One-on-one telephone support counselling is available.</p> <p>Please note that the Downtown Toronto meeting group is currently on hold. If you'd like to connect about that group, please contact Colleen Levlievre at 416-248-2050 or clelievre@reconnect.on.ca</p>

		<ul style="list-style-type: none"> • one on one support groups • family support groups • family connections program <p>Toronto Etobicoke Group meets every 2nd Monday of the month from 7:00pm-9:00pm at LAMP Community Health Centre (365 Evans Ave., Suite 201). Mary Jursinic is the contact at 647-400-8329 or mjursinic@reconnect.on.ca</p> <p>Toronto Rexdale Group meets every last Monday of the month from 7:00pm-9:00pm at Rexdale Community Health Centre (8 Taber Rd). Sarah Robertson is the contact at 647-405-4756 or srobertson@reconnect.on.ca</p> <p>Toronto North York Group meets every 4th Monday of the month from 7:30pm-9:30pm at Ancaster Community Centre (41 Ancaster Rd). Mary Jursinic is the contact at 647-400-8329 or mjursinic@reconnect.on.ca</p> <p>Toronto Scarborough Hospital Group meets every last Thursday of the month from 7:00pm-9:00pm at the lecture hall at Scarborough Hospital (3030 Birchmount Rd). Iwona Malanowska is the contact at 647-403-2180 or imalanowska@reconnect.on.ca</p>	
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		Toronto Scarborough Dorset Park Group meets the 2 nd Wednesday of the month from 6:30pm to 8:30pm at Dorset Park Community Hub in program room 1 (1911 Kennedy Rd, Unit 105). Iwona Malanowska is the contact at 647-403-2180 or imalanowska@reconnect.on.ca	
SPRINT Senior Care	<p>140 Merton Street, second floor Toronto, ON M4S 1A1</p> <p>1 William Morgan Drive Toronto, ON M4H 1N6</p> <p>Phone: 416-481-6411 Email: info@sprintseniorcare.org</p>	<p><u>SPRINT Senior Care's Caregiver Support Group</u> Provides caregivers of people with dementia with opportunities to learn and share in a supportive setting with others experiencing similar situations. It takes place on the last Monday of every month in the afternoon.</p>	All SPRINT Senior Care support groups are facilitated by a registered social worker and require pre-registration with a SPRINT Senior Care Social Worker; they are not drop-in based. For more information, or to register, please call.
Yee Hong Centre for Geriatric Care – Caregiver Education and Resource Centre	360B Hwy 7 E, Unit 17 Richmond Hill, ON L4B 3Y7	<p><u>Supportive counseling, group and social activities, and educational workshops for caregivers</u> Offers information on aging issues for older adults, care management, resources available in the community, as well as tips on how to improve coping skills and strategy</p>	<p>Caters to English, Mandarin, Cantonese Population</p> <p>\$20 annual fee for most workshops Free for some groups</p>

Friendly Visiting

Name of Organization	Location and Contact	Service Description	Additional Information
Aphasia institute Toronto Outreach Program	<p>Address: 73 Scarsdale Road, Toronto ON M3B 2R2</p> <p>Email: aphasia@aphasia.ca</p> <p>Phone: 416 226 3636</p>	<p>The Outreach Program helps people with aphasia make meaningful connections with those around them in their neighbourhoods. The program has two elements – In-Home Visit and Partnership Training – that provide strategies and supports to help people with aphasia communicate and live fulfilled lives in their homes and communities</p> <p>In-Home Visit Program</p> <p>For 10 weeks, a trained volunteer will provide weekly visits to someone with aphasia in his/her home, using tools to engage a client in conversation and assist with communication skills. Family members benefit from these visits as well as they learn from the volunteer new ways to help their loved ones with aphasia participate again in the world around them. This program reduces feelings of social isolation that often accompanies aphasia and renews a client's self-confidence at being able to express their needs and desires.</p> <p>To register for this program, please download and fill out our referral</p>	Service area: GTA (contact for specific locations and catchment area)

		form (referral form online), indicating on the last page the rationale for requesting outreach, and contact Allison Tedesco atedesco@aphasia.ca or call 416-226-3636 x26.	
Better Living Health and Community Services	<p>1 Overland Drive North York, ON M3C 2C3</p> <p>Phone: 416-447-7244 x541 Fax: 416-447-6364 Email: info@betterlivinghealth.org</p>	<p><u>Social Volunteers</u> This service is available to individuals living in the community who would like to connect socially with a dedicated volunteer. Volunteers reach out in person, over the telephone, or via email, based on the Client’s preference. Volunteers can engage in a number of different activities including: going for a walk, playing games, reading or simply chatting. This service is offered free of charge!</p>	<p>Free program</p> <p>Call to get more information</p>
CANES Community Care	<p>10 Carlson Court Suite 200 Toronto ON M9W 6L2</p> <p>Phone: 416-743-3892 x243</p> <p>Email: canes@canes.on.ca Email: information@canes.on.ca</p> <p>Website: www.canes.on.ca</p>	<p><u>Providing a friendly phone call or medication reminder to lonely or isolated seniors</u> CANES staff will make regular scheduled phone calls to isolated seniors who may be living on their own and need some social stimulation.</p>	<p>Free service</p> <p>Friendly visitors do not make home visits</p>

		<p>Seniors can request a friendly visiting phone schedule at anytime</p> <p>Medication Reminders: Clients may also request that our staff remind them of any medications they must take throughout the week or even to notify them of any medical appointments they may have.</p>	
Community and Home Assistance for Seniors (CHATS)	<p>240 Edward Street, Unit 2 Aurora, ON L4G 3S9</p> <p>Phone: 905-713-6596 Toll-free: 1-877-452-4287</p>	<p><u>CHATS Visiting Program</u> Provides isolated older adults and/or those with restricted access to their community, regular social contact for social engagement and security. The program uses one or a combination of any of three calling modalities: telephone calls, home visits, and/or video calls (virtual visiting)</p> <p>In the client’s home, by telephone, with video calling technology, or through face-to-face visits. Occasionally, face-to-face visits may occur in the community (i.e., library, coffee shop, etc.).</p>	<p>Provided free of charge</p> <p>Program available to individuals who receive services in the Central LHIN</p> <p>Call to get more information on eligibility and limitations for programs</p>
Circle of Care – Volunteer Visiting Program	<p>4211 Yonge St, Suite 401 Toronto, ON M2P 2A9</p> <p>Phone: 416-635-2860</p> <p>Intersection: Yonge St and York Mills Rd</p>	<p><u>Volunteer Visits and Phone Calls</u> Regular volunteer visits and phone calls to seniors and people with disabilities who live alone, to provide companionship and reassurance</p>	

<p>Etobicoke Services for Seniors— Telephone Reassurance</p>	<p>2245 Lawrence Avenue West Etobicoke, ON M9P 3W3</p> <p>Phone: 416-243-0127</p>	<p><u>Friendly Visiting Program</u> In-home volunteer visits with older adults who may live alone and not have access to social programs within the community</p> <p><u>Telephone Reassurance</u> Weekly social phone calls and/or security checks by a volunteer</p>	
<p>Here to Care for Seniors—Friendly Visiting</p>	<p>251 Consumers Rd, Suite 1200 Toronto, ON M2J 4R3</p>	<p>Services provided include:</p> <ul style="list-style-type: none"> • Friendly Companionship • Alzheimer’s and Dementia Care • Transfer and mobility assistance • Meal preparation and planning • Escorting to outings and running errands • Medication reminders • Light housekeeping • Hygiene, bathing and grooming assistance • Safety monitoring • Information and referral services 	<p>We provide a complimentary In-Home Assessment</p>
<p>North York Seniors Centre— Friendly Visiting</p>	<p>80 Sheppard Ave W Toronto, ON M2N 1M2</p> <p>Phone: 416-733-4111 Email: email@nyseniors.org</p>	<p><u>Volunteer Visits and Phone Calls</u> Regular volunteer visits and phone calls to seniors and people with disabilities who live alone, to provide companionship and reassurance</p>	

Respite Care

Please know that these services come with a cost. Below are some examples of respite services.

