

Older Adult Guide



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Active Older Adult

Social, spiritual and educational community activities, events, programs and learning opportunities.

McQuesten Boys and Girls Club Roxborough Seniors Program

Phone:

Work: [905-549-2814](tel:905-549-2814) x269

Contact: Emily Carroll, Program Lead

Email: rebekah.clause@bgchh.com

Web: <https://www.bgchh.com/programs/adult-programs/>

Address: 785 Britannia Ave, Hamilton, ON L8H 2B6, Canada

Hours: Hours vary by program, contact for details , This site is temporarily closed

Cost: Membership \$10 per year

Who can access this service: Older adults

How to apply: Contact to register

Program provides a variety of activities and programs to promote enjoyment and well being for older adults and retirees. Offering bingo, euchre and more. Also, fitness and strength training, speaker events on topics relevant to seniors and pot luck lunches.

Seniors Fitness and Breakfast

Phone:

Work: [905-574-1334](tel:905-574-1334) x305

Fax Number: [905-574-1688](tel:905-574-1688)

Contact:

Email: admin@n2ncentre.com

Web: <https://n2ncentre.com/hamilton-community-food-cen...>

Address: 310 Limeridge Rd W, Hamilton, ON L9C 2V2, Canada

Hours:

Cost: None

Who can access this service: Open to all, with a focus on older adults.

How to apply: No registration required.

Free program focused on wellness for seniors. Includes exercise with YWCA staff and breakfast.

Glanbrook Community Services Information and Referral Program

Phone:

Work: [905-692-3464](tel:905-692-3464)

Contact:

Email: karen@glanbrookcommunityservices.ca

Web: <https://glanbrookcommunityservices.ca/info-referr...>

Address: 4280 Binbrook Rd, Binbrook, ON L0R 1C0, Canada

Hours: Mon-Thurs 8:30am-2:30pm Temporary hours as of March 2022 , Fri 8:30am-12:30pm
Temporary hours as of March 2022

Cost: None

Who can access this service: Open to all.

How to apply: Contact for information or to make an appointment.

Provides assistance in navigating the healthcare system and community services in Hamilton and the neighbouring areas.

Wesley Seniors Outreach Program

Phone:

Work: [905-975-4718](tel:905-975-4718)

Contact: Karen Baxmeier, Outreach Coordinator

Email: seniors.services@wesley.ca

Web: <https://wesley.ca/services/newcomer-community/sup...>

Address:

Hours: Hours vary by location, contact for details

Cost: None

Who can access this service: Older adults who are socially isolated or at risk.

How to apply: Contact for information.

Assists isolated and at risk seniors age 55 and older with making social connections and maintaining independence through various activities and community referrals. The program is partnered with CityHousing Hamilton buildings delivering seniors programs. Programs are run in various locations in the greater Hamilton area.

Cactus Capital Retirees Golf Club

Phone:

Cell: [905-643-9641](tel:905-643-9641)

Contact: Grant Cook, President

Email:

Web:

Address:

Hours:

Cost: Membership \$40 per year, membership provides a discount on regular golf at the club Mon-Fri

Who can access this service: Open to all retired men.

How to apply: Contact for information.

Group of retired men who play golf at Knollwood Golf Club. It is not necessary to be a member of Knollwood to join this group.

Falls Prevention Classes

Phone:

Work: [905-692-4465](tel:905-692-4465)

Contact: Markie Ryckman

Email: info@ableliving.org

Web:

Address: 2 Mistywood Dr, Stoney Creek, ON L8J 2P9, Canada

Hours: Hours vary by location, contact site for details.

Cost: None

Who can access this service: Open to all, with a focus on older adults.

How to apply: Contact for information.

A free exercise program designed to help seniors stay healthy, safe and strong and promote improved balance, improved strength with prevention of muscle loss, maintenance of strong bones and increased overall independence.

Falls Prevention and Exercise Classes, CityHousing Hamilton

Phone:

Work: [905-902-0717](tel:905-902-0717)

Contact: Heather McKenzie, Program Coordinator, Strive Fitness Inc. , Brenda Silverthorne, Community Development Coordinator, CityHousing Hamilton

Email: strivefitnessinc@gmail.com

Web:

Address: 109 Fiddlers Green Rd, Ancaster, ON L9G 2K5, Canada

Hours: Hours vary by location, contact site for details.

Cost: None

Who can access this service: Open to all, with a focus on older adults.

How to apply: Contact for information.

LHIN funded, year round exercise program and fall prevention education to improve general health and to help seniors remain safe and independent. Classes are available to the public and offered on a weekly basis. Three levels of classes are offered to meet a range of activity needs.

Victorian Order of Nurses Falls Prevention and Exercise Classes

Phone:

Work: [905-529-0700](tel:905-529-0700) x2282

Toll-Free Number: [1-800-323-9312](tel:1-800-323-9312)

Contact: Elisia Mancini, District Coordinator, Falls Prevention and Exercise Programs

Email:

Web:

Address: 1500 Main St E, Hamilton, ON L8K 1E1, Canada

Hours: Hours vary by location, contact site for details.

Cost: None

Who can access this service: Ages 60 years and older or people younger than 60 with mobility issues. All eligible members of the public are welcome but must have own transportation and be able to participate in a group setting.

How to apply: Contact for information.

A free exercise program designed to help seniors stay healthy, safe and strong and promote improved balance, improved strength with prevention of muscle loss, maintenance of strong bones and increased overall independence. Falls Prevention = A 12-week, group-based program to reduce the incidence of falls and falls related injuries. This program includes two sessions per week, running 45 min each. Included in each session is an active exercise component to increase strength and improve balance as well as an interactive educational piece on falls risk factors and solutions. Programs are taught by a regulated health care provider. General Exercise Programs = Chair-based exercises to improve strength, flexibility, and balance. Various equipment is used to achieve these goals including resistance bands, small hand weights and exercise balls. This program is suitable for all levels of fitness. Modifications to exercises are presented by the instructor for an inclusive and safe workout for all participants. Programs are taught by non-regulated health professionals such as a physiotherapy/occupational therapy assistant or instructors certified in senior's fitness.

Victorian Order of Nurses Exercise Classes for Older Adults

Phone:

Work: [905-529-0700](tel:905-529-0700) x2282

Toll-Free Number: [1-800-323-9312](tel:1-800-323-9312)

Contact: Elisia Mancini, District Coordinator, Falls Prevention and Exercise Programs

Email:

Web:

Address: 75 Dunham Dr, Ancaster, ON L9G 1N1, Canada

Hours: Hours vary by location, contact site for details.

Cost: None

Who can access this service: Ages 60 years and older or people younger than 60 with mobility issues. All eligible members of the public are welcome but must have own transportation and be able

to participate in a group setting.

How to apply: Contact for information.

A free exercise program designed to help seniors stay healthy, safe and strong and promote improved balance, improved strength with prevention of muscle loss, maintenance of strong bones and increased overall independence. General Exercise Programs = Chair-based exercises to improve strength, flexibility, and balance. Various equipment is used to achieve these goals including resistance bands, small hand weights and exercise balls. This program is suitable for all levels of fitness. Modifications to exercises are presented by the instructor for an inclusive and safe workout for all participants. Programs are taught by non-regulated health professionals such as a physiotherapy/ occupational therapy assistant or instructors certified in senior's fitness.

Victorian Order of Nurses Falls Prevention Classes

Phone:

Work: [905-529-0700](tel:905-529-0700) x2282

Toll-Free Number: [1-800-323-9312](tel:1-800-323-9312)

Contact: Elisa Mancini, District Coordinator, Falls Prevention and Exercise Programs

Email:

Web:

Address: 145 Wilson St, Hamilton, ON L8R 1E4, Canada

Hours: Hours vary by location, contact site for details.

Cost: None

Who can access this service: Ages 60 years and up or people under 60 with mobility issues. All eligible members of the public are welcome but must have own transportation and be able to participate in a group setting.

How to apply: Contact for information.

A free exercise program designed to help seniors stay healthy, safe and strong and promote improved balance, improved strength with prevention of muscle loss, maintenance of strong bones and increased overall independence. Falls Prevention = A 12-week, group-based program to reduce the incidence of falls and falls related injuries. This program includes two sessions per week, running 45 min each. Included in each session is an active exercise component to increase strength and improve balance as well as an interactive educational piece on falls risk factors and solutions. Programs are taught by a regulated health care provider.

Alzheimer Society of Hamilton Halton Sit to Be Fit Classes

Phone:

Toll-Free Number: [1-866-428-1552](tel:1-866-428-1552)

Work: [905-768-4488](tel:905-768-4488) x202

Contact: Sherri Miller, Team Lead

Email: smiller@alzhn.ca

Web: <https://alzda.ca/program-calendars/>

Address: 135 King St E, Stoney Creek, ON L8G 1L4, Canada

Hours: Hours vary by location, contact site for details.

Cost: None

Who can access this service: Open to all, with a focus on older adults

How to apply: Contact for information

A free exercise program designed to help seniors stay healthy, safe and strong and promote improved balance, improved strength with prevention of muscle loss, maintenance of strong bones and increased overall independence.

Centre de Santé Communautaire Falls Prevention Class

Phone:

Work: [905-528-0163](tel:905-528-0163)

Contact: Natalie McCarthy

Email: cschn@cschn.ca

Web: <https://www.cschn.ca/pour-les-55-ans-et-plus/serv...>

Address: 1320 Barton St E, Hamilton, ON L8H 2W1, Canada

Hours:

Cost: None

Who can access this service: Open to all, with a focus on older adults

How to apply: Contact for information

Free exercise program designed to help seniors stay prevent falls and reduce emergency room visits. Includes exercises that promote improved balance, improved strength with prevention of muscle loss, maintenance of strong bones and increased overall independence. Offers both individual home visits for priority clients, and group activities promoting healthy living and self-management.

Falls Prevention Class, Shalom Village

Phone:

Work: [905-745-1576](tel:905-745-1576)

Contact: Mike Nielson

Email:

Web: <https://www.shalomvillage.ca/>

Address: 70 Macklin St N, Hamilton, ON L8S 3S1, Canada

Hours: Hours vary, contact for details

Cost: None

Who can access this service: Open to all, with a focus on older adults.

How to apply: Contact for information or to register.

A 12-week, group-based program to reduce the incidence of falls and falls related injuries. This program includes two sessions per week, running 45 min each. Included in each session is an active exercise component to increase strength and improve balance as well as an interactive educational

piece on falls risk factors and solutions. Programs are taught by a regulated health care provider.

Falls Prevention and Exercise Classes, St. Joseph's Healthcare Hamilton

Phone:

Work: [905-522-1155](tel:905-522-1155) x39380

Contact: Zachary Marton

Email: zmarton@stjoes.ca

Web:

Address: 2757 King St E, Hamilton, ON L8G 5E4, Canada

Hours: Hours vary by location, contact site for details.

Cost: None

Who can access this service: Open to all, with a focus on older adults.

How to apply: Contact for information.

A free exercise program designed to help seniors stay healthy, safe and strong and promote improved balance, improved strength with prevention of muscle loss, maintenance of strong bones and increased overall independence.

Falls Prevention = A 12-week, group-based program to reduce the incidence of falls and falls related injuries. This program includes two sessions per week, running 45 min each. Included in each session is an active exercise component to increase strength and improve balance as well as an interactive educational piece on falls risk factors and solutions. Programs are taught by a regulated health care provider.

General Exercise Programs = Chair-based exercises to improve strength, flexibility, and balance. Various equipment is used to achieve these goals including resistance bands, small hand weights and exercise balls. This program is suitable for all levels of fitness. Modifications to exercises are presented by the instructor for an inclusive and safe workout for all participants. Programs are taught by non-regulated health professionals such as a physiotherapy/ occupational therapy assistant or instructors certified in senior's fitness.

Exercise Classes for Older Adults, St. Joseph's Villa

Phone:

Work: [905-627-3541](tel:905-627-3541)

Contact:

Email: info@sjv.on.ca

Web:

Address: 56 Governors Rd, Dundas, ON L9H 5G7, Canada

Hours: Hours vary, contact for details

Cost: None

Who can access this service: Open to all, with a focus on older adults.

How to apply: Contact for information.

Chair-based exercises to improve strength, flexibility, and balance. Various equipment is used to achieve these goals including resistance bands, small hand weights and exercise balls. This program is suitable for all levels of fitness. Modifications to exercises are presented by the instructor for an inclusive and safe workout for all participants. Programs are taught by non-regulated health professionals such as a physiotherapy/ occupational therapy assistant or instructors certified in senior's fitness.

Falls Prevention and Exercise Classes

Phone:

Work: [905-523-6611](tel:905-523-6611)

Contact: Miriam Beatty

Email:

Web: <https://compassch.org/programs-services/health-we...>

Address: 438 Hughson St N, Hamilton, ON L8L 4N5, Canada

Hours: Hours vary, contact for details

Cost: None

Who can access this service: Open to all, with a focus on older adults.

How to apply: Contact for information.

A series of free 12-week exercise programs designed to help seniors stay healthy, safe and strong and promote improved balance, improved strength with prevention of muscle loss, maintenance of strong bones and increased overall independence. Program levels include:

- Finding Your Balance - teaches how to prevent falls and participate in exercise to build balance
- Staying Balanced - teaches tools and exercises to keep up movement and stay balanced
- Sit and Fit - improve balance, posture, strength, and overall health

The Classics Company, Theatre Ancaster

Phone:

Work: [905-304-7469](tel:905-304-7469)

Contact: Krys Croxall, Program Leader

Email: classicscompany@theatreancaster.com

Web: <http://www.theatreancaster.com/classics.html>

Address: 334 Wilson St E, Ancaster, ON L9G 2C2, Canada

Hours: Hours vary by program, contact for details

Cost: None

Who can access this service: Open to all but focuses on older adults.

How to apply: Contact for information.

Theatre program for adults age 55 and older. Performs simplified versions of classic musicals and plays.

Theatre Ancaster Chorus

Phone:

Work: [905-304-7469](tel:905-304-7469)

Contact: Tammy Johnson, Artistic Director

Email: chorus@theatreancaster.com

Web: <http://www.theatreancaster.com/chorus.html>

Address: 334 Wilson St E, Ancaster, ON L9G 2C2, Canada

Hours: Hours vary, contact for details

Cost: Program \$150 for the season (two terms)

Who can access this service: Members must be able to sight read sheet music, sing on pitch and harmonize, and learn and complete choreography.

How to apply: Contact for information.

An adult SATB - Soprano, Alto, Tenor, Bass - choral group for experienced singers.

Ancaster Over 60 Euchre Club Meetings

Phone:

Work: [905-648-3504](tel:905-648-3504)

Contact: Karin Polap, President

Email:

Web:

Address: 310 Wilson St E, Ancaster, ON L9G 2B8, Canada

Hours:

Cost: Admission Membership \$5 and weekly admission \$2

Who can access this service:

How to apply: No application required.

Seniors' social club that meet weekly for euchre games.

Freelton Euchre Club Meeting

Phone:

Cell: [905-659-3033](tel:905-659-3033)

Contact: Ray McConachie, President

Email:

Web:

Address: 155 Freelton Rd, Freelton, ON L0R 1K0, Canada

Hours:

Cost: Admission \$2 per person

Who can access this service: Open to all.

How to apply: No application required.

Seniors' group that meets regularly at Freelon United Church to play euchre. Light lunch and prizes are provided.

Euchre & Lunch

Phone:

Work: [905-692-3464](tel:905-692-3464)

Contact:

Email:

Web: <https://glanbrookcommunityservices.ca/euchre/>

Address: 4300 Binbrook Rd, Binbrook, ON L0R 1C0, Canada

Hours: Fourth Wednesday of each month 12 noon Operates January-May, September-December

Cost: Service \$5 per person

Who can access this service: Older adults.

How to apply: Contact for information.

Glanbrook Community Services provides an older adult's social program offering euchre and lunch.

Curling Leagues, Hamilton Victoria Curling Club

Phone:

Work: [905-528-6331](tel:905-528-6331)

Contact: Gordon Howarth, President

Email: admin@hamiltonvictoriaclub.com

Web: <https://hamiltonvictoriaclub.com/>

Address: 568 King St E, Hamilton, ON L8N 1E2, Canada

Hours: Hours vary, contact for details

Cost: Membership fees vary, contact for details

Who can access this service:

How to apply: Contact for information.

Curling Club offering leagues for all ages and skill levels.

Hamilton Wentworth 55 Plus Games

Phone:

Work: [905-546-2999](tel:905-546-2999)

Contact: Maryann Knight

Email: district22hamiltonwentworth@gmail.com
Web: <https://district22.osga55plus.ca/>
Address: 622 Alberton Rd S, Alberton, ON L0R 1A0, Canada
Hours: Hours vary by event. Consult organization for list of events.
Cost: Membership Annual membership fee.
Who can access this service: Open to all 55+ years of age.
How to apply: Contact for information.

Organizes Olympic-style tournaments for seniors to increase social interaction, physical fitness, and mental well-being. Wide selection of non-Olympic sports are available to participate in.

Binbrook Seniors Club

Phone:
Cell: [289-286-0464](tel:289-286-0464)
Contact: Evelyn Bragg
Email:
Web:
Address: 2600 Hwy 56, Binbrook, ON L0R 1C0, Canada
Hours:
Cost: Program \$2 per week
Who can access this service: Open to all older adults.
How to apply: Drop-In, no application required.

Social club for older adults that meets once per week to play euchre. Small prizes are available to be won. 5th Monday of each month is a pot luck lunch. New members are invited to visit for a few weeks before committing to join.

Canadian Punjabi Seniors Association

Phone:
Cell: [647-891-5940](tel:647-891-5940)
Contact: Bikkar Singh Sandhu, President
Email: bikkar52sandhu@gmail.com
Web:
Address: 150 Violet Dr, Hamilton, ON L8E 6B4, Canada
Hours:
Cost: Membership \$10 per year
Who can access this service:
How to apply: Contact for information.

A seniors' Punjabi Group, which runs daily card programs at the Dominic Agostino Riverdale Community Centre.

Club de l'Age d'Or Notre-Dame

Phone:

Work: [905-547-7545](tel:905-547-7545)

Contact:

Email:

Web: <http://www.paroissenotredame.com/>

Address: 243 Cumberland Ave, Hamilton, ON L8M 1Z9, Canada

Hours:

Cost: Membership fees vary, contact for details

Who can access this service: Open to all ages 50 and older.

How to apply: Contact for information.

A seniors' club for the French community in Hamilton. Activities include shuffle board, cards, bean bag exercises and dances; a homemade soup lunch is served by members.

Creative Age Seniors Program

Phone:

Work: [905-869-7381](tel:905-869-7381)

Contact: Maria Massi, Program Director

Email: casphamilton@outlook.com

Web:

Address: 195 E 38th St, Hamilton, ON L8V 4G1, Canada

Hours: Temporarily CLOSED due to COVID-19.

Cost: None

Who can access this service: Open to all but focused on older adults.

How to apply: Contact for information.

Provides independent living seniors a place to gather, develop friendships, and get involved in formal organized activities. Light lunch and snacks are provided. Programs vary each week but can include activities such as guest speakers, crafts, chair exercise, music, and computer skills classes.

Dundas 55 Plus Group Services

Phone:

Work: [905-546-2260](tel:905-546-2260)

Contact:

Email:

Web:

Address: 10 Market St S, Dundas, ON L9H 1V6, Canada

Hours: Hours vary by program, contact for details

Cost: Program fees vary by program, contact for details

Who can access this service:

How to apply: All registration is done in person at the Dundas Lions Memorial Centre, contact or visit website for registration dates or additional details

Encourages adults over 55 in Dundas to participate in, and contribute to, programs that promote and enrich active lifestyles. Classes are offered seasonally and include activities such as: Local Vocals choir, indoor walking group, Bone Builders exercise classes, and a variety of dancing lessons.

Gruppo Dell'amicizia

Phone:

:

Contact:

Email: gruppoamicizia@yahoo.it

Web:

Address: 165 Prospect St N, Hamilton, ON L8L 6X7, Canada

Hours: Hours vary, contact for details

Cost: None

Who can access this service: Italian older adults.

How to apply: No application required.

Italian speaking seniors meet for prayers, activities, coffee and cookies. Annual summer picnic in July and a dinner event during the spring or summer.

Limeridge Retirees Club

Phone:

Work: [905-387-4515](tel:905-387-4515)

Contact: June Mullin, President

Email:

Web:

Address: 435 Limeridge Rd E, Hamilton, ON L9A 2S8, Canada

Hours:

Cost: Membership membership fees vary, up to \$5 per year

Who can access this service: Open to all older adults.

How to apply: Drop-In, no application required.

A seniors' club with activities that include euchre and bingo. New members are invited to visit for a few weeks before committing to an annual membership.

Mount Hope Seniors Club

Phone:

:

Contact: Owen Joyner, President

Email: HJoyner@rogers.com

Web:

Address: 3210 Homestead Dr, Mount Hope, ON L0R 1W0, Canada

Hours:

Cost: None

Who can access this service:

How to apply: No application required.

A senior's club providing a social afternoon of card playing.

Social Club, Red Hat Society

Phone:

Toll-Free Number: [1-866-386-2850](tel:1-866-386-2850)

Contact:

Email: info@redhatsociety.com , memberservices@redhatsociety.com

Web: <http://www.redhatsociety.com/>

Address:

Hours: Hours vary, contact for details

Cost: Membership fees vary, contact for details

Who can access this service: Open to older adult women.

How to apply: Apply through website, or call for more information.

A social club for women from all walks of life. Women over the age of 50 wear Red Hats and purple clothing, while women under 50 wear Pink Hats and lavender clothing. A complete list of chapters is available on website. There are many chapters throughout Hamilton which are revealed once joining and becoming a member.

St. Eugene's Over 50 Club

Phone:

Work: [905-549-2694](tel:905-549-2694)

Contact: Kim McLelland, Secretary

Email:

Web:

Address: 1907 King St E, Hamilton, ON L8K 1V9, Canada

Hours:

Cost: Program \$3 per visit

Who can access this service:

How to apply: No application required.

Seniors club. Activities include euchre, bingo, line dancing, bridge, pot luck supper in February, and occasional day trips.

Ukrainian Seniors Club

Phone:

Work: [905-545-4404](tel:905-545-4404)

Contact: Oscar Horback, President

Email: chivas@bell.net

Web:

Address: 260 Melvin Ave, Hamilton, ON L8H 2K2, Canada

Hours:

Cost: Admission \$10 per year, or \$2 per visit

Who can access this service: Open to those 55+ years of age.

How to apply: Contact for information.

A social group for seniors, many activities are centred around Ukrainian and Canadian culture and language.

Geriatric Education and Research in Aging Sciences (GERAS)

Phone:

Work: [905-521-2100](tel:905-521-2100) x12405

Contact: Erin Young, Administration and Communications

Email: aldersone@hpsc.ca

Web: <http://www.gerascentre.ca/>

Address: 88 Maplewood Ave, Hamilton, ON L8M 1W9, Canada

Hours:

Cost: None

Who can access this service: Older adults and individuals and organizations involved in research in aging.

How to apply: Contact for information.

Research facility dedicated to improving the lives of seniors living with complex medical needs. Focuses on improving quality of life, accelerating innovative solutions, and developing programs to support seniors and families. Part of the Hamilton Health Sciences network and affiliated with McMaster University.