There are also many websites you can use, such as Respite Services and My Care Base, to find other respite services. RespiteServices.com is a website that can help you find services in York Region (as well as other areas) by visiting online at www.respiteservices.com/york. My Care Base is also a great website to find private caregivers for your loved one: <https://www.mycarebase.com/care-management-tools-pricing>

Name of Organization	Location and Contact	Service Description	Additional Information
CANES Community Care	10 Carlson Court Suite 200 Toronto ON M9W 6L2 Phone: 416-743-3892 x243 Email: canes@canes.on.ca Email: information@canes.on.ca Website: www.canes.on.ca	<u>In-Home Support Service</u> A support service in a client's home to provide short term relief for family and friends from their caregiving role, and to help relieve stress placed on family relationships	Catchment area: Central and Northern Etobicoke, Brampton, and Malton Cost: \$10.50 per hour for the first 6 hours of the week, then up to \$20.00 per hour Service Limitation: Minimum of 2 hours per visit Subsidized feeds are available after a thorough assessment

<p>Circle of Care</p>	<p>4211 Yonge St, Suite 401 Toronto, ON M2P 2A9</p> <p>Phone: 416-635-2860 Email: info@circleofcare.com</p>	<p>Being a caregiver can be overwhelming. As someone you love begins to depend more on you, you may find yourself caring for the day-to-day needs of your loved one. It can be very challenging to balance this with your other responsibilities. If it becomes overwhelming, we can provide help with respite care:</p> <p>Our Personal Support Workers can provide your loved one with support, including bathing, grooming and toileting, as well as light housekeeping and laundry, and shopping or meal preparation.</p> <p>Our Adult Day Program offers a secure and supportive environment for older adults living with dementias such as Alzheimer’s disease.</p> <p>Our volunteer-run hospice care program provides emotional support, companionship, and respite for those caring for a loved one who is dying.</p>	<p>Our service area for Personal Support & Respite Care runs from Steeles Ave to Bloor-Danforth, and from the 427 to the Scarborough-Pickering Townline.</p>
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<p>Community and Home Assistance to Seniors (CHATS)</p>	<p>240 Edward Street, Unit 2 Aurora, ON L4G 3S9</p> <p>Phone: 905-713-6596 Toll-free: 1-877-452-4287</p>	<p>In-Home Temporary Relief Quality, in-home temporary relief for the primary caregiver in the provision of care to prevent caregiver stress, burnout and the possibility of family breakdown. Service may be short or long term and may include homemaking, some personal care, light housekeeping, attendant care, monitoring, supervision, and/or activation. The caregiver requiring relief can be any unpaid individual who provides direct, ongoing consistent care to the person served. The caregiver is not required to be living with the client to be eligible for the CHATS Caregiver Respite Program services</p>	<p>CHATS Caregiver Respite Program is available 24 hours a day, seven days a week:</p> <ul style="list-style-type: none"> • Hours provided are based on assessed need and availability of staff. • Eligible persons can receive a maximum of 120 hours per month excluding any Home and Community Care hours. Exceptional circumstances requiring service in excess of these guidelines will be considered on a case by case basis (e.g. palliative care) • Crisis coverage can be provided as required, and as budget and staffing allows • A two-hour minimum is required
<p>Home Care Assistance</p>	<p>1600 Steeles Ave. West Unit 18 Vaughan, Ontario L4K 4M2</p> <p>Phone: 905-597-5825</p>	<p>Services include:</p> <ul style="list-style-type: none"> • Cooking and light housekeeping • Laundry and change of bed linens • Grocery shopping and errands • Companionship and exercises • Bathing, dressing, grooming assistance 	<p>Please call for service fees</p>

<p>Langar Seva Meal and Support Services</p>	<p>2565 Steeles Ave E, Unit 24 Brampton, ON L6T 4L6</p> <p>Phone: 416-628-7041</p> <p>Website: www.langarseva.com</p>	<p>Friendly visits: Volunteers will visit client to chat, play card games, read the newspaper, etc. as part of our friendly visiting program</p> <p>Telephone reassurance: Clients who are feeling lonesome or want reassurance from time to time can call our telephone line. Our volunteers also initiate calls to clients who request this service</p>	<p>Catchment areas: Areas served: Brampton, Mississauga, Oakville, North York, Toronto, Etobicoke, Scarborough, Woodbridge, Markham, Unionville</p>
<p>Lumacare</p>	<p>497 Wilson Ave North York, ON M3H 1V1</p> <p>Phone: 416-398-5511</p>	<p>Sunset Overnight & Respite Support Provides short and long term overnight and day stays for seniors who require 24-hour care. The service offers a safe and cozy atmosphere with support provided by trained Personal Support Workers. Services include:</p> <ul style="list-style-type: none"> • Comprehensive assessment and care planning • Private and semi-private rooms • Nutritious meals and snacks • Well trained personal support workers • Bathing and laundry program • Access to reliable transportation and day program 	<p>Overnight stay (Monday to Sunday, 5:00pm to 9:00am) Cost: \$41.25/overnight</p> <p>Day Stay (9:00am to 3:00pm) Cost: \$39.75, includes lunch.</p> <p>Overnight Stay + Day Stay: (9:00am to 9:00pm) Cost: \$68.00</p> <p>Stay on Statutory Holidays (9:00am to 9:00 am) Cost: \$103.00</p> <p>Statutory holiday pricing covers 24 hours starting on the morning of the holiday until the following morning. If staying less than 24 hours on a holiday the full cost still applies</p>

Mavencare	<p>70 Richmond Street East, Suite 100 Toronto, ON M5C 1N8</p> <p>Phone: 416-855-2333 Email: customer-care@mavencare.com</p>	<p><u>Assessment of Services</u> Provide free assessments to assist with getting the right types of services for your loved ones and assist you with matching with a live-in caregiver (if needed for respite). Call the number to get a better idea of respite care services and prices.</p>	<p>Catchment area: Toronto</p> <p>Cost: Starts at \$25.99/hour and \$260/day for live-in care</p>
North York Seniors Centre	<p>80 Sheppard Ave W Toronto, ON M2N 1M2</p> <p>Phone: 416-733-4111 Email: email@nyseniors.org</p>	<p><u>Private Support Services</u> Our friendly and reliable staff can help you live safely and independently by providing essential personal support services right in your home or while you're in the hospital. Here are some of the very practical and important services we can provide for you:</p> <ul style="list-style-type: none"> • Personal care including bathing, dressing, toileting and hair washing • Light housekeeping • Light meal preparation • Companionship 	<p>Catchment area: within East of Bathurst up to Victoria Park Avenue And south of Steeles avenue up to Sheppard Avenue</p> <p>Cost: Starts at \$19/hour</p>
SPRINT Senior Care	<p>140 Merton Street, second floor Toronto, ON M4S 1A1</p> <p>1 William Morgan Drive Toronto, ON M4H 1N6</p> <p>Phone: 416-481-6411 Email: info@sprintseniorcare.org</p>	<p><u>SPRINT Senior Care's In-Home Services Department</u> Provides a range of home care services to promote living at home independently and safely for seniors, as well as to provide respite for caregivers. These services include homemaking and personal care.</p> <p>Homemaking encompasses light cleaning and grocery shopping,</p>	<p>All of SPRINT Senior Care's home care services are provided by college-trained personal support workers (PSWs) and are based on an hourly fee.</p> <p>Catchment area: SPRINT Senior Care's general service area is Bathurst to Bayview and the 401 to Bloor.</p>

		while personal care includes help with bathing, dressing, meal preparation, and medication reminders.	Cost: \$17/hour. On statutory holidays it is \$47.00/hour. These fees change per year so call to get an update.
TransCare Community Support Services	1045 McNicoll Avenue Toronto ON M1W 3W6 Phone: 416-750-9885 Toll-free: 1-866-393-2079	<u>Private Support Services</u> A support service in a client's home to provide short term relief for family and friends from their caregiving role, and to help relieve stress placed on family relationships	Catchment area: Scarborough (some areas North and east of Scarborough as well, call to confirm) Cost: \$16.50 per hour. Subsidies available for eligible client
VHA Home HealthCare	30 Soudan Avenue Toronto, ON M4S 1V6 Phone: 416-489-2500 Toll-free: 1-888-314-6622	<u>Respite Care Services</u> Short term in-home support	Catchment area: Greater Toronto Area Cost: \$24.50; some services can be accessed for free (limited hours) through your Central LHIN
West Toronto Support Services	1709 Bloor St W, 2nd Floor Toronto, ON M6P 4E5 Phone: 416-653-3535 Fax: 416-653-3559 Email: info@wtss.org Website: www.wtss.org	<u>Private Support Services</u> A support service in a client's home to provide short term relief for family and friends from their caregiving role, and to help relieve stress placed on family relationships	Catchment Area: East of Humber River to Roncesvalles Avenue and Bathurst St., South of St. Clair Avenue to the Lake and Bloor St. W Cost: \$10.00 per hour, minimum of 2 hours per visit.