Seniors in Motion (SIM) Gym

Phone:

Work: [905-627-3541](tel:905-627-3541) x2109

Contact: Tamara Johnson, Director of Community Programs and Services

Email: s.i.mgym@sjv.on.ca

Web: <https://sjv.on.ca/community-services/sim-gym/clas...>

Address: 56 Governors Rd, Dundas, ON L9H 5G7, Canada

Hours: Hours vary by program, contact for details

Cost: Service \$35 monthly pass; \$25 10 class pass; \$2.50 Drop-In class; virtual classes are free

Who can access this service: Open to all with a focus on older adults.

How to apply: Contact or drop-in to complete initial assessment and join

Offers a variety of weekly fitness classes and exercise equipment for older adults. New members meet with a personal trainer to set fitness goals and learn to use equipment safely. Class schedule is available online. Classes include:

- Dance Aerobics
- Strength Training
- Tai Chi
- Yoga
- Spin

Shalom Village Fitness Club

Phone:

Work: [905-529-1613](tel:905-529-1613)

Contact: Greg Almas, Head Coach

Email: info@shalomvillage.ca

Web: <https://www.shalomvillage.ca/services/community-a...>

Address: 70 Macklin St N, Hamilton, ON L8S 3S1, Canada

Hours:

Cost: Membership \$40/month, paid every four months, Initial assessment cost is \$25

Who can access this service: Shalom Village residents, community residents, residents of other long term care facilities and senior's centres, are all welcome to join the membership of The Club Fitness Centre.

How to apply: Written doctor's consent is required. Contact to book an initial intake appointment.

Fitness centre equipped with Keiser low-impact weight training equipment, designed specifically for seniors.

Home Library Service

Phone:

Work: [905-546-3200](tel:905-546-3200) x3222

Contact:

Email: askus@hpl.ca

Web: <https://www.hpl.ca/Home-Library-Service>

Address: 55 York Blvd, Hamilton, ON L8R 3K1, Canada

Hours:

Cost: None Eligibility criteria applies

Who can access this service: Open to Hamilton residents who are homebound or institutionalized for three months or longer because of age, illness, frailty or caregiver responsibilities.

How to apply: Online application form may be submitted by a family member, friend or caregiver on behalf of an individual. Canada Post offers a Delivery Accommodation Program to help you return packages to the library. Please call Canada Post at 1-844-454-3009 for more information.

Provides library material to Hamilton residents who cannot access Hamilton Public Library services on their own. Library staff select material based on individual's needs and interests. Items are mailed directly to the individual each month. No late fines will be charged for overdue material. Library material may be returned in any of the following ways:

- Postage-paid return envelope (included with each mailing)
- Your family or friends can return items on your behalf to any library branch
- Branch drop boxes are accessible 24/7

Glanbrook Community Services Adapted Fitness Programs

Phone:

Work: [905-692-3464](tel:905-692-3464)

Contact: Carole Taylor, Program Coordinator

Email: carole@glanbrookcommunityservices.ca

Web: <https://glanbrookcommunityservices.ca/fitness-pro...>

Address: 4300 Binbrook Rd, Binbrook, ON L0R 1C0, Canada

Hours:

Cost: Program \$5 per person, Gentle Fit and Brunch is \$8

Who can access this service: Seniors and adults looking to maintain health.

How to apply: Contact for information.

Offers exercise classes for older adults. Classes offered to suit a range of physical abilities.

- Active Fit: moving exercise program for active seniors who wish to improve cardiovascular rhythm and hand-eye coordination
- Gentle Fit and Brunch: adapted exercises for older adults who need a slower more gentle pace followed by a light brunch
- Strength and Stretch: seated/standing class including warm up, progressive muscle conditioning/strength training using light resistant bands/weights and ending with a top to bottom stretch
- Yoga

Seniors Community Centre, First Place Hamilton

Phone:

Work: [905-523-8496](tel:905-523-8496)

Contact: Brenda Silverthorne, Community Development Coordinator, CityHousing Hamilton

Email:

Web:

Address: 350 King St E, Hamilton, ON L8N 3Y3, Canada

Hours:

Cost: None most programs are offered at no cost

Who can access this service: Open to all.

How to apply: Contact Recreation Coordinator for information about activities or volunteering.

Provides cultural, recreational, health, and support programs and services for seniors residing at First Place, as well as for seniors in the community.

Ladies Auxiliary, Royal Canadian Legion

Phone:

Work: [905-689-6112](tel:905-689-6112)

Contact:

Email: waterdownlegion@cogeco.ca

Web: <http://www.waterdownlegion.ca/130844/The-Ladies-A...>

Address:

Hours: Hours vary, contact for details

Cost: Membership fees vary, contact for details

Who can access this service: Open to women ages 19 and older.

How to apply: Application forms are available to be picked up at the legion.

Women's group that supports the legion.

Seniors Helping Seniors, Epilepsy South Central Ontario

Phone:

Work: [289-639-8393](tel:289-639-8393)

Toll-Free Number: [1-855-734-2111](tel:1-855-734-2111)

Contact:

Email: info@epilepsysco.org

Web: <https://epilepsysco.org/programs-services/seniors...>

Address:

Hours: Hours vary, contact for details

Cost: None

Who can access this service: Any active seniors are eligible to volunteer.

How to apply: Contact for information about volunteering or hosting a session or workshop.

Offers educational sessions run by active senior volunteers. Sessions teach about epilepsy and how to recognize symptoms. Can be run at any community location.

Social Club, Steelworkers Organization of Active Retirees

Phone:

Work: [905-545-3008](tel:905-545-3008)

Contact:

Email:

Web: <https://www.usw.org/act/activism/soar>

Address: 1031 Barton St E, Hamilton, ON L8L 3E2, Canada

Hours: First Tuesday of each month 1:30 pm

Cost: Membership fees vary, contact for details

Who can access this service: Open to any member of a steel workers local in the Hamilton area. Other union retirees are also welcome.

How to apply: Contact for information.

Links the United Steelworkers active members with members in retirement so that both can work on common problems. Holds monthly information meetings, with occasional guest speakers.

Social Club, Hamilton and Area Unifor Local 504 Retirees Association

Phone:

Work: [905-545-8770](tel:905-545-8770)

Contact:

Email: local504@unifor504.ca

Web:

Address: 307 Queenston Rd, Hamilton, ON L8K 1H3, Canada

Hours: Fourth Wednesday of each month (except July and August) 1:30 pm

Cost: None

Who can access this service: Open to any retired members of the Unifor Local 504.

How to apply: Contact for information.

A seniors club of retired employees of the firms where local Unifor Local 504 collective bargaining agreements took place.

Seniors Club, Royal Hamilton Light Infantry Veterans

Phone:

Work: [905-545-4611](tel:905-545-4611)

Contact: Lynda Murdoch Furchner, President

Email: rhliveterans@cogeco.net

Web: <http://www.rhli.ca/family/vet.html>

Address: 1353 Barton St E, Hamilton, ON L8H 2W2, Canada

Hours: Hours vary, contact for details

Cost: None

Who can access this service: Open to all.

How to apply: Contact for information.

A club open to all members of the community for some activities and including those affiliated with Royal Hamilton Light Infantry regimental family. Activities include euchre, darts, cribbage, bingo, snooker, dances, tribute shows, crafting classes.

Falls Prevention Safety at Home, St. Joseph's Home Care

Phone:

Work: [905-522-6887](tel:905-522-6887) x2237

Toll-Free Number: [1-800-463-6612](tel:1-800-463-6612)

Contact: Shamiso Matinyarare, Safety at Home Coordinator

Email: smatinyarare@stjhc.ca

Web: <https://www.stjosephshomecare.ca/client-services/...>

Address: 1550 Upper James St, Hamilton, ON L9B 2L6, Canada

Hours:

Cost: None

Who can access this service: Open to all age 55 and older.

How to apply: Referral from health care providers, caregivers, or family members, or self-referral. Contact for details.

Provides home assessments and recommendations at no cost to help seniors remain safe and independent in their homes, and falls prevention education program to both seniors and caregivers. Safety at Home (SAH) services include:

- free home assessments
- referrals for installation of assistive devices, minor home repairs, and modifications
- subsidies for assistive devices (e.g. grab bars) and coordination of installation for those who qualify
- fall prevention education
- community and professional presentations

Social Club, Order of Sons of Italy of Canada

Phone:

Work: [905-524-2985](tel:905-524-2985)

Contact:

Email: sonsofitalyhamilton@gmail.com

Web: <https://www.sonsofitalyhamilton.org/>

Address: 499 King St E, Hamilton, ON L8N 1C9, Canada

Hours: Hours vary, contact for details

Cost: Membership \$75 per year

Who can access this service: There are three membership tiers. Full members must be of Italian descent by blood or marriage. Anyone is permitted a social membership. All members must be 18 years of age or older.

How to apply: Fill out the online application form to apply for membership.

A fraternal organization of Canadians of Italian heritage with activities focused on service, charity, heritage, and community involvement. Offers social activities and committees for members such as wine tasting, choir, FC soccer club, cooking groups, and charity golf and bowling clubs.

55+ Programming, Hamilton Jewish Family Services

Phone:

Work: [905-627-9922](tel:905-627-9922)

Contact: Ella Pavlova, Seniors Programming Manager

Email: info@hamiltonjfs.ca

Web: <https://www.hamiltonjfs.ca/programs-services/seni...>

Address: 30 King St E, Dundas, ON L9H 1B8, Canada

Hours: Hours vary, contact for details

Cost: None

Who can access this service:

How to apply: Contact for information.

Offers social activities for seniors including:

- Adult day program
- Educational workshops
- Games nights

Print Disability Library Services, Centre for Equitable Library Access

Phone:

Toll-Free Number: [1-855-655-2273](tel:1-855-655-2273) x2

Contact: Rina Hadziev, Executive Director

Email: help@celalibrary.ca

Web: <https://celalibrary.ca/>

Address:

Hours:

Cost: None

Who can access this service: Canadians with a self-declared print disabilities as defined by Canadian Copyright Law. Must have a Public library card.

How to apply: Contact local public library to register for CELA services or visit CELA website.

Supports public libraries in the provision of accessible collections for Canadians with print disabilities and champions the fundamental right of Canadians with print disabilities to access media and reading materials in the format of their choice, including audio, braille, e-text. This service acquires, produces, and distributes published works in alternative formats to Canadian public libraries and provide public libraries with advice, training, and information to support their patrons' access to and use of these collections.

McMaster University Student Services

Phone:

Work: [905-525-9140](tel:905-525-9140) x24796

Contact:

Email:

Web: <https://registrar.mcmaster.ca/>

Address: 1280 Main St W #123, Hamilton, ON L8S 4M6, Canada

Hours:

Cost: Program Fee for classes - tuition charge. If you are 65 years of age or over, you may be a listener/auditor for free.

Who can access this service: Requirements vary between programs. Contact individual programs for more information. Older adults enrolling in free tuition must meet the admission and prerequisite requirements. Contact or visit the website for additional details.

How to apply: All applicants for undergraduate degree programs must apply through the Ontario Universities' Application Centre (OUAC). Visit the website for more details and additional application instructions.

Offers post-secondary education in faculties of Engineering, Health Sciences, Humanities, Science, Social Science, the DeGroot School of Business, and the School of Graduate Studies. McMaster University is partnered with Mohawk College and Conestoga College to offer collaborative combined degree and diploma programs. Also offers secondary services for international students, indigenous students, accessibility, special needs services, and the student wellness centre. individuals age 65 or older can receive free tuition. And anyone can apply to enrol as a listener or auditor to attend classes without receiving grades or credit. Student Services provides services such as:

- Program enrolment assistance
- Timetable information
- University/College transfers
- Payment of program fees
- Aid and award forms
- Student card replacement

- Diploma requests

Student Services Office is located at the Office of the Registrar in Gilmour Hall, 108.