Transportation

Name of Organization	Location and Contact	Service Description	Additional Information
Adapt of Ontario	83 Mosaics Avenue Aurora, ON L4G 7L5 Email: kimjalbert@adaptofontario.com Website: https://www.adaptofontario.com	<p>We operate specially equipped vans on a 24-hour, seven days a week basis. Our fee schedule is quite competitive, but we consider our service to be far above average. The caregiver always travels for free</p> <p>We can accommodate up to 3 wheelchairs and 3 walk-ons. We can take scooters, electric wheelchairs and Jerry chairs. Please note, all wheelchair clients must be accompanied by a caregiver</p>	Please visit their website for fees and cost information
Ambutrans- Non-Emergency Ambulance Transportation	Tel: 416-423-2323 Fax: 416-496-8465 Tel: Toll-Free 1-888-569-2323 Email: info@ambutrans.on.ca Web: www.ambutrans.on.ca	<p>Provides non-emergency ambulance transportation to and from a variety of hospitals, nursing homes, retirement residence, rehab centers, private residence and airports in and outside Greater Toronto.</p> <p>On-site emergency medical coverage for special events.</p> <p>Offers private pay transportation.</p>	Set fees. Call for fees and to book transportation (24 hours),

<p>Beaver Transportations Services</p>	<p>31 Whitfield Avenue North York, Ontario M9L 1G2</p> <p>Phone: 416-248-8922</p>	<p>Beaver Transportation Services specializes in daily, weekly and monthly pickups of special needs clients. By offering regularly scheduled pickups, our clients are more likely to have little to no change in their driver, which helps build the routines some clients find essential</p> <p>We strive to be flexible with both our pickup times and our pricing. We understand that finding the right people to help you with your special needs or elderly loved one may be hard. We hope that at Beaver, we can make transportation one less thing to worry about.</p>	<p>Serving York Region</p> <p>Call for pricing details</p>
<p>Better Living Health and Community Transportation Services</p>	<p>1 Overland Drive North York, ON M3C 2C3</p> <p>Phone: 416-447-7244 x541 Fax: 416-447-6364 Email: info@betterlivinghealth.org</p>	<p><u>Group Shopping services:</u> For \$6.50, we can pick from 5 Deauville Lane to Golden Mile Plaza or Eglinton Square</p>	<p>Group shopping schedule changes, please call or check online to verify changes: https://mybetterliving.ca/community-services/transportation-services/</p>

<p>CANES Community Care</p>	<p>10 Carlson Court Suite 200 Toronto ON M9W 6L2</p> <p>Phone: 416-743-3892 x243</p> <p>Email: canes@canes.on.ca Email: information@canes.on.ca</p> <p>Website: www.canes.on.ca</p>	<p>Ride Connect Transportation A program to help clients and caregivers travel between daily needs. Based on kilometer distances with 3 cost groups: A, B, C.</p> <table border="1" data-bbox="1056 370 1436 607"> <thead> <tr> <th colspan="2">A Up to \$20,000</th> <th colspan="2">B \$21,000 to \$40,000</th> <th colspan="2">C \$41,000 +</th> </tr> <tr> <th>Distance by Km</th> <th>Current Fee Rate</th> <th>Distance by Km</th> <th>Current Fee Rate</th> <th>Distance by Km</th> <th>Current Fee Rate</th> </tr> </thead> <tbody> <tr> <td>Up to 5.9</td> <td>\$ 3.55</td> <td>Up to 5.9</td> <td>\$ 5.85</td> <td>Up to 5.9</td> <td>\$ 9.25</td> </tr> <tr> <td>6 - 10.9</td> <td>\$ 4.80</td> <td>6 - 10.9</td> <td>\$ 9.40</td> <td>6 - 10.9</td> <td>\$ 13.90</td> </tr> <tr> <td>11 - 15.9</td> <td>\$ 7.10</td> <td>11 - 15.9</td> <td>\$ 14.20</td> <td>11 - 15.9</td> <td>\$ 18.60</td> </tr> <tr> <td>16 - 20.9</td> <td>\$ 9.40</td> <td>16 - 20.9</td> <td>\$ 17.70</td> <td>16 - 20.9</td> <td>\$ 23.20</td> </tr> <tr> <td>21 - 25.9</td> <td>\$ 11.80</td> <td>21 - 25.9</td> <td>\$ 21.30</td> <td>21 - 25.9</td> <td>\$ 27.80</td> </tr> <tr> <td>26 - 30.9</td> <td>\$ 14.20</td> <td>26 - 30.9</td> <td>\$ 24.80</td> <td>26 - 30.9</td> <td>\$ 32.45</td> </tr> <tr> <td>31 or more</td> <td>\$ 23.20</td> <td>31 or more</td> <td>\$ 34.80</td> <td>31 or more</td> <td>\$ 40.60</td> </tr> </tbody> </table> <table border="1" data-bbox="1056 656 1436 743"> <thead> <tr> <th colspan="2">Group Trip Rate (Two or more Clients in one trip)</th> </tr> </thead> <tbody> <tr> <td>Current Rate</td> <td>\$ 5.65</td> </tr> <tr> <td>New Rate</td> <td>\$ 6.00</td> </tr> </tbody> </table>	A Up to \$20,000		B \$21,000 to \$40,000		C \$41,000 +		Distance by Km	Current Fee Rate	Distance by Km	Current Fee Rate	Distance by Km	Current Fee Rate	Up to 5.9	\$ 3.55	Up to 5.9	\$ 5.85	Up to 5.9	\$ 9.25	6 - 10.9	\$ 4.80	6 - 10.9	\$ 9.40	6 - 10.9	\$ 13.90	11 - 15.9	\$ 7.10	11 - 15.9	\$ 14.20	11 - 15.9	\$ 18.60	16 - 20.9	\$ 9.40	16 - 20.9	\$ 17.70	16 - 20.9	\$ 23.20	21 - 25.9	\$ 11.80	21 - 25.9	\$ 21.30	21 - 25.9	\$ 27.80	26 - 30.9	\$ 14.20	26 - 30.9	\$ 24.80	26 - 30.9	\$ 32.45	31 or more	\$ 23.20	31 or more	\$ 34.80	31 or more	\$ 40.60	Group Trip Rate (Two or more Clients in one trip)		Current Rate	\$ 5.65	New Rate	\$ 6.00	<p>Serving Etobicoke, Brampton, Malton, Mississauga-Halton, Oakville, and Woodbridge areas</p> <p>If the client is travelling with a caregiver, there is no extra charge for the trip. If a passenger does not have a someone to travel with, we can provide a caregiver to the client for Passenger Assistance during their ride</p> <p>Adult day services will be group rides, for two or more clients it will be \$6.00 one day.</p>
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<p>Community and Home Assistance to Seniors (CHATS)</p>	<p>240 Edward Street, Unit 2 Aurora, ON L4G 3S9</p> <p>Phone: 905-713-6596 Toll-free: 1-877-452-4287</p>	<p>Flat fee for local drives. Long-distance rates are based on distance. Fees paid directly to the driver with exact change. Person served is responsible for any parking fees incurred. Financial subsidy is available for transportation in exceptional circumstances.</p>	<p>Serving York region and South Simcoe</p>																																																												
<p>Dignity Transportation</p>	<p>900 Magnetic Drive North York, ON M3J 2C4</p> <p>Phone: 416-398-2222 Toll-free: 1-866-398-2109 Email: info@dignitytransportation.com</p>	<p>Dignity Transportation Inc offers a competitive flat rate pricing structure based on distance traveled. The distance is calculated using the shortest route as determined by a readily available mapping program.</p>	<p>Serving Toronto, GTA, Southern Ontario, York, Peel and Durham Region</p> <p>When you call, you will be given the exact cost of the trip you wish to take. You should be aware that there is no additional charge for escorts</p> <p>If you are planning a trip in the city with numerous stops or where you</p>																																																												

			<p>wish the driver to wait, you may also book a vehicle by the hour. There is a two-hour minimum charge for this type of booking. Your time commences when the vehicle arrives at your door</p>
<p>Driving Miss Daisy</p>	<p>Toll-free:1-877-613-2479 Website: www.drivingmissdaisy.ca</p>	<p>We have proudly become the leader in non-medical senior services offering assistance, accompaniment, and incidental transportation for seniors and those with disabilities or special needs.</p> <p>Driving Miss Daisy offers services that improve the quality of life for seniors and those with disabilities or special needs. We provide much more than just incidental transportation from point A to B. It's our commitment to personal, friendly, through the door service that sets us apart and makes our clients smile.</p> <p>We are more than happy to assist with:</p> <ul style="list-style-type: none"> • Medical appointments • Grocery shopping • Dental appointments • Personal shopping • Adult Day programs • Alzheimer's companionship • Liaison of medical staff & family • Home support • Airport service • Vacation accompaniment • Social event accompaniment 	<p>Not all locations offer the same services. Please check with your location for confirmation of services offered (services offered in GTA and York Region)</p> <p>Please call for more information regarding fees for services and availability for services</p> <p>Other Services provided:</p> <ul style="list-style-type: none"> • Companionship (friendly visiting/respite care) • Assistance and accompaniment • Home support (light housekeeping) • Grocery shopping • Home maintenance

<p>iRide Plus (partner program of CHATS, Circle of Care and Lumacare)</p>	<p>Phone: 416-421-2494 Toll-free: 1-844-474-3301</p>	<p>Fares for Clients Who Live South of Steeles *fares are based on distance traveled</p> <table border="1" data-bbox="1050 565 1440 867"> <thead> <tr> <th>Distance</th> <th>Current Fares</th> </tr> </thead> <tbody> <tr> <td>0 km- 5 km</td> <td>\$6.40</td> </tr> <tr> <td>5.1 km- 10km</td> <td>\$10.40</td> </tr> <tr> <td>10.1- 15 km</td> <td>\$15.10</td> </tr> <tr> <td>15.1 km-20 km</td> <td>18.50</td> </tr> <tr> <td>20.1 km- 25 km</td> <td>22.65</td> </tr> <tr> <td>Over 25.1 km</td> <td>1.05/km in each direction</td> </tr> </tbody> </table> <p>*subsidized rates available for those who qualify</p>	Distance	Current Fares	0 km- 5 km	\$6.40	5.1 km- 10km	\$10.40	10.1- 15 km	\$15.10	15.1 km-20 km	18.50	20.1 km- 25 km	22.65	Over 25.1 km	1.05/km in each direction	<p>Serving clients who live NORTH of Steeles</p>
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<p>North York Seniors Centre</p>	<p>21 Hendon Ave North York, ON M2M 4G8</p> <p>Phone: 416-733-4111 Email: email@nyseniors.org</p>	<p>0-5kms: \$6.25 per one-way ride 5-10kms: \$10 per one-way ride 10-15 kms: \$14.50 per one-way ride 15-20 kms: \$17.50 per one-way ride 20-25 kms: \$21.75 per one-way ride 25+ kms: \$1.25 per kilometer</p>	<p>Please call to get an updated fee schedule for transportation. The information provided here is from a few years ago</p>														

<p>Uberwav</p>	<p>Download Uber App</p>	<p>Uber Wav: Uber’s wheelchair accessible cars.</p> <ol style="list-style-type: none"> 1. Download the Uber app and create your account 2. Choose the ‘uberWAV’ option on the slider at the bottom of the screen 3. Place the pin at your pick up location – make sure it’s somewhere where it will be safe for your driver to stop the car 4. Tap the ‘Set pickup location’ bar. You’ll be asked to confirm your want to request a wheelchair accessible car. 5. Tap ‘Request uberWAV’ 6. Once your request is confirmed, your driver is on their way to collect you. You can get in touch at any point by sliding the block with the driver’s details upwards and tapping ‘Contact’ 	
<p>Wheelchair Taxi</p>	<p>Main: 416-766-9922 Email: info@wheelchairtaxi.ca</p>	<p>At Wheel Chair Taxi, your comfort and satisfaction are our top priorities. We provide reliable, wheelchair-accessible taxi transportation in Toronto, Mississauga, Brampton, Markham, and around the GTA.</p>	<p>- Provides direct billing to Insurance company</p> <p>Book Your Next Ride</p> <p>You can now book your next ride with Wheelchair Taxi by filling out our convenient online form. We recommend submitting your request</p>

		<p>Offering a fleet of vehicles that ranges from accessible mini-vans to larger, multiple-wheelchair vehicles. All of our drivers are also owner-operators and are licensed to provide transportation for passengers with special needs or disabilities and are licensed by the City of Toronto to provide accessible transportation.</p>	<p>at least 12 hours in advance to ensure that a driver will be available at your requested time. You can also give us a call any time for more information about our wheel-chair accessible taxi transportation services, or to see if there is a driver available on short notice.</p>
<p>Voyago - Voyageur Medical Transportation</p>	<p>Corporate Support Office 573 Admiral Court London Ontario N5V4L3 Website: www.voyageurmedical.ca Phone: 1-855-263-7163 Email: admin@voyageurtransportation.ca</p>	<p>Non-emergency patient transfer service</p> <p>Services include:</p> <ul style="list-style-type: none"> • Wheelchair accessibility transfer for individuals or groups • Hospital shuttle programs • Stretcher service for individuals or groups • Advanced Monitor stretcher service 	<p>Servicing: GTA Etobicoke, Scarborough, Richmond Hill</p> <p>You can request a quote online or do an online booking on their website.</p>

Community Support Programs

Name of Organization	Location and Contact	Service Description	Additional Information
<p>ALS Society of Canada (Amyotrophic Lateral Sclerosis Society of Canada)</p>	<p>393 University Avenue, Suite 1701 Toronto, ON M5G 1E6</p> <p>Phone: 416-497-2267 Toll-free: 1-800-267-4257 Fax: 416-497-8545</p> <p>Website: www.als.ca</p>	<p><u>Regional Support:</u> ALS Canada’s team of Regional Managers assists people and families living with ALS in navigating their journey. Regional Managers offer home visits to discuss individual and family needs, provide information and education, and assist with connecting you to other healthcare providers and community supports. They also run support groups for people living with ALS as well as caregivers.</p> <p>You must be registered with ALS Canada to receive support from a Regional Manager and other ALS Canada services.</p> <p><u>Equipment Loan Program</u> The ALS Canada Equipment Program provides access to basic and essential assistive equipment through: Loan equipment program Funding assistance programs for some leased and rented equipment Flexible funding program for small bathroom equipment</p> <p>To access the ALS Canada Equipment Program, please have your Occupational Therapist,</p>	<p>Please visit www.als.ca for more information on the funding program overview and eligibility</p> <p>Please visit online for more information on different equipment that are available</p> <p>Please register online or call the ALS society to become a registered member to access their services</p>

		<p>Physical Therapist or other Allied Professional complete the associated forms.</p>	
<p>Alzheimer’s Society Toronto</p>	<p>20 Eglinton Ave West, 16th floor Toronto, ON M4R 1K8</p> <p>416-322-6560 to get more information about the support programs</p> <p>Phone: 905-726-3477 Toll-free: 1-888-414-5550 to get more information on York Region Alzheimer Society Support Groups</p>	<p><u>Caregiver Grant</u> Provides maximum \$750 to assist with costs associated with providing care. You can reapply every year. Funding is based on availability, so please call ahead to ensure if funding opportunities exist.</p> <p><u>First Link® Program</u> First Link® is a partnership program with health-care professionals and the Alzheimer Society of Toronto to ensure that individuals and families dealing with dementia receive the support and information they need throughout the course of the disease.</p> <p>Once you are connected to the program, you will be contacted by a First Link Navigator who will begin connecting you with the resources and supports provided by the Alzheimer Society of Toronto, and to other community services that you might need throughout the city.</p>	<p>For information regarding the First Link program call: 416-640-6316</p> <p>To apply for the First Link Program, ask your health care professional to help you complete a referral form online.</p>

<p>City of Toronto Snow Removal</p>	<p>Phone: 416-392-7768</p>	<p>The City of Toronto offers free snow removal from City sidewalks for residents age 65 and above and those who are unable to remove snow without endangering their health</p>	<p>The City also funds community agencies to shovel snow on your property and cut your grass.</p> <p>For more information about these community agencies, please call 311</p>
<p>Gilda’s Club Greater Toronto</p>	<p>24 Cecil Street Toronto, ON M5T 1N2</p> <p>Phone: 416-214-9898</p> <p>Website: www.gildasclubtoronto.org</p>	<p>Gilda’s club is a registered charity that provides support, education, and social interaction for cancer patients and their families. The inclusive program adopts a “whole family” approach so that friends and family of all ages can receive the support they need free of charge</p> <p>Our vast array of programs designed to meet the emotional, social & practical needs of anyone affected by cancer are a complement to medical treatments and an essential part of a comprehensive cancer care plan.</p> <ul style="list-style-type: none"> • Cooking clubs • Yoga sessions • Education sessions • Support groups <p>Membership and all programs are offered at no charge. Members receive our program calendar as well as notices of upcoming events & new workshops</p>	<p>Please complete membership application online or call to register</p> <p>Activity calendar posted on their website</p>

<p>Huntington Society of Canada</p>	<p>20 Erb St W Suite 80 Waterloo, ON N2L 1T2</p> <p>Toll-free: 1-800-998-7398 Fax: 519-749-8965</p> <p>Website: https://www.huntingtonsociety.ca</p>	<p>Family Services Program</p> <p>What the Family Services Team at the Huntington Society of Canada offers: The HSC Family Services Program provides support to individuals, families, and professionals as they face the progressive course of Huntington disease (HD). We also support caregivers and those living at-risk. The Family Services program includes:</p> <p>Direct support services</p> <ul style="list-style-type: none"> • Direct support services are available to anyone who is affected by Huntington disease: Persons with the disease and their family caregivers <ul style="list-style-type: none"> o Information and Education: Information is provided about the nature and progression of HD and care strategies. o Short-term Counseling: Counseling is available to address emotional and practical adjustments to the changes one may experience while living with HD. o Resource Counseling and Referral: Information is provided about community resources available to help meet specific individual needs. o Individual Advocacy: Support is available to work with service providers and individuals to help ensure access to the necessary services. 	<p>Please visit https://www.huntingtonsociety.ca for more information</p>
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		<p>o Mutual Support: Provide opportunities for individuals with HD and family members to connect with others i.e. support groups.</p> <p>o Partnerships: The Family Services team works in partnership with local HD Clinics, Movement Disorder B, Clinics and Genetics Clinics to enhance service delivery.</p> <ul style="list-style-type: none"> • Education and support • Local community development <p>Youth Mentorship Program: The Youth Mentorship Program allows young caregivers caring for someone with Huntington Disease to meet a mentor with similar experience</p>	
<p>Labatt Better Together</p>	<p>207 Queens Quay West, Suite 299 Toronto, Ontario M5J 1A7</p>	<p>Grants provided to people to either meet basic needs or to improve their quality of life * type of grants :</p> <p>Necessities - helps individuals purchase basic needs items such as clothing, footwear, food and household needs</p> <p>Health - helps purchase health equipment and services * equipment includes prosthetics, Braille materials and eyewear * services includes respite, special therapies and physiotherapy</p> <p>Elderly Support - provide support</p>	<p>Apply for the Labatt Better Together application by: Review and answer all questions on the Application Form Photocopy all relevant supporting documentation Mail Application Form and supporting documentation</p> <p>Response can take up to 90 days</p> <p>Application criteria and guidelines can be found online: https://www.labattbettertogether.ca/apply-for-help</p>