Stay Fit and Keeping Balance, Centre de Santé Communautaire

Phone:

Work: [905-528-0163](tel:905-528-0163)

Toll-Free Number: [1-866-437-7606](tel:1-866-437-7606)

Contact: Karine Wibrin, Occupational Therapist

Email: cschn@cschn.ca

Web:

Address: 1320 Barton St E, Hamilton, ON L8H 2W1, Canada

Hours: Hours vary, contact for details

Cost: None

Who can access this service: Open to individuals with mobility issues and adults age 65 and older.

How to apply: Contact to register.

The exercise and falls prevention initiative supports Ontario's Action Plan for Health Care, specifically the focus on supporting seniors to stay healthy and stay at home longer, reducing the strain on hospitals and long-term care homes. Services provided by health promoters and occupational therapists.

Silver Mountain Euchre Club

Phone:

Home: [905-318-4253](tel:905-318-4253)

Contact: Jennifer Nasso

Email:

Web: <https://www.reginamundi.ca/Projects/Silver-Mounta...>

Address: 631 Mohawk Rd W, Hamilton, ON L9C 1X7, Canada

Hours:

Cost: Membership \$1 per week

Who can access this service: Open to all seniors.

How to apply: No application required.

A seniors club which holds social activities and euchre games.

Seniors Centre Without Walls

Phone:

Work: [905-526-4084](tel:905-526-4084)

Contact:

Email: scww@hamilton.ca

Web: <https://www.hamilton.ca/recreation/seniors-centre...>

Address:

Hours: Hours vary by program, contact for details

Cost: None

Who can access this service:

How to apply: To register call 905-526-4084 or email scww@hamilton.ca

A program that provides free group recreational activities for older adults over the phone. Allows participants to socialize and join in on Trivia, Family Feud, Finish the Lyrics, Brain Games and Fitness Classes.

- Programs are multi-person phone conversations (or conference calls).
- No special equipment needed – any phone will do
- Each phone session averages 8-10 people on the call

One-on-One Tech Calls, Cyber Seniors

Phone:

Toll-Free Number: [1-844-217-3057](tel:1-844-217-3057)

Contact: Nancy Siciliana, Cyber Seniors Coordinator, Niagara Region

Email: info@cyberseniors.org

Web: <https://cyberseniors.org/seniors-services/>

Address:

Hours: By appointment

Cost: None

Who can access this service: Open to all seniors.

How to apply: Apply for free membership online.

Offers one-on-one phone support for seniors who need help using their computer or mobile device. Appointments are made with youth volunteers and are a maximum of 45 minutes in length. Phone or visit website to book an appointment.

Technology Webinars, Cyber Seniors

Phone:

Toll-Free Number: [1-844-217-3057](tel:1-844-217-3057)

Contact: Nancy Siciliana, Cyber Seniors Coordinator, Niagara Region

Email: info@cyberseniors.org

Web: <https://cyberseniors.org/webinars/>

Address:

Hours: Hours vary, visit website for details.

Cost: None

Who can access this service: Open to all seniors.

How to apply: Sign up for webinars online. No registration is required to view previous webinars.

Offers daily webinars to teach seniors about a technology and computers. All previous webinars are available online.

Empowerment Squared Digital Literacy Classes

Phone:

Work: [905-393-5370](tel:905-393-5370)

Contact:

Email: k.gardiner@empowermentsquared.org

Web: <https://empowermentsquared.org/professionalskills/>

Address:

Hours: Hours vary, contact for details

Cost: None

Who can access this service: Open to all adult newcomers and members of Black and marginalized communities.

How to apply: Contact Keneisha Sardiner at k.gardiner@empowermentsquared.org for information about registration.

A free digital literacy program that is offered to newcomers and members of Black and marginalized communities to learn beginner and intermediate computer skills. Topics include:

- internet searching skills
- keyboarding skills
- internet safety
- email
- Microsoft Office

Support is structured toward applied uses, including preparation for using technology in the workplace, and communication, engagement, and getting information from organizations such as school boards and government.

Elder Abuse Prevention Training and Webinars

Phone:

:

Contact:

Email:

Web: <http://www.eapon.ca/training-education/training/>

Address:

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to all.

How to apply: No application required.

Offers a variety of recorded training videos and educational resources to help prevent elder abuse in Ontario. Materials cover the following forms of abuse:

- financial abuse
- psychological abuse
- physical abuse
- sexual abuse
- neglect

Some materials are also available in Spanish.

Acute In-Home & Community Care Services

Community supports for illness and disease like palliative care, day programs, respite care and end of life supports.

Nursing Program, St. Joseph's Home Care

Phone:

Work: [905-522-6887](tel:905-522-6887) x2252

Contact: Anne Kenderic, Community Support Coordinator

Email:

Web: <https://www.stjosephshomecare.ca/client-services/...>

Address:

Hours:

Cost: Service fees vary, some fees may be covered by private health insurance

Who can access this service: Open to all.

How to apply: Contact for information.

Programs provide a variety of at-home services which are tailored to meet the needs of each individual client. Services include:

- Nursing care
- Assistance administering medication
- Giving injections
- Changing dressings
- Providing advanced foot care
- Pain and symptom management
- Palliative care
- Providing teaching and health education support
- Assist clients in maintaining independent living

Victorian Order of Nurses General Home Visiting Nursing Program

Phone:

Work: [905-529-0700](tel:905-529-0700)

Toll-Free Number: [1-888-866-8515](tel:1-888-866-8515)

Fax Number: [905-528-4113](tel:905-528-4113)

Contact:

Email: vonhamilton@von.ca

Web: <https://www.von.ca/en/service/general-home-visiti...>

Address:

Hours:

Cost: Service fees vary, contact for details

Who can access this service: Seniors and persons with disabilities, or convalescing persons requiring home nursing support.

How to apply: Contact HNHB Local Health Integration Network (LHIN) at 905-523-8600 or call VON Hamilton directly at 905-529-0700.

Offers a wide range of quality health care services in the client's home. Services include:

- administering medication, medication reviews
- wound care, dressing changes
- intravenous therapy
- post surgical care
- dialysis
- pain and symptom management
- chronic disease management therapy
- ventilator care
- advanced foot care
- enterostomal care
- respiratory care

Victorian Order of Nurses Specialized Palliative Care Nursing and Volunteer Services

Phone:

Work: [905-529-0700](tel:905-529-0700)

Fax Number: [905-528-4113](tel:905-528-4113)

Contact:

Email: vonhamilton@von.ca

Web: <https://www.von.ca/en/service/specialized-palliat...>

Address:

Hours:

Cost: None

Who can access this service: Seniors, people with a disability, and people facing a life threatening illness.

How to apply: Contact HNHB Local Health Integration Network (LHIN) at 905-523-8600 or call VON Hamilton directly at 905-529-0700.

Provides a specialized team of visiting palliative nurses, who support clients facing life-threatening illness with the aim of promoting an optimum quality of life for clients' and their caregivers, with particular attention to physical comfort and emotional well-being. Care is offered in the client's home.

Advanced Foot Care, St. Joseph's Home Care

Phone:

Work: [905-522-6887](tel:905-522-6887) x2217

Toll-Free Number: [1-800-463-6612](tel:1-800-463-6612)

Contact:

Email:

Web: [https://www.stjosephshomecare.ca/client-services/...](https://www.stjosephshomecare.ca/client-services/)

Address: 1550 Upper James St, Hamilton, ON L9B 2L6, Canada

Hours:

Cost: Service fees vary, contact for details

Who can access this service: Open to all.

How to apply: Contact to book an appointment.

Nurses provide advanced foot care for people of all ages. Care is delivered in clients' homes, including retirement homes, or at community clinics. Services include:

- clipping nails
- treating corns, calluses, ingrown nails, and thickened nails
- preventative foot care
- referral to other health professionals as required

Hospice and Palliative Care, Dr. Bob Kemp Hospice

Phone:

Work: [905-387-2448](tel:905-387-2448)

Fax Number: [905-387-7822](tel:905-387-7822)

Contact: Debbie Robinson, Director of Nursing Services , Danielle Zucchet, CEO

Email: info@kemphospice.org

Web: <https://kemphospice.org/residential-hospice>

Address: 277 Stone Church Rd E, Hamilton, ON L9B 1B1, Canada

Hours:

Cost: None

Who can access this service: Adults with life threatening conditions, their families, and caregivers.

How to apply: Contact HNHB Local Health Integration Network (LHIN) at 905-523-8600 for a referral.

Operates a 10 bed residential hospice in a home-like setting. Provides end of life comfort and caring support to meet the physical, social, emotional, and spiritual needs of people living with a progressive life-limiting illness. This support extends to provide grief and bereavement for caregivers.

Victorian Order of Nurses Hospice Volunteer Visiting

Phone:

Work: [905-522-0053](tel:905-522-0053)

Fax Number: [905-527-1919](tel:905-527-1919)

Contact:

Email: vonhamilton@von.ca

Web: <https://www.von.ca/en/service/palliative-hospice-...>

Address:

Hours: Hours vary, contact for details

Cost: None

Who can access this service: Volunteer positions are open to adults and seniors. The Hospice Care Service is open to all Hamilton residents who are living with a life-threatening illness.

How to apply: Contact for information.

Offers emotional and practical support to individuals of all ages, who are suffering from a life-threatening or life-limiting illness. This service also provides caregiver relief. All volunteers are interviewed and provided with 30 hours of hospice palliative care education. Services include:

- support meetings
- ongoing education
- bereavement follow-up

Palliative Care Program, St. Peter's Hospital

Phone:

Work: [905-521-2100](tel:905-521-2100) x12250

Work: [905-521-2100](tel:905-521-2100) x12234

Contact:

Email:

Web: <https://www.hamiltonhealthsciences.ca/areas-of-ca...>

Address: 88 Maplewood Ave, Hamilton, ON L8M 1W9, Canada

Hours:

Cost: None Co-payment as set out by Ontario Ministry of Health and Long Term Care.

Who can access this service: Patients must meet all six criteria:

1. require the expertise of an on-site, palliative care interprofessional team to manage symptoms and distress
2. are in the final stages of a life threatening illness
3. have goals of care promoting comfort approach rather than aggressive treatment
4. have a life expectancy ranging from several hours up to several months in duration
5. have care needs that cannot be met at home or in another setting with the available resources
6. are aged 18 years or older

How to apply: Any individual can make a referral. Self-referrals are also accepted. Call to book a tour.

Urgent admission to the St. Peter's Palliative Care Program can usually be arranged within 48 hours

following a referral.

Provides interprofessional palliative/end of life care to people experiencing any life threatening illness. Focuses on patient and family-driven decision making to maintain comfort, quality of life, spirituality, autonomy, and dignity of each dying person. Part of the Hamilton Health Sciences Network.

Access Personal Support Ltd

Phone:

Work: [905-777-2411](tel:905-777-2411)

Fax Number: [905-632-3101](tel:905-632-3101)

Toll-Free Number: [1-855-777-2411](tel:1-855-777-2411)

Contact:

Email:

Web: <https://www.accesspersonalsupport.com/>

Address:

Hours: Mon-Sun 24 hours Emergency on-call health services

Cost: Service fees vary, contact for details

Who can access this service: Older adults and individuals with special needs or disabilities .

How to apply: No referral required. Contact for information about how to register.

In-home health care offered in private homes, long-term care homes, group homes, hospitals, and community settings. Services include:

- nursing
- therapy
- personal support
- attendant care
- homemaking services

Services are provided by nurses, registered practical nurses, personal support workers, and social service workers.

At Your Senior Service

Phone:

Work: [289-981-2187](tel:289-981-2187)

Contact:

Email: lesley@yourseniorservice.com

Web: <https://atyourseniorservice.com/>

Address:

Hours:

Cost: Service Fees vary according to service and level of care provided. Contact for details.

Who can access this service: Services designed to support seniors and their caregivers

How to apply: Contact to register

Provides support services by qualified professionals that improve the quality of life for seniors and enables seniors to maintain their independence while living in their home. Hourly, weekend, short term, long term, and respite care available. Staff are properly screened, fully licensed and insured. Services include: Personal care

- Exercise and range of motion
- Transferring
- Feeding

Companion care

- Fall prevention
- Medication reminders
- Meal preparation
- Light housekeeping
- Shopping and errands
- Laundry

Specialty care

- Alzheimer's
- Dementia
- Parkinson's Disease
- Multiple Sclerosis
- Hip Replacement
- Stroke

Adult Day Program, Macassa Lodge

Phone:

Work: [905-546-2800](tel:905-546-2800) x1627

Fax Number: [905-546-4989](tel:905-546-4989)

Contact:

Email: MacassaLodge@hamilton.ca

Web: <https://www.hamilton.ca/social-services/long-term...>

Address: 701 Upper Sherman Ave, Hamilton, ON L8V 3M7, Canada

Hours: Hours vary, contact for details

Cost: Program fees vary, contact for details

Who can access this service: Must meet Hamilton Niagara Haldimand Brant Local-Health Integration Network criteria. Call 905-523-8600 for details.

How to apply: Apply through the Hamilton Niagara Haldimand Brant-Local Health Integration Network (905-523-8600).

Integrated day program for the frail elderly, adults with special needs, and individuals with Alzheimer Disease or other dementias. Services can include respite care for individuals who are not residents at Macasa Lodge.

Goldie's Place Adult Day Program

Phone:

Work: [905-529-1613](tel:905-529-1613)

Contact:

Email:

Web:

Address: 70 Macklin St N, Hamilton, ON L8S 3S1, Canada

Hours:

Cost: Program fees vary, contact for details

Who can access this service: Must meet Hamilton Niagara Haldimand Brant Local-Health Integration Network criteria. Call 905-523-8600 for details.

How to apply: Apply through the Hamilton Niagara Haldimand Brant-Local Health Integration Network (905-523-8600).

Integrated day program for frail elderly, adults with special needs and individuals with Alzheimer Disease or other dementia. Offers social and health programs as well as access to The Club Fitness Centre, Bubbi Bessie's Cafe, and The Classic Theatre.

Goldies2Home Day Program

Phone:

Work: [905-529-1613](tel:905-529-1613)

Contact: Krista Sheppard, Executive Coach

Email: g2h@shalomvillage.ca

Web: <https://www.shalomvillage.ca/services/community-a...>

Address: 70 Macklin St N, Hamilton, ON L8S 3S1, Canada

Hours:

Cost: None

Who can access this service: Must meet Hamilton Niagara Haldimand Brant Local-Health Integration Network criteria. Call 905-523-8600 for details.

How to apply: Apply through the Hamilton Niagara Haldimand Brant-Local Health Integration Network (905-523-8600).

Day program focused on helping people return to independent living at home after early discharge from acute care, rehabilitation or convalescent care programs. Provides nursing, physiotherapy, recreation and other support both on site at Shalom Village and at the client's home.

55+ Programming, Hamilton Jewish Family Services

Phone:

Work: [905-627-9922](tel:905-627-9922)

Contact: Ella Pavlova, Seniors Programming Manager

Email: info@hamiltonjfs.ca

Web: <https://www.hamiltonjfs.ca/programs-services/seni...>

Address: 30 King St E, Dundas, ON L9H 1B8, Canada

Hours: Hours vary, contact for details

Cost: None

Who can access this service:

How to apply: Contact for information.

Offers social activities for seniors including:

- Adult day program
- Educational workshops
- Games nights

Agencies on Aging

Organizations that advocate for older adult issues.

Legal Services, Advocacy Centre for the Elderly

Phone:

Work: [416-598-2656](tel:416-598-2656)

Toll-Free Number: [1-855-598-2656](tel:1-855-598-2656)

Fax Number: [416-598-7924](tel:416-598-7924)

Contact:

Email:

Web: <http://www.ancelaw.ca/index.php>

Address: 2 Carlton St, Toronto, ON M5B 1J3, Canada

Hours:

Cost: None

Who can access this service: Open to all aged 60 and older as well as younger persons with cognitive deficits or physical disabilities who reside in long term care or retirement homes.

How to apply: Contact for information,

Provides legal services to low income seniors living in the community in their own homes or in group living arrangements such as retirement homes, boarding homes and long term care facilities. Areas of law covered also include elder abuse, advance care planning, and consent and capacity.

Aging in Place

Supports for staying in your home and staying healthy.

Seniors Fitness and Breakfast

Phone:

Work: [905-574-1334](tel:905-574-1334) x305

Fax Number: [905-574-1688](tel:905-574-1688)

Contact:

Email: admin@n2ncentre.com

Web: <https://n2ncentre.com/hamilton-community-food-cen...>

Address: 310 Limeridge Rd W, Hamilton, ON L9C 2V2, Canada

Hours:

Cost: None

Who can access this service: Open to all, with a focus on older adults.

How to apply: No registration required.

Free program focused on wellness for seniors. Includes exercise with YWCA staff and breakfast.

VON Hamilton Congregate Dining

Phone:

Work: [905-529-0700](tel:905-529-0700)

Contact:

Email: voncsshamilton@von.ca

Web: <https://www.von.ca/en/service/congregate-dining>

Address: 2757 King St E, Hamilton, ON L8G 5E4, Canada

Hours: Program is on pause due to COVID-19

Cost: Service \$9.50/meal maximum. Transportation is available for an additional fee. Fee adjustment available for low incomes. All fees are billed monthly.

Who can access this service: Older adults and people with disabilities

How to apply: Contact to register

Offers meals served in a group setting that provides an opportunity for socializing. Developed for older adults and people with disabilities who would like to get out of the house more often. Transportation is available for a fee.

Diners' Club Congregate Dining Program

Phone:

Work: [905-692-3464](tel:905-692-3464)

Contact: Carole Taylor, Program Coordinator

Email: carole@glanbrookcommunityservices.ca

Web: <https://glanbrookcommunityservices.ca/diners-club/>

Address: 4280 Binbrook Rd, Binbrook, ON L0R 1C0, Canada

Hours: Mon-Fri 12:00 pm-1:00 pm Third Thursday of each month from September to June

Cost: Program \$10 includes meal, dessert, and tea or coffee

Who can access this service: Older adults

How to apply: Contact to register

Program offers a monthly nutritious meal and social time at a location in Glanbrook/Binbrook. Participants from outside of Glanbrook are welcome, but must arrange their own transportation. Transportation can be arranged for participants who reside in Glanbrook.

McQuesten Boys and Girls Club Roxborough Seniors Program

Phone:

Work: [905-549-2814](tel:905-549-2814) x269

Contact: Emily Carroll, Program Lead

Email: rebekah.clause@bgchh.com

Web: <https://www.bgchh.com/programs/adult-programs/>

Address: 785 Britannia Ave, Hamilton, ON L8H 2B6, Canada

Hours: Hours vary by program, contact for details , This site is temporarily closed

Cost: Membership \$10 per year

Who can access this service: Older adults

How to apply: Contact to register

Program provides a variety of activities and programs to promote enjoyment and well being for older adults and retirees. Offering bingo, euchre and more. Also, fitness and strength training, speaker events on topics relevant to seniors and pot luck lunches.

St. James United Church Senior's Luncheon

Phone:

Work: [905-689-6223](tel:905-689-6223)

Fax Number: [905-689-0650](tel:905-689-0650)

Contact: Wendy Thompson, Administrator

Email: stjames@stjameswaterdown.ca

Web: <https://www.stjameswaterdown.ca/information#NEWSA...>

Address: 306 Parkside Dr, Waterdown, ON L0R 2H0, Canada

Hours: Third Tuesday of each month 11:30am-1pm Operates September to June ,
Cost: Program \$5 per person
Who can access this service: Open to all older adults
How to apply: Call or email to reserve your seat(s) by noon on the Friday before the lunch
Program offers a lunch for all seniors.

Life Long Care Program

Phone:

Work: [905-548-9593](tel:905-548-9593)

Fax Number: [905-545-4077](tel:905-545-4077)

Contact: Christina Barahona

Email: adavis@hric.ca , ofifc@ofifc.org

Web: <http://www.hric.ca/>, <https://ofifc.org/program/life-long-care-program/>

Address: 34 Ottawa St N, Hamilton, ON L8H 3Y7, Canada

Hours: Hours vary by program, contact for details

Cost: None

Who can access this service: Open to all urban Aboriginal men, women and their families

How to apply: Contact to register

Provides support services to the Indigenous community, regardless of age, who are disabled, chronically ill, frail, elderly or require acute/chronic continuum of care. Services include:

- medical transportation services
- assistance with completing forms
- community referrals
- home visits
- security checks
- caregiver support
- aid in transitioning from ODSP to Old Age Pension
- congregate dining meals
- social activities

St. Matthew's House Seniors Drop-In Centre Programs

Phone:

Work: [905-523-5546](tel:905-523-5546) x240

Contact: Mel Delorme, Supervisor, Social Services , Renée Wetselaar, Executive Director

Email: admin@stmatthewshouse.ca

Web: <https://www.stmatthewshouse.ca/>

Address: 460 Wentworth St N, Hamilton, ON L8L 5W8, Canada

Hours: Temporarily CLOSED due to COVID-19.

Cost: None

Who can access this service:

How to apply: No application required.

Program provides a casual space for seniors to gather and socialize with an emphasis on low-income seniors who are vulnerable, potentially isolated or are living in at-risk conditions. Also offering light breakfast and lunch daily, TV, movies, newspapers, books, games and a free weekly chair exercise program. Provides referrals to internal services at St. Matthew's House or external organizations or agencies that provide financial assistance, legal aid, housing, medical treatment and other services. Outreach workers provide friendly visiting to seniors at home for health and safety checks, and assist seniors in crisis situations.

Pancake Tuesdays

Phone:

Work: [905-522-3233](tel:905-522-3233)

Fax Number: [905-522-3433](tel:905-522-3433)

Contact:

Email: administration@hucchc.com

Web: <http://www.hucchc.com/programs.html>

Address: 181 Main St W, Hamilton, ON L8P 4Y4, Canada

Hours:

Cost: None

Who can access this service: Open to all.

How to apply: No application required.

Offers drop in for a quick meal and to connect with service providers, health information, emergency supplies and other items.

Hear for Life

Phone:

Work: [905-547-3327](tel:905-547-3327)

Toll-Free Number: [1-888-806-3122](tel:1-888-806-3122)

Contact:

Email: info@hearforlife.ca

Web: <https://hearforlife.ca/>

Address: 841 Upper Wentworth St, Hamilton, ON L9A 4W5, Canada

Hours:

Cost: None Most fees covered by OHIP

Who can access this service: Open to all.

How to apply: Contact to book an appointment.

Provides hearing healthcare services to individuals who are deaf or hard of hearing. Services include hearing tests, hearing aid fittings, ear wax management. Also provides information on hearing and hearing loss.

Community Oral Health Program

Phone:

Work: [905-522-3233](tel:905-522-3233)

Contact: Haidar Farran, Community Oral Health Coordinator

Email: administration@hucchc.com

Web: <http://hucchc.com/health-and-wellness-programs/he...>

Address: 181 Main St W, Hamilton, ON L8P 4Y4, Canada

Hours: Hours by appointment Monday to Thursday.

Cost: None

Who can access this service: Individuals who experience barriers to accessing oral health services.

How to apply: Call to register.

Promotes oral health among individuals that are under-served and lack access to adequate oral health care. Services include cleaning, fluoridation, pits and fissure sealants, and check-ups.

Dental Clinic, St. Peter's Hospital

Phone:

Work: [905-777-3837](tel:905-777-3837) x12336

Contact: Dorar Abu Daqa

Email:

Web:

Address: 88 Maplewood Ave, Hamilton, ON L8M 1W9, Canada

Hours:

Cost: Service fees vary by service, discounted rates and payment plans available, Cash, Cheque, or Direct Billing only

Who can access this service: Older adults.