		<p>services to older adults * support services include personal care, housekeeping, nursing and meals</p> <p>Youth Development - helps youths with disabilities or troubled youth to get involved in recreation programs, camps and athletic programs * also can help buy books and art supplies</p>	
<p>Muscular Dystrophy of Canada</p>	<p>40 Eglinton Avenue East, Unit 500 Toronto, ON M4P 3A2</p> <p>Toll-free: 1-800-567-2873 Email: info@muscle.ca</p> <p>Website: www.muscle.ca</p>	<p><u>Family and Caregiver Retreats</u> Family and Caregiver retreats for individuals who have a diagnosis of a Muscular Dystrophy Disease for them to connect with others who are living similar experiences to provide support and help reduce social stigmas. These Family and Caregiver Retreats offer a weekend ‘away from it all’ in a safe, welcoming, and natural setting. Family and Caregiver Retreats provide:</p> <ul style="list-style-type: none"> • An opportunity for attendees to meet and socialize with others who have similar experiences; • An opportunity to gain useful insights from experts and other families about caring for themselves and their loved ones; • Access to a range of complementary therapy services and information sessions; 	<p>Please check online for Family and Caregiver Retreat dates</p> <p>Register as a client of the program to gain access to the support that is provided through the program</p>

		<ul style="list-style-type: none"> • Access to an assortment of leisure and social activities; • A well-deserved break from some of the demands of daily life; • Social gatherings to foster friendship and a sense of community • The Family Retreats also offer opportunities for children living with a neuromuscular disorder to meet other children with similar experiences and develop new friendships. <p><u>Community Services Fund</u> Are you in need of financial assistance to support such needs as medical travel, respite care, adapted recreation programs, etc.?</p> <p>Many of Muscular Dystrophy Canada’s Community Volunteer Chapters operate a Community Services Fund (CSF). Through this fund, Chapters can assist persons with neuromuscular disorders, who are registered with Muscular Dystrophy Canada and a member of a Community Volunteer Chapter. Please go online and complete the community services fund application.</p> <p><u>Equipment Program Criteria</u> You must be a registered client of Muscular Dystrophy Canada in</p>	
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		<p>order to qualify for financial support programs. Please take the time to Register as a Client as a first step to receiving services. *please check online for more information and to get access to the application form</p> <ul style="list-style-type: none"> • Equipment costing less than \$200 will not be eligible for funding • You must be a registered client of Muscular Dystrophy Canada • Muscular Dystrophy Canada will not issue reimbursements. Be sure to complete the application process and receive approval from our office, prior to purchasing the item. <p>All funding requests must include:</p> <ul style="list-style-type: none"> • A completed application form • Quotes from 2 different equipment vendors • A signed equipment prescription from the appropriate licensed health care professional such as: an occupational therapist, physiotherapist, respiratory therapist, orthotist, physiatrist, registered nurse or podiatrist 	
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<p>Ontario Caregiver Organization</p>	<p>To access information about caregiver services and supports in your area, please call the Ontario Caregiver Helpline at 1-833-416-2273</p> <p>If you are experiencing anxiety or depression, there are organizations that can help. Please call Connex Ontario at 1-866-531-2600 or Kids Help Phone at 1-800-668-6868.</p> <p>Email: info@ontariocaregiver.ca Website: www.ontariocaregiver.ca</p>	<p>Online resource portal for caregiver with educational resources, support groups and community support groups for caregivers.</p> <p>The Ontario Caregiver Helpline provides caregivers with a one-stop resource for information and support. The helpline is available to all caregivers – regardless of age, diagnosis or where they live – making it the only resource of its kind in Ontario. The helpline provides 24/7 support because caregiving is not a 9-5 job.</p> <p>Call 1-833-416-2273 (CARE)</p>	<p>Please visit the website or call to get more information on community supports</p>
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Parkinson's Society of Canada	<p>4211 Yonge Street, Suite 316 Toronto, ON M2P 2A9</p> <p>Phone: 416-227-9700 Toll-free: 1-800-565-3000</p> <p>Website: www.parkinson.ca</p>	<p><u>Knowledge Network</u> You'll find video and audio resources that will enhance your understanding of Parkinson's disease. Register to participate in live webinars or podcasts, or check in later and view them when it's convenient for you.</p> <p><u>Information or Referral Helpline</u> Call, click or write to us. We offer one-on-one support and referrals to services in your community. Access to this service is easy. Simply send an email to info@parkinson.ca or call 1 800 565-3000.</p> <p><u>Parkinson's Articles and Publications</u> Our topic experts contribute articles for publications. This section includes other articles that your family or your healthcare team may find helpful.</p>	Contact Parkinson's Society via email or telephone to gather more information
Reitman Centre in Mount Sinai Hospital	<p>600 University Avenue Toronto, ON M5G 1X5</p> <p>Phone: 416-586-4800 x5882 Email: reitmaninquiries.msh@sinaihealthsystem.ca</p>	<p><u>Dementia Support</u> The Reitman Centre is a recognized leader in caring for the caregivers of people living with dementia. We provide comprehensive services and support that benefit caregivers and their family members with dementia, as well as health professionals caring for people with dementia. You can be assigned to a counsellor who will educate you on managing behavioural issues and how to cope.</p>	Can self-refer or be referred by a healthcare professional

<p>Telehealth Ontario</p>	<p>Toll-free: 1-866-797-0000 Toll-free TTY: 1-866-797-0007</p>	<p>Telehealth Ontario is a free, confidential service you can call to get health advice or information. A Registered Nurse will take your call 24 hours a day, seven days a week.</p> <p>When you call, a Registered Nurse will ask you to answer questions so they can assess your health problem and give you advice.</p> <p>Telehealth Ontario nurses will not diagnose your illness or give you medicine. They will direct you to the most appropriate level of care or may put you in contact with a health professional who can advise you on your next steps.</p> <p>The nurse will help you decide whether to:</p> <ul style="list-style-type: none"> • handle a problem yourself • visit your doctor or nurse practitioner • go to a clinic • contact a community service • go to a hospital emergency room 	<p>This service is free</p> <p>If it is an emergency, please call 911</p>
<p>The Teresa Group</p>	<p>124 Merton Street Toronto, ON M4S 2Z2</p> <p>Phone: 416-596-7703 Email: info@ttgtoronto.ca</p> <p>Website: www.teresagroup.ca</p>	<p>The Teresa Group is a community-based charitable organization that provides support to children and families affected by HIV and AIDS. Various support groups and a summer camp program offer young caregivers an opportunity to learn about coping with the stigma of HIV and AIDS and the stresses of their</p>	<p>Educational resources provided on the website</p>

		<p>caregiving experience. Services include:</p> <p><u>Support Groups</u> Prenatal group, counselling, new mom’s group, circle of care, parents group, leading the way (support group for children and youth living with or affected by HIV and AIDS)</p> <p><u>Family Food Program</u> Family Food Program focuses on helping families to provide healthy breakfasts, lunches and snacks for children on a monthly basis.</p> <p><u>Back to School Program</u> Back to School Program provides new backpacks filled with school supplies for children and youth in grades 1 – 12 on an annual basis.</p> <p><u>TTC Public Transit Tokens</u> TTC public transit tokens are available to make it easier for our families to get to groups at The Teresa Group, medical appointments, school and other services.</p> <p><u>Welcome Home Baby</u> Welcome Home Baby delivers a new diaper bag, filled with baby clothes, a toy, a blanket and bottles to new mothers while in the hospital or at home.</p>	
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Meal Delivery Services

Name of Organization	Location and Contact	Service Description	Additional Information
Bernard Betel Centre for Creative Living	1003 Steeles Ave W Toronto, ON M2R 3T6 Phone: 416-225-2112 x134	Kosher meals are prepared in the kitchen of Bernard Betel Centre under The Kashruth Council of Canada (COR) and delivered by volunteers * Service area is from Centre St to Wilson Ave, and from Dufferin St to Yonge St * delivers from Monday to Friday and offers complete meals, cold for regular days and frozen for long weekends \$11.00 per meal	Pre-registration is required; please call Areas Served: North Toronto and South York Region. From Centre St to Wilson Ave, and from Dufferin St to Yonge St Delivers from Monday to Friday and offers complete meals, cold for regular days and frozen for long weekends
Better Living Health and Community Services	1 Overland Drive North York, ON M3C 2C3 Phone: 416-447-7244 x541 Fax: 416-447-6364 Email: info@betterlivinghealth.org	<u>Hot or Frozen Meal Delivery</u> Daily from 11am-1pm. Special diet types available (minced, pureed, diabetic). Fresh fruits, vegetables (bi-monthly) and milk also available. Meals include soup, bread, entrée and dessert.	Pre-registration is required; please call Set fee; subsidy available, please call for more information Grocery delivery services also available

<p>Canadian Red Cross</p>	<p>557 Dixon Rd, Unit 118 Etobicoke, ON M9W 1A8</p> <p>Phone: 416-236-3180</p>	<p>Supplies hot and frozen meals for a small fee to Etobicoke residents to help them live independently</p> <p>Each hot meal consists of soup, an entrée and a dessert</p> <p>* Special diets and needs can be accommodated with meals that are low fat, low cholesterol, minced, pureed, suitable for diabetics or culturally appropriate</p> <p>Volunteers deliver meals while also providing a safety check, ensuring clients families that they are safe in their homes and giving a brief friendly visit at the same time</p> <p>Hot Meal - \$7.35 Frozen Meals - \$7.05 Other Frozen options available</p>	<p>Serving various locations, including Toronto and Etobicoke</p> <p>Subsidy available for low income clients</p>
<p>Community and Home Assistance for Seniors (CHATS)</p>	<p>240 Edward Street, Unit 2 Aurora, ON L4G 3S9</p> <p>Phone: 905-713-6596 Toll-free: 1-877-452-4287</p>	<p>Nutritious meals delivered on a weekly basis directly to the client's residence. A short visit and security check are part of the service. CHATS offers more than 100 frozen entrees, soups, snack packs and desserts. Special dietary menu items are available. Diabetic, low fat, low salt, vegetarian, pureed, minced</p>	<p>Pre-registration is required; please call</p>

<p>Circle of Care</p>	<p>4211 Yonge St, Suite 401 Toronto, ON M2P 2A9</p> <p>Phone: 416-635-2860</p> <p>Intersection: Yonge St and York Mills Rd</p>	<p>Frozen meals delivered 5 days a week during the morning hours, options include:</p> <ul style="list-style-type: none"> • complete meals (frozen soup, frozen entrée, dessert and bread) • frozen entrées • soup packs (3 frozen soups) • light snacks • Shabbat meals (including challah and gefilte fish) • special diets available: lactose-restricted, gluten-free, dairy-free, renal, minced and pureed <p>Complete meals: \$8.95 Frozen entrées: \$6.95 Light snacks: \$3.95 Frozen soup packs: \$5</p>	<p>Pre-registration is required; please call</p> <p>Areas Served: Elgin Mills Rd, south to St Clair Ave, Dufferin St, east to Bayview Ave</p> <p>Kosher available</p> <p>Subsidies available for those who qualify</p>
<p>Healthy Now</p>	<p>Phone: 647-210-0047</p> <p>Website: www.healthynow.ca/seniors</p>	<p>Senior Meals</p> <p>Fully prepared, freshly made meals delivered local senior's homes</p> <ul style="list-style-type: none"> • Meals prepared fresh using low sodium, low sugar and prepared to be easy to eat • Delivery 3 times a week • Easy ordering process, no internet or emailing required • No minimum orders • Fully prepared, freshly made meals are preservative and additive free, never frozen and require no cooking 	<p>Areas Served: York Region, Newmarket and Aurora</p> <p>Visit website or call for prices and for more information</p>

Heart to Home Meals	Phone: 1-800-786-6113 Website: www.hearttohomemeals.ca	Frozen meals are delivered to your home. Various meals to choose to from	Areas Served: Most parts of Ontario including GTA and York Region Call or fill out the online application to receive this season's meal booklet which outlines the prices and details of meals Food can also be ordered online Price of meals vary per meal
Langar Seva Meal and Support Services	2565 Steeles Ave E, Unit 24 Brampton, ON L6T 4L6 Phone: 416-628-7041 Website: www.langarseva.com	<p><u>Meal Delivery</u> Volunteers will deliver 5 North-Indian, vegetarian, hot meals once-a-week to individuals living at home without support from family/friends and are unable to cook</p> <p>Services are available to all individuals who are:</p> <ul style="list-style-type: none"> • unable to cook due to a serious health issue and • are living at home • have no support from family, and • are able to direct their own dietary needs 	Please call for fees Areas Served: Brampton, Mississauga, Oakville, North York, Toronto, Etobicoke, Scarborough, Woodbridge, Markham, Unionville A referral from a registered health practitioner is required; our staff will also conduct a final assessment (application form available online)
Lumacare	497 Wilson Ave North York, ON M3H 1V1 Phone: 416-398-5511	<p><u>Meal Delivery Program</u> Volunteers and staff deliver frozen meals once a week consisting of soup, an entrée and dessert from <i>Apetito</i>.</p> <ul style="list-style-type: none"> • \$6.70 per meal • Frozen entrée: \$5.15 • Soup: \$2 • Dessert: \$2 • Breakfast: \$2 	Please call to register with program

<p>Meals on Wheels and More</p>	<p>80 Sheppard Ave W Toronto, ON M2N 1M2</p> <p>Phone: 416-225-6041</p>	<p>Nutritious, economical meals delivered to clients' home; some special diet types can be accommodated (diabetic, vegetarian, halal, pureed, or minced meals)</p> <p><u>Hot Meal Service</u> Hot meals are delivered daily; hot meals include a choice of entrée, soup and dessert</p> <p><u>Frozen Meal Service</u> Frozen meal packages are delivered once a week; clients choose from a menu or can choose standard packages</p> <p>* soup/dessert packages also available</p> <p><u>Fruit and Vegetable Boxes</u> Fruit and vegetable boxes are delivered once every two weeks; choice of prepared, cut-up fruit and vegetables (geared to older adults); fresh fruit box; fresh fruit and vegetable box with seasonal produce</p> <p>Hot Meals: \$7.20 Frozen Meals: Entrees - \$5.60 Soups: \$1.75 Desserts: \$1.75 Breakfast: \$1.75 Snacks: \$1.75 Fresh fruit & vegetable boxes: \$13</p>	<p>Areas Served: Bathurst St (east side) Victoria Park (west side) Hwy 401/Sheppard Ave (north side) Steeles Ave (south side)</p>
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<p>Reconnect Community Health Services</p>	<p>2526 Eglinton Ave W, Suite 202 York, ON M6M 1T4</p> <p>Phone: 416-248-2050 Email: contact@reconnect.on.ca</p>	<p><u>Meals on Wheels Program</u> Hot meals delivered Mon-Fri 11am-1pm and 3pm-5pm Sat 10am-1pm.</p> <p>Special diet types available for persons living with diabetes. Minced and pureed items also available.</p> <p>Western style meals supplied by Apetito and are delivered Mon-Sat including statutory holidays. Italian style meals supplied by Villa Colombo are delivered Mon-Fri excluding statutory holidays. Fresh fruits and vegetables supplied by the Good Food Box are delivered every 2 weeks. F=Frozen meal orders supplied from Apetito delivered Tuesday.</p>	<p>Pre-registration is required; please call</p> <p>Areas Served: North York and York</p>
<p>Senior Persons Living Connected</p>	<p>3333 Finch Ave E Scarborough, ON M1W 2R9</p> <p>Phone: 416-493-3333 Email: info@splc.ca</p> <p>Website: www.splc.ca/meals-on-wheels</p>	<p><u>Meals on Wheels Program</u> Hot or frozen Western and Chinese style meals delivered; special diet types available; dietician consultation available by appointment</p> <p>Fees: \$7.50 for a hot meal (1 soup, 1 entrée, and 1 dessert); \$38.50 for frozen meal package (5 entrées, and 5 soups or desserts)</p>	<p>Program is for adults 55 years and older</p> <p>Areas Served: South of Steeles Ave E to North of Ellesmere Rd, East of Don Mills Rd to West of McCowan Rd</p>