How to apply: Contact to book an appointment.

Provides quality geriatric dental care to patients at St. Peter's Hospital, residents of long term care facilities, and seniors in the community.

St. Joseph's Villa Community Medical Clinics

Phone:

Work: [905-627-9011](tel:905-627-9011) x2248

Contact: ,

Email:

Web: <https://sjv.on.ca/community-services/community-me...>

Address: 56 Governors Rd, Dundas, ON L9H 5G7, Canada

Hours: Hours vary, services available by appointment only

Cost: Service fees vary, contact for details

Who can access this service: Open to all.

How to apply: Contact to book an appointment. For dental services contact Dr. Amanda Wang by e-mail valleydentalcare2353@gmail.com or telephone 905-627-3541 x2353. No referral required.

Offers medical clinic services to residents of St. Joseph's Villa and older adults in the community. Clinics include:

- Advanced Nursing Foot Care Services
- Dermatology Services
- Dental Services
- Ear, Nose, Throat Services

Home Maintenance Program, St. Joseph's Home Care

Phone:

Work: [905-522-6887](tel:905-522-6887) x2252

Toll-Free Number: [1-800-463-6612](tel:1-800-463-6612)

Fax Number: [905-522-5579](tel:905-522-5579)

Contact: Anne Kenderic, Community Support Coordinator

Email: akenderic@stjhc.ca

Web: <https://www.stjosephshomecare.ca/client-services/...>

Address: 1550 Upper James St, Hamilton, ON L9B 2L6, Canada

Hours:

Cost: Service fees vary by service, contact for details

Who can access this service: Adults with permanent disabilities or seniors ages 60 and older.

How to apply: Contact for information.

Offers assistance with household chores and repairs at a low rate for seniors and people with disabilities. Services include minor plumbing, electrical, and carpentry, heavy cleaning including fridge and stove, organizing closets, basements, and garages, snow removal, landscaping etc. One hour minimum is required.

Home Maintenance and Repair Referred Worker Program

Phone:

Work: [905-692-3464](tel:905-692-3464)

Contact: Carole Taylor, Program Coordinator

Email: carole@glanbrookcommunityservices.ca

Web: <https://glanbrookcommunityservices.ca/home-mainte...>

Address: 4280 Binbrook Rd, Binbrook, ON L0R 1C0, Canada

Hours:

Cost: Service Fees vary by type of work: \$25-\$30/hr

Who can access this service: Older adults who are financially marginalized or geared to income.

How to apply: Contact for information.

Glanbrook Community Services offers the services of skilled and knowledgeable individuals to provide a wide range of services to help in home and yard maintenance for older adults. The service providers supply their own tools and equipment. These services include:

- basic carpentry
- electrical & plumbing
- painting & wall-papering
- cleaning & repair of windows/eaves
- gardening & grass cutting,
- help with household rubbish removal

Quality Home Cleaning Program, St. Joseph's Home Care

Phone:

Work: [905-522-6887](tel:905-522-6887) x2252

Toll-Free Number: [1-800-463-6612](tel:1-800-463-6612)

Fax Number: [905-529-6646](tel:905-529-6646)

Contact: Anne Kenderic, Community Support Coordinator

Email: akenderic@stjhc.ca

Web: <https://www.stjosephshomecare.ca/client-services/...>

Address:

Hours:

Cost: Service fees vary, contact for details

Who can access this service: Adults with permanent disabilities and older adults.

How to apply: Contact for information.

The Quality Home Cleaning Program offers a range of housekeeping services for individuals who need assistance with routine household activities, with a goal to support those who require assistance with day-to-day household activities so that they are able to live independently for as long as possible. It is a client paid and client directed service provided at a low cost to seniors over 60 and adults with permanent physical disabilities. Services include:

- Vacuuming, dusting, and mopping floors
- Cleaning kitchen and bathrooms
- Laundry and changing bed linens
- Sorting and taking out garbage/recycling

At Your Senior Service

Phone:

Work: [289-981-2187](tel:289-981-2187)

Contact:

Email: lesley@yourseniorservice.com

Web: <https://atyourseiorservice.com/>

Address:

Hours:

Cost: Service Fees vary according to service and level of care provided. Contact for details.

Who can access this service: Services designed to support seniors and their caregivers

How to apply: Contact to register

Provides support services by qualified professionals that improve the quality of life for seniors and enables seniors to maintain their independence while living in their home. Hourly, weekend, short term, long term, and respite care available. Staff are properly screened, fully licensed and insured. Services include: Personal care

- Exercise and range of motion
- Transferring
- Feeding

Companion care

- Fall prevention
- Medication reminders
- Meal preparation
- Light housekeeping
- Shopping and errands
- Laundry

Specialty care

- Alzheimer's
- Dementia
- Parkinson's Disease
- Multiple Sclerosis
- Hip Replacement
- Stroke

SE Health Help at Home Services

Phone:

Toll-Free Number: [1-866-729-8050](tel:1-866-729-8050)

Contact:

Email: info@sehc.com

Web: <https://sehc.com/services/home-care/home-care-ser...>

Address:

Hours: Hours vary, contact for details

Cost: Service fees vary, contact for details, private insurance is accepted

Who can access this service: Open to all.

How to apply: Contact for information or complete the online application form.

Offers a variety of home supports to help older adults live independently in their own homes. Services include:

- housekeeping, light chores, and laundry
- meal preparation and grocery shopping
- social supports including appointment accompaniment, friendly chatting, and day excursions

Access Personal Support Ltd

Phone:

Work: [905-777-2411](tel:905-777-2411)

Fax Number: [905-632-3101](tel:905-632-3101)

Toll-Free Number: [1-855-777-2411](tel:1-855-777-2411)

Contact:

Email:

Web: <https://www.accesspersonalsupport.com/>

Address:

Hours: Mon-Sun 24 hours Emergency on-call health services

Cost: Service fees vary, contact for details

Who can access this service: Older adults and individuals with special needs or disabilities .

How to apply: No referral required. Contact for information about how to register.

In-home health care offered in private homes, long-term care homes, group homes, hospitals, and community settings. Services include:

- nursing
- therapy
- personal support
- attendant care
- homemaking services

Services are provided by nurses, registered practical nurses, personal support workers, and social service workers.

SE Health Personal Care Services

Phone:

Toll-Free Number: [1-866-729-8050](tel:1-866-729-8050)

Contact:

Email: info@sehc.com

Web: <https://sehc.com/services/home-care/home-care-ser...>

Address:

Hours: Hours vary, contact for details

Cost: Service fees vary, contact for details, private insurance is accepted

Who can access this service: Open to all.

How to apply: Contact for information or complete the online application form.

Offers home health support to assist older adults with living at home. Services include:

- bathing
- toileting
- feeding
- dressing
- management of medication
- other daily activities

Stoney Creek Seniors Outreach Services

Phone:

Work: [905-643-1919](tel:905-643-1919)

Contact: Dave Cage, President

Email: seniorsoutreach608@gmail.com

Web: <http://www.seniorsoutreach.net/>

Address:

Hours: Excluding holidays

Cost: Service fees vary by service, contact for details

Who can access this service: Seniors and people with disabilities who live in Stoney Creek

How to apply: Contact to register for programs. Transportation must be booked two days in advance.

Non-profit community organization that assists seniors and disabled persons to remain independent and in their homes. Services include:

- transportation to medical appointments
- shopping
- hair appointments
- assistance with minor home repairs
- yard work
- housekeeping
- snow removal

Operation Snow Shovel

Phone:

Work: [905-627-5461](tel:905-627-5461)

Contact: Samantha Green, Coordinator, Information, Meals on Wheels & Volunteer Services

Email: dcs@dundascommunityservices.com

Web: <http://www.dundascommunityservices.on.ca/operatio...>

Address: 2 King St W, Dundas, ON L9H 6Z1, Canada

Hours: By appointment only.

Cost: None

Who can access this service: Older adults or adults that are unable to clear snow.

How to apply: Apply online or print the application, fill it out and return it to Dundas Community Services

Matches volunteer students with seniors and people with disabilities in need of snow removal.

Wesley Seniors Outreach Program

Phone:

Work: [905-975-4718](tel:905-975-4718)

Contact: Karen Baxmeier, Outreach Coordinator

Email: seniors.services@wesley.ca

Web: <https://wesley.ca/services/newcomer-community/sup...>

Address:

Hours: Hours vary by location, contact for details

Cost: None

Who can access this service: Older adults who are socially isolated or at risk.

How to apply: Contact for information.

Assists isolated and at risk seniors age 55 and older with making social connections and maintaining independence through various activities and community referrals. The program is partnered with CityHousing Hamilton buildings delivering seniors programs.

Programs are run in various locations in the greater Hamilton area.

Catholic Family Services Hamilton/Halton Gatekeepers Program

Phone:

Work: [905-527-3823](tel:905-527-3823) x279

Toll-Free Number: [1-877-527-3823](tel:1-877-527-3823)

Contact: Judit Zsoldos, Team Leader

Email:

Web: <https://www.cfshw.com/gatekeepers>

Address: 56 Governors Rd, Dundas, ON L9H 5G7, Canada

Hours:

Cost: None

Who can access this service: Clients display:

- Signs of extreme personal neglect: poor hygiene, body odour, wearing dirty or inappropriate clothing
- Signs of extreme domestic neglect: home is in severe disrepair, bad odours, excessive clutter, neglected pets, and lack of food
- Signs of excessive hoarding
- Social withdrawal
- Refusal of assistance
- Lack of concern about living condition

How to apply: Referral form is available online and can be filled out and faxed to 905-546-5779. Contact for more information.

Works in conjunction with health and social service community partners, to identify seniors living in severe self-neglect, known as “Diogenes Syndrome”. This service is intended to increase access to support services for vulnerable and at-risk seniors and prevent the need for other services such as hospitalization and long term care.

Driving & Transportation

Getting around either in your personal vehicle, through community supports or public transit.

Taxi Scrip Program, HSR Public Transit

Phone:

Work: [905-529-1212](tel:905-529-1212) x3

Fax Number: [905-679-7305](tel:905-679-7305)

Contact: Robin Cino, Supervisor Customer Care HSR & ATS

Email: ats@hamilton.ca

Web: <https://www.hamilton.ca/hsr-bus-schedules-fares/a...>

Address: 2200 Upper James St, Mount Hope, ON L0R 1W0, Canada

Hours:

Cost: Service \$24/book of coupons

Who can access this service: All those who are eligible for the HSR DARTS program are also eligible for the Taxi Scrip program. This includes individuals with disabilities, and those who are unable to access regular transit service. This service is also available to qualified residents of other municipalities while they are visiting Hamilton. Call to register and to assess eligibility.

How to apply: To apply for this service complete the application form and mail it to ATS, P.O. Box 340

Mount Hope, Ontario L0R 1W0, or fax it to: 905-679-7305. Once registered passengers can purchase Taxi Scrip coupon books from the Mountain Transit Centre, the Hunter Street GO Station, or any municipal service centre. Coupon books can also be purchased over the phone by calling: 905-529-1212, ext. 3.

Provides subsidized rides for people with disabilities through regular and accessible taxis. Coupons are sold in books that contain \$40 value in vouchers, and participants may purchase up to three books each month.

Trans-Cab Service Glanbrook

Phone:

Work: [905-777-7777](tel:905-777-7777)

Work: [905-527-4441](tel:905-527-4441)

Contact: Andy McLaughlin, Senior Project Manager, Transit Planning

Email:

Web: <https://www.hamilton.ca/hsr-bus-schedules-fares/s...>

Address: 2200 Upper James St, Mount Hope, ON L0R 1W0, Canada

Hours: Mon-Fri 8:30am-4:30pm HSR Administrative Office 905-528-4200

Cost: Service regular HSR fare plus \$0.50 premium

Who can access this service: Refer to website for service area map, to determine if the trip origin or destination is included in the Trans-Cab service area.