Stevenson Memorial Hospital	200 Fletcher Cres Alliston, ON L9R 1M1 Phone: 705-435-6281 x1293	Hot Meal Delivery Hot meals delivered Monday, Wednesday and Friday from 11:00am—1:00pm to clients' homes	Pre-registration is required; please call Areas Served: South Simcoe and Alliston and area
Supperworks	Michelle Marshall 16600 Bayview Ave Newmarket, ON L3X 1Z9 Phone: 905-868-9063 Email: newmarket@supperworks.com Website: www.supperworks.com	An industrial kitchen specializing in assisting in preparation of fresh, home-cooked meals Clients order entrees, sides and desserts online (or over the phone) Service includes shopping, preparation of ingredients, and all the clean-up Holiday meals, in-store pick-up, and home delivery services also available	Areas Served: Newmarket
Villa Colombo	3010 Dufferin St, Suite 1 Toronto, ON M6B 4J5 Phone: 416-780-0407	Meals on Wheels Program Italian style hot meals delivered; special diet types available (low salt, diabetic, puree) \$9.00 per meal	Pre- registration is required; please call Areas Served: South of Finch Ave, north of Castlefield Ave, east of Jane St and west of Bathurst St

Grocery Delivery Services

Name of Organization	Location and Contact	Service Description	Additional Information
Better Living Health and Community Services	1 Overland Drive North York, ON M3C 2C3 Phone: 416-447-7244 x541 Fax: 416-447-6364 Email: info@betterlivinghealth.org	<u>Grocery Delivery:</u> We offer clients assistance with nutrition and meal planning, placing an online or telephone grocery order, as well as, unpacking and storing delivered grocery items. As a result of our partnership with Grocery Gateway we are able to offer grocery delivery at a reduced fee. Clients registering for the program are offered a complementary nutritional assessment, assistance with setting up an account with Grocery Gateway and help with placing their first online or telephone order. Individuals can utilize the grocery delivery services independently or may request the regular support of a volunteer for meal planning, nutritional education, and assistance with ordering and/or unpacking of the grocery delivery	Pre-registration is required; please call
Comfort TO	Phone: 416-300-0625 Email: ask@comfort.to Website: www.comfort.to	High quality groceries delivered from Costco, right to your door. *Free delivery over \$199, \$4.99 delivery over \$99 or \$11.99 delivery if below \$100	Areas Served: North York and Downtown Toronto Regions

Fresh City Farms	70 Canuck Avenue Toronto, ON M3K 2C5 Phone: 647-560-3939 Website: www.freshcityfarms.com	Delivery of Farmers Market fresh organic foods	Order over the phone or by visiting the website. There's a \$30 minimum order, including the delivery fee, and delivery days vary by neighbourhood. Orders arrive between 12pm and 9 pm
Grocery Gateway by Longos	Phone: 1-877-447-8778 Website: www.grocerygateway.com	Delivery of groceries from any Longos store	Order over the phone or by visiting the website. There's a \$60 minimum order, including the delivery fee. Any order placed before 12:00pm will be delivered the same day You can also order online and pick up groceries from closest Longos store
Grocery Hustler Express in Etobicoke	73 Nordin Ave Etobicoke, ON M8Z 2B4 Phone: 416-707-5698 Email: groceryhustlerexpress@gmail.com Website: www.groceryhustlerexpress.com	Online grocery shopping and delivery service for people who are not able to do their own shopping due to health reasons, mobility issues, transportation difficulties	Call or email for pricing Orders must be placed online. Orders placed after 2pm will be delivered the next day
Grocery Zone	239 Queen Street East Brampton, ON L6V 1C2 Phone: 647-763-0421 Website: www.groceryzone.ca	Grocery Zone is an online south Indian grocery store with more than 2000 products which gives you an easy way to buy grocery online in Canada. We deliver your grocery list items without any delivery charges	Online orders or orders via phone Free delivery on items over \$50 in Brampton and Mississauga. In store pick up available as well

<p>Instacart</p>	<p>Phone app that can be downloaded on your mobile phone through the AppStore</p>	<p>Download this app for fast delivery of various groceries. For each store you shop from, there's a delivery fee of \$3.99 to \$7.99 and a five per cent service charge. Deliveries can be made in as little as one hour, or you can order up to six days in advance. Personal shoppers message customers to suggest alternatives for items that are unavailable.</p>	<p>Orders must be made on the app</p> <p>Stores included in this service: Loblaws, T&T Supermarket, Walmart, Valumart, Real Canadian Superstore</p>
<p>Singals Indian Grocery Delivery</p>	<p>111 Chabanel Ouest Montreal, QC H2N 1C8</p> <p>Phone: 514-349-0633 Email: info@singals.ca</p> <p>Website: www.singals.ca</p>	<p>Delivery of Indian groceries. Go online to make orders</p>	<p>May take up two working days depending on location</p> <p>Shipping all over Canada. Delivery charges apply depending on location</p>

Online Caregiver Directories

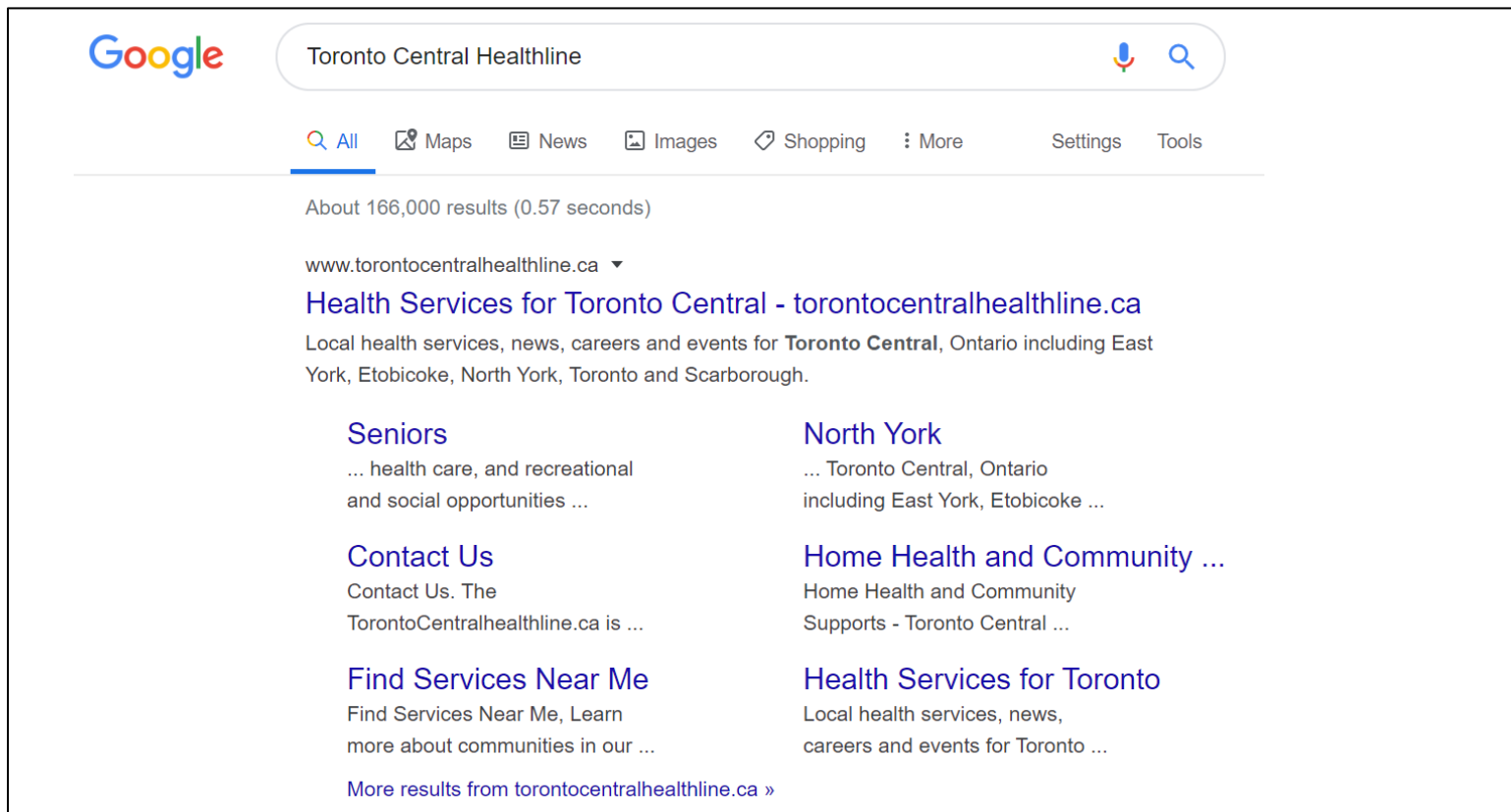
Name of Online Directory	Contact	Service Description
211	Website: www.211ontario.ca	Ontario has a central community information line that can provide you with a wealth of information about resources in your community. Click the link above or dial 211. Find programs and services in your community.
Toronto Senior Hotline	Call: 311	311 provides residents, businesses and visitors with easy access to non-emergency City services, programs and information 24 hours a day, seven days a week. 311 can offer assistance in more than 180 languages.
Access York Contact Centre	Call: 1-877-464-9675	Provides information, referrals and application services for York Region programs and services
Canadian Seniors Directory	Website: www.canadianseniorsdirectory.ca	Online search engine for senior services in Canada.
Caregiving Matters	Website: www.caregivingmatters.ca	Caregiving Matters is an internet-based registered charity offering education and support to family caregivers.
Distress Centres Helpline	Website: www.torontodistresscentre.com Phone: 416-408-4357	A free crisis and emotional distress phone, online chat and text service that provides 24-hour support, 7 days a week, 365 days a year to individuals in the community.
Enhancing Care for Ontario Dementia Care Partners	Website: www.dementiacarers.ca	The Reitman Centre, Sinai Health System and Alzheimer Societies across Ontario provide in-person and online programs for people caring for family members or friends living with dementia.
Home Care Ontario	Website: www.homecareontario.ca	Home Care Ontario is a member-based organization representing providers of quality home care services from across Ontario.