How to apply: Travelling from Trans-Cab service zones:

Call Hamilton Cab at 905-777-7777 to request a Trans-Cab pick-up. It could take up to one hour for a pick-up. **Travelling to Trans-Cab service zones:**

Ask for a transfer, pay your regular bus fare plus a 50 cent premium and tell the bus driver that you need Trans-Cab service as soon as you board the bus.

A shared-ride taxi service, serving Glanbrook and Mount Hope. Trips must involve a transfer to or from HSR Route 20, 27, 35, or 44 at a designated transfer point. Offered by the HSR and local taxi providers.

Trans-Cab Service Stoney Creek, HSR Public Transit

Phone:

Work: [905-777-7777](tel:905-777-7777)

Work: [905-527-4441](tel:905-527-4441)

Contact: Andy McLaughlin, Senior Project Manager, Transit Planning

Email: hsrserve@hamilton.ca

Web: <https://www.hamilton.ca/hsr-bus-schedules-fares/s...>

Address: 2200 Upper James St, Mount Hope, ON L0R 1W0, Canada

Hours: Mon-Fri 8:30am-4:30pm HSR Administrative Office 905-528-4200

Cost: Service regular HSR fare plus \$0.50 premium

Who can access this service: Refer to website for service area map, to determine if the trip origin or destination is included in the Trans-Cab service area.

How to apply: Travelling from Trans-Cab service zones:

Call Hamilton Cab at 905-777-7777 to request a Trans-Cab pick-up. It could take up to one hour for a pick-up. **Travelling to Trans-Cab service zones:**

Ask for a transfer, pay your regular bus fare plus a 50 cent premium and tell the bus driver that you need Trans-Cab service as soon as you board the bus.

A shared-ride taxi service, serving Stoney Creek. Trips must involve a transfer to or from HSR route 2, 55, or 55A at a designated transfer point. Offered by the HSR and local taxi providers.

Accessible Transportation Services

Phone:

Work: [905-529-1212](tel:905-529-1212)

Fax Number: [905-679-7305](tel:905-679-7305)

Contact: Robin Cino, Supervisor Customer Care HSR & ATS

Email: ats@hamilton.ca

Web: <https://www.hamilton.ca/hsr-bus-schedules-fares/a...>

Address: 2200 Upper James St, Mount Hope, ON L0R 1W0, Canada

Hours:

Cost: Service fees vary, contact for details

Who can access this service: Intended for people with physical or functional disabilities or health conditions who are unable to access fixed-route public transit. Eligibility is considered on a case-by-case basis and is not based on a particular disability, or income level.

How to apply: ATS application forms available online. Apply by mail to: ATS, P.O. Box 340 Mount Hope, Ontario L0R 1W0; or by fax to: 905-679-7305

Provides access to DARTS accessible transportation and the Taxi Scrip Program for people who are unable to use regular public transit (i.e. HSR buses) due to a disability. Determines eligibility and registers passengers for these accessible programs, and provides customer care. Note: all HSR fixed-route buses are configured with Accessible Low Floors (ALF). A ramp provides level entry and exit with no steps, accommodating wheelchairs, strollers, scooters etc. measuring at or within 30 inches wide and 48 inches long.

ATS ID Cards and Support Person ID Card applications are available at and processed through the ATS Office on Upper James. Support Person ID cards are for customers with a permanent or temporary disability who require help when travelling on HSR buses. The card allows you to have a support person take the HSR with you for free. Application requires a Health Care Professional's certification. A confirmation letter with details about how to get your Support Person ID card comes by mail when you are approved.

DARTS Public Transit

Phone:

Work: [905-529-1717](tel:905-529-1717) x0

Work: [905-529-1212](tel:905-529-1212)

Contact:

Email: info@dartstransit.com

Web: <https://www.dartstransit.com/>

Address: 2200 Upper James St, Mount Hope, ON L0R 1W0, Canada

Hours: Reservations: Mon-Sat 8:30 am–2:00 am and Sun 8:30 am–12:30 am. Same Day

Rides/Cancellations: Mon-Fri 5:00 am–2:00 am, Sat 6:00 am–2:00 am and Sun 6:00am–12:30 am

Cost: Service Seniors: \$18/ten-ticket book. In-city charter: \$90/hour, 1 hour minimum

Who can access this service: People with disabilities who are unable to access regular transit service. Also available to qualified residents of other municipalities while they are visiting Hamilton. Pre-registration is required.

How to apply: To register, complete an ATS application form including Doctor approval. To register for Interactive Voice Response (IVR) and ATS Web, phone 905-528-4200 x1830.

Provides door-to-door transportation service to individuals who are unable to use regular public transit due to a disability. Participants must register with Accessible Transportation Services (ATS), a department of the Hamilton Street Railway (HSR). Employs wheelchair accessible buses, vans, motor vehicles and contracted taxi services when appropriate and operates under contract to ATS.

Seniors for Seniors Driver Companions

Phone:

Work: [905-572-6162](tel:905-572-6162)

Toll-Free Number: [1-844-422-7399](tel:1-844-422-7399)

Contact: Amy Chan, Communications Coordinator

Email:

Web: <https://spectrumhealthcare.com/services/seniors-f...>

Address:

Hours:

Cost: Service fees vary, contact for details

Who can access this service: Open to all older adults.

How to apply: Contact for information. Visit the website for information about how to volunteer as a driver companion.

Provides driver companions to transport and accompany older adults to and from medical appointments, shopping centres, grocery stores, the bank, or social events and gatherings.

Stoney Creek Seniors Outreach Services

Phone:

Work: [905-643-1919](tel:905-643-1919)

Contact: Dave Cage, President

Email: seniorsoutreach608@gmail.com

Web: <http://www.seniorsoutreach.net/>

Address:

Hours: Excluding holidays

Cost: Service fees vary by service, contact for details

Who can access this service: Seniors and people with disabilities who live in Stoney Creek

How to apply: Contact to register for programs. Transportation must be booked two days in advance.

Non-profit community organization that assists seniors and disabled persons to remain independent and in their homes. Services include:

- transportation to medical appointments
- shopping
- hair appointments
- assistance with minor home repairs
- yard work
- housekeeping
- snow removal

Glanbrook Community Services Volunteer-Assisted Transportation

Phone:

Work: [905-692-3464](tel:905-692-3464)

Fax Number: [905-692-9406](tel:905-692-9406)

Contact: Carole Taylor, Program Coordinator , Karen Thompson, Executive Director

Email: carole@glanbrookcommunityservices.ca

Web: <https://glanbrookcommunityservices.ca/transportat...>

Address: 4280 Binbrook Rd, Binbrook, ON L0R 1C0, Canada

Hours: Mon-Thur; Fri 8:30am-2:30pm; 8:30am-12:30pm Temporary office hours during COVID-19 (March 2022)

Cost: Service \$8 to \$19 per trip or on a per km basis if considered out of town. Administration fees apply for rides cancelled less than 24 hours in advance.

Who can access this service: Open to seniors and people with disabilities in the Glanbrook area. Passengers must be independently mobile and cognitively alert. Walkers are permitted.

How to apply: Contact to register

Glanbrook Community Services provides participants with transportation services to medical appointments, dental appointments, errands, to visit friends, grocery and general shopping. Drivers will wait and can assist participants with purchases. Out-of-town trips may be arranged upon request, some restrictions apply.

Life Long Care Program

Phone:

Work: [905-548-9593](tel:905-548-9593)

Fax Number: [905-545-4077](tel:905-545-4077)

Contact: Christina Barahona

Email: adavis@hric.ca , ofifc@ofifc.org

Web: <http://www.hric.ca/>, <https://ofifc.org/program/life-long-care-program/>

Address: 34 Ottawa St N, Hamilton, ON L8H 3Y7, Canada

Hours: Hours vary by program, contact for details

Cost: None

Who can access this service: Open to all urban Aboriginal men, women and their families

How to apply: Contact to register

Provides support services to the Indigenous community, regardless of age, who are disabled, chronically ill, frail, elderly or require acute/chronic continuum of care. Services include:

- medical transportation services
- assistance with completing forms
- community referrals
- home visits

- security checks
- caregiver support
- aid in transitioning from ODSP to Old Age Pension
- congregate dining meals
- social activities

Wheels for Seniors, De dwa da dehs nye>s Aboriginal Health Centre

Phone:

Work: [905-544-4320](tel:905-544-4320) x234

Work: [905-544-4320](tel:905-544-4320) x212

Contact:

Email: info@dahac.ca

Web: <https://aboriginalhealthcentre.com/services/advoc...>

Address:

Hours: By appointment only.

Cost: None

Who can access this service: Open to all Indigenous seniors, those with early on-set aging, and those with complex physical disabilities.

How to apply: Contact at least 48 hours prior to the appointment to book a ride. Drivers will connect directly with clients regarding time and location of appointment and pick-up locations.

Provides medical transportation to Indigenous seniors, those with early on-set aging, and those with complex physical disabilities. Clients can be picked up and dropped off to any medical appointments within the Hamilton Niagara Haldimand Brant LHIN catchment area.

SE Health Transportation Services

Phone:

Toll-Free Number: [1-866-729-8050](tel:1-866-729-8050)

Contact:

Email: info@sehc.com

Web: <https://sehc.com/services/home-care/home-care-ser...>

Address:

Hours: Hours vary, contact for details

Cost: Service fees vary, contact for details, private insurance is accepted

Who can access this service: Open to all.

How to apply: Contact for information or complete the online application form.

Provides transportation to and from medical appointments, shopping, banking, errands, or other activities.

Wesley Seniors Shopping by Bus

Phone:

Work: [905-528-5629](tel:905-528-5629) x306

Fax Number: [905-528-9977](tel:905-528-9977)

Contact: Karen Baxmeier, Outreach Coordinator

Email: seniors.services@wesley.ca , shopping.bus@wesley.ca

Web: <https://wesley.ca/services/newcomer-community/sup...>

Address:

Hours: Second Wednesday and Thursday of each month Hours vary, contact for details

Cost: None

Who can access this service: Tenants living in seniors apartment buildings who are physically able to travel.

How to apply: Contact to register.

A free bus service for seniors to local grocery stores every two weeks for tenants in seniors' apartments. Pick-up locations are located throughout the city. Please call for details. This is a partnership between Wesley, No Frills, Fortinos, and the HSR.

Flamborough Connects Rural Community Shopping Bus

Phone:

Toll-Free Number: [1-800-297-3427](tel:1-800-297-3427)

Work: [905-689-7880](tel:905-689-7880)

Contact: Amelia Steinbring , Executive Director, Flamborough Connects

Email: admin@flamboroughconnects.ca

Web: <https://flamboroughconnects.ca/information/commun...>

Address: 163 Dundas St E, Hamilton, ON L8N 2Z7, Canada

Hours: Runs bi-weekly.

Cost: Program \$10 for door-to-door trip, billed quarterly.

Who can access this service: Must be able to walk independently and be cognitively alert

How to apply: Contact to reserve a seat

The Rural Shopping Bus is a program for rural residents who do not drive or have access to public transportation. Clients must be able to board the bus independently and carry their groceries. The bus runs bi-weekly and takes participants to the Walmart Shopping Plaza in Waterdown. The Rural Shopping Bus is a chartered DARTS bus and runs throughout the year.

Shopping and Events Bus

Phone:

Work: [905-692-3464](tel:905-692-3464)

Contact: Carole Taylor, Program Coordinator

Email: carole@glanbrookcommunityservices.ca

Web: <https://glanbrookcommunityservices.ca/community-e...>

Address: 4280 Binbrook Rd, Binbrook, ON L0R 1C0, Canada

Hours: Dates and times vary, contact for details.

Cost: Service \$7 round trip

Who can access this service: Open to seniors and most older adults living in Glanbrook, Stoney Creek and East Mountain who are physically mobile.

How to apply: Contact for information.

Glanbrook Community Services offers a monthly door-to-door pick-up for shopping at the Elfrida Walmart shopping Centre and trips to various events in the City of Hamilton and other municipalities. Limited spaces available.

GO Transit

Phone:

Work: [416-869-3200](tel:416-869-3200)

Work: [416-202-1600](tel:416-202-1600)

Toll-Free Number: [1-888-438-6646](tel:1-888-438-6646)

Crisis Line Number: [1-877-297-0642](tel:1-877-297-0642)

TTY Number: [1-800-387-3652](tel:1-800-387-3652)

Contact:

Email:

Web: <https://www.gotransit.com/en/>

Address: 36 Hunter St E, Hamilton, ON L8N 3W8, Canada

Hours: Service hours vary by route and transit option, contact or visit the website for more details

Cost: Service fees vary by route and transit option

Who can access this service: Open to all.

How to apply: Purchase tickets at the station or pay with PRESTO when boarding the bus or train.

Long-distance within Ontario bus and rail transportation. Major services are:

- GO Transit bus and rail service
- UP Pearson Express rail link between Toronto Union Station and Toronto Pearson International Airport
- Presto Card electronic fare payment card
- Triplinx online trip planner

HSR Golden Age Transit Pass Program

Phone:

Work: [905-527-4441](tel:905-527-4441)

Contact:

Email: hsrserve@hamilton.ca

Web: <https://www.hamilton.ca/hsr-bus-schedules-fares/f...>

Address: 36 Hunter St E, Hamilton, ON L8N 3W8, Canada

Hours:

Cost: None Golden Age Pass issued free of charge , Service Lost, stolen or damaged PRESTO cards will require a \$6 replacement fee

Who can access this service: City of Hamilton residents 80 years of age or older.

How to apply: Proof of age and Hamilton address are required. Acceptable ID includes a Driver's Licence, Ontario Photo Card, Income Tax statement or Health card with name and address. If you are renewing your Senior Annual Pass and turn 80 years of age within the year, you should purchase a Senior Monthly Pass on PRESTO each month until you turn 80 years old. When you turn 80, you can get a Golden Age Pass for free. Golden Age Passes cannot be issued in advance of your 80th birthday.

The Golden Age Pass Program provides free HSR transportation to eligible adults over the age of 80. This pass includes a one-time free PRESTO card. A photo ID will be issued, to be used with the new PRESTO card, which is to be presented to the driver upon boarding.

HSR Senior Transit Pass Program

Phone:

Work: [905-527-4441](tel:905-527-4441)

Contact:

Email: hsrserve@hamilton.ca

Web: <https://www.hamilton.ca/hsr-bus-schedules-fares/f...>

Address: 36 Hunter St E, Hamilton, ON L8N 3W8, Canada

Hours:

Cost: Service

Who can access this service: Adults 65 to 79 years of age.

How to apply: Proof of age is required to purchase and use senior fares. If you are a young-looking senior, you can purchase a photo ID for \$5.65 at the HSR Customer Service Centre.

The Senior Pass Program provides discounted HSR transportation to eligible older adults (65-79 years of age). This includes a PRESTO card. Photo ID is not required, however proof of age must be shown upon drivers' request. Photo ID can be purchased at the HSR Customer Service Centre. The PRESTO Senior Annual Pass is valid for 12 months starting in the month of purchase if purchased by the 13th day of the month. If the annual pass is purchased after the 13th day of the month, the pass will be valid for 12 months starting the next month.

Senior Driver Renewal Program

Phone:

Work: [416-235-3579](tel:416-235-3579)

Work: [416-235-2999](tel:416-235-2999)

Toll-Free Number: [1-800-396-4233](tel:1-800-396-4233)

Toll-Free Number: [1-800-387-3445](tel:1-800-387-3445)

Contact:

Email:

Web: <http://www.mto.gov.on.ca/english/driver/senior-dr...>

Address:

Hours: By appointment only.

Cost: Service fees vary, contact for details

Who can access this service:

How to apply: A notice is sent by mail when a driver turns age 80 and includes a renewal form and instructions on how to book an appointment.

Items to bring to the renewal session: driver's licence (or temporary licence), the licence renewal form received in the mail, eye glasses used for driving, hearing aids, if needed.

A program which requires drivers age 80 and older to renew their driver's license every two years.

The renewal process includes a vision test, a driver record review, a 45-minute group education session (GES), two brief written screening exercises, and completion of any follow up items which may include a road test. Locations vary.

Accessible Vehicle Rentals, Wheelchairs In Motion

Phone:

Work: [905-776-1102](tel:905-776-1102)

Toll-Free Number: [1-888-776-1102](tel:1-888-776-1102)

Contact:

Email: contact@wheelchairinmotion.com

Web: <https://wheelchairinmotion.com/>

Address: 1026 S Coast Dr, Selkirk, ON N0A 1P0, Canada

Hours:

Cost: Service Daily rates begin at \$140 with 200 free kilometres, Check website (rates page) for further information

Who can access this service: Must have a legal G-class license to rent a vehicle.

How to apply: Call to make a reservation or request a reservation online.

Offers rentals of wheelchair accessible vehicles. Daily, weekly, and monthly rental available. Limited distance delivery and pick up is available, contact for more details.

Banyan Grocer-Ease Program

Phone:

Work: [905-545-1175](tel:905-545-1175)

Fax Number: [905-544-9403](tel:905-544-9403)

Contact:

Email: grocereaseadmin@banyancs.org

Web: <https://banyancommunityservices.org/programs-serv...>

Address:

Hours: Mon-Fri 8:30 am-4:30 pm

Cost: Service \$11.50 for first \$100 of groceries, \$2.50 for each additional \$25 of groceries

Who can access this service: Seniors and people with disabilities

How to apply: Contact to register or to join the waitlist

Takes individualized grocery lists from clients, shops in the store of the client's choice, and if required puts the groceries away upon delivery. If a client wants products from two different stores they will be charged for 2 deliveries. The service charge is based on the amount of the grocery bill. If a client is in need of the service, but is not in charge of their finances, the program will work with their caregiver and shop for them and deliver. And extra charge is added to this service. Shopping is done at the following grocery stores, according to client preference:

- Food Basics
- Fortinos
- FreshCo
- Metro
- No Frills
- Sobeys

Program is funded through the Local Health Integration Network.

St. Matthew's House Seniors First Response Team

Phone:

Work: [905-523-5546](tel:905-523-5546) x240

Contact: Shani Doherty, Executive Assistant

Email: sdoherty@stmatthewshouse.ca

Web: <https://stmatthewshouse.ca/seniors-first-response/>

Address:

Hours: Hours vary, contact for details

Cost: None

Who can access this service: Older Adults

How to apply: Call or email for information.

Supports vulnerable, isolated older adults and seniors 55+ experiencing hunger, homelessness and income insecurity during the COVID-19 pandemic. This includes those who are living outside in temporary shelter. Staff are able to deliver food and other supplies to those who are unable to access their community due to self quarantine and social isolation.

At Your Senior Service

Phone:

Work: [289-981-2187](tel:289-981-2187)

Contact:

Email: lesley@yourseniorservice.com

Web: <https://atyourseiorservice.com/>

Address:

Hours:

Cost: Service Fees vary according to service and level of care provided. Contact for details.

Who can access this service: Services designed to support seniors and their caregivers

How to apply: Contact to register

Provides support services by qualified professionals that improve the quality of life for seniors and enables seniors to maintain their independence while living in their home. Hourly, weekend, short term, long term, and respite care available. Staff are properly screened, fully licensed and insured. Services include: Personal care

- Exercise and range of motion
- Transferring
- Feeding

Companion care

- Fall prevention
- Medication reminders
- Meal preparation
- Light housekeeping
- Shopping and errands
- Laundry

Specialty care

- Alzheimer's
- Dementia
- Parkinson's Disease
- Multiple Sclerosis
- Hip Replacement
- Stroke

Government Financial Support

Tax credits, veterans supports, and benefits offered by various levels of government to Older Adults.

Residential Care Facilities Subsidy Program

Phone:

Work: [905-546-2424](tel:905-546-2424) x2225

Contact:

Email:

Web: <https://www.hamilton.ca/social-services/housing/r...>

Address: 71 Main St W, Hamilton, ON L8P 4Y5, Canada

Hours:

Cost: None

Who can access this service: To qualify for the RCF Subsidy program an individual must:

- be 18 years of age or older
- meet established asset and income criteria
- be able to maintain personal mobility at the time of admission
- require assistance with identified activities of daily living

All potential residents will be assessed by a qualified health professional as to their eligibility for a given facility prior to admission.

How to apply: Contact for information.

The Residential Care Subsidy Program aims to prevent homelessness by providing for safe and affordable supported housing in a communal setting for people who require assistance with the daily activities of life. Offers choices of housing with support options for people who would otherwise be homeless, inappropriately housed in institutions and/or shelters, or inadequately supported in other settings. Funding is connected to individual residents on a per day basis

Old Age Security Programs

Phone:

Toll-Free Number: [1-800-255-4786](tel:1-800-255-4786)

Toll-Free Number: [1-800-277-9915](tel:1-800-277-9915)

Contact:

Email:

Web: <https://www.canada.ca/en/services/benefits/public...>

Address:

Hours:

Cost: None

Who can access this service: Visit the website for specific age requirements and other qualifications. Canada has reciprocal social security agreements with many other countries, see website for details.

How to apply: Some eligible seniors will be automatically enrolled in the OAS Program, they will receive notification from Service Canada a month after they turn 64. Seniors who do not receive this notification can complete and application online, by phone, or in person at Service Canada locations.

Old Age Security (OAS) Monthly pension to persons 65 or over regardless of income or assets

- must be legal resident of Canada for at least 40 years to receive full pension
- also full pension for persons who were 25 years or older as of July 1, 1977, and who resided in or had a visa to enter Canada that was valid on that date, or who had resided legally in Canada prior to that date and after reaching age 18, and who resided in Canada immediately before approval of the application

Guaranteed Income Supplement (GIS) Supplement added monthly to Old Age Security for those with limited or no income

- amount of supplement is adjusted quarterly
- reapply when income taxes are filed (end of April)
- not payable outside Canada beyond a period of 6 months regardless of how long the person lived in Canada

Allowance Monthly allowance for spouses 60-64 years of Old Age Security pensioners receiving Guaranteed Income Supplement

- based on combined income of the couple
- allowance is adjusted quarterly
- residence requirements
- proof of age required
- reapply when income taxes are filed (end of April)

Allowance for the Survivor Monthly allowance for widowed spouses 60-65 years

- death, marriage and applicant's birth certificate required
- based on limited or no income
- deceased spouse need not have received Old Age Security
- apply when income taxes are filed (end of April)

Programs of Human Resources and Social Development Canada, delivered by Service Canada)

Veteran Affairs Canada Veteran Services

Phone:

Toll-Free Number: [1-866-522-2122](tel:1-866-522-2122)

Toll-Free Number: [1-866-522-2022](tel:1-866-522-2022)

TTY Number: [1-833-921-0071](tel:1-833-921-0071)

Fax Number: [905-572-2271](tel:905-572-2271)

Contact:

Email: information@vac-acc.gc.ca

Web: <https://www.veterans.gc.ca/eng>

Address: 55 Bay St N, Hamilton, ON L8R 3P7, Canada

Hours:

Cost: None

Who can access this service: Veterans and their dependents and families.

How to apply: Contact for information.

Offers a wide variety of services for Canadian Veterans and their families. This includes: programs to assist them after an injury or during the transition from military to civilian life, allowances and benefits, income support payments, rehabilitation, health care benefits and funding for long term care.

Canada Pension Plan

Phone:

:

Contact:

Email:

Web: <https://www.canada.ca/en/services/benefits/public...>

Address: 71 Main St W, Hamilton, ON L8P 4Y5, Canada

Hours: Hours