Med Visit Doctor: Home Visiting Doctor	Website: www.homedoctor.ca Phone: 4166313000	Visits from Doctor in the home for frail elderly patients and housebound patients. OHIP covered. Catchment area: Toronto, Scarborough, Vaughan, Markham, Richmond Hill, Brampton, Mississauga, and Etobicoke
Ontario Caregiver Coalition	Website: www.ontariocaregivercoalition.ca	An advocate for caregivers. The Ontario Caregiver Coalition is dedicated to recognizing the importance of unpaid caregivers in Ontario by raising awareness of the value they add to the health care system, and by advocating for improved, fair access to needed supports. OCC strives to be the 'voice' of caregivers in the province.
Regional Geriatrics Program of Ontario	Website: https://www.rgps.on.ca/	Online resources for caregivers and handbooks for caregiver management.
The Caregiver Exchange	Website: www.caregiverexchange.ca	If you're caring for a family member or friend who is facing the challenges of age, disability, illness, or injury, CaregiverExchange.ca can connect you with a wide range of information, services, and supports.

How to Search for Day Programs

This information can be given to you by your care coordinator because there are some day programs that are funded by your Local Health Integration Network. You can also follow the following steps:

1. Google Toronto Central Healthline and click on the www.torontocentralhealthline.ca website.



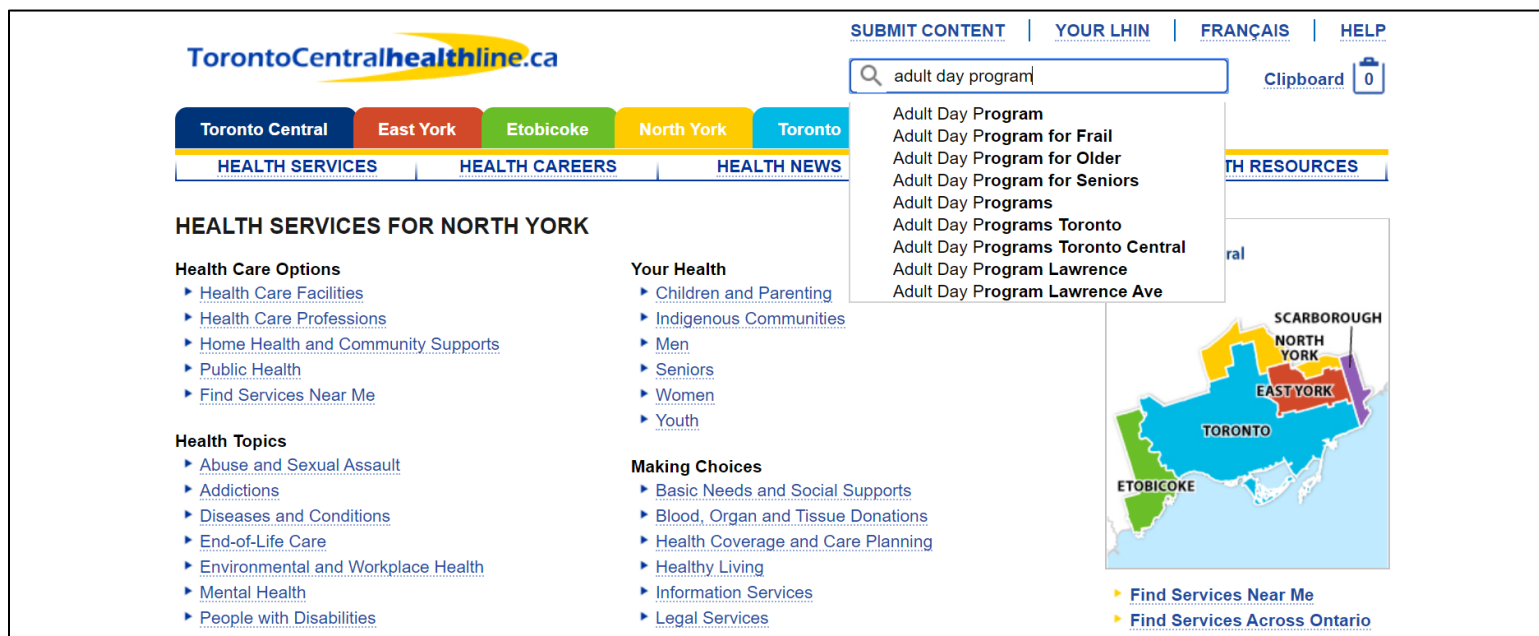
2. Click “North York” (or whatever your region is).

The screenshot shows the TorontoCentralhealthline.ca website. At the top, there are links for 'SUBMIT CONTENT', 'YOUR LHIN', 'FRANÇAIS', and 'HELP'. A search bar is present with the text 'Search...'. Below the search bar is a navigation bar with tabs for 'Toronto Central', 'East York', 'Etobicoke', 'North York', 'Toronto', and 'Scarborough'. Underneath this is another navigation bar with 'HEALTH SERVICES', 'HEALTH CAREERS', 'HEALTH NEWS', 'HEALTH EVENTS', and 'HEALTH RESOURCES'. The main content area is titled 'HEALTH SERVICES FOR TORONTO CENTRAL' with a date of 'February 3, 2020'. It features three columns of links: 'Health Care Options' (including Health Care Facilities, Health Care Professions, Home Health and Community Supports, Public Health, and Find Services Near Me), 'Your Health' (including Children and Parenting, Indigenous Communities, Men, Seniors, Women, and Youth), and 'Making Choices' (including Basic Needs and Social Supports, Blood, Organ and Tissue Donations, Health Coverage and Care Planning, Healthy Living, Information Services, and Legal Services). On the right side, there is a map of Toronto with regions labeled: 'ETOBICOKE', 'TORONTO', 'EAST YORK', 'NORTH YORK', and 'SCARBOROUGH'. A red circle highlights the 'NORTH YORK' region, and a mouse cursor is pointing at it. Below the map are two links: 'Find Services Near Me' and 'Find Services Across Ontario'.

3. Select “Adult Day Programs” and enter your postal code or community name then click “Search”. You will get a list of results.

The screenshot shows the TorontoCentralhealthline.ca website. At the top, there are navigation links for 'SUBMIT CONTENT', 'YOUR LHIN', 'FRANÇAIS', and 'HELP'. A search bar is present with the text 'Search...'. Below the search bar is a navigation menu with tabs for 'Toronto Central', 'East York', 'Etobicoke', 'North York', 'Toronto', and 'Scarborough'. Underneath these tabs are categories: 'HEALTH SERVICES', 'HEALTH CAREERS', 'HEALTH NEWS', 'HEALTH EVENTS', and 'HEALTH RESOURCES'. The main content area is titled 'Find Services Near Me' and includes a link to 'Learn more about communities in our region'. Below this, there is a prompt: 'Search for services near you by selecting one of the topics listed below and entering a postal code or community name.' A list of service categories follows, each with a radio button. The 'Adult Day Programs' option is circled in red. Other categories include 'Addiction Support Groups', 'Alcohol and Drug Addiction Assessment and Treatment', 'Child Care Centres', 'Community Mental Health Programs', 'Counselling - Private Practice', 'Diabetes Education Programs', 'Diagnostic Imaging Clinics', 'Emergency Departments', 'Foot Care - In-Home', 'Government Services - Information', 'Home and Community Care - LHIN', 'Home Help and Homemaking', 'Hospitals', 'Long-Term Care Homes', 'Meal Delivery Services', 'Medical Equipment and Supplies - Loans', 'Medical Equipment and Supplies - Sales and Rentals', 'Physiotherapy Services - Publicly Funded Clinics', 'Retirement Homes', 'Seniors' Apartments', 'Supportive Housing', 'Transportation - Accessible', and 'Transportation - Non-Accessible and Volunteer'. At the bottom, there is a search input field containing 'M4N' and a 'Search' button. A note at the very bottom states: 'If you didn't see what you were looking for, there are over 250 categories of services available for you to search from the [home page](#).'

- Another option is to use the search bar along the top. Type in “Adult Day Programs” and look through the results.



This is a great resource to search anything you may be interested in for your loved one. You can also search things such as “foot care nursing” or “respite care” etc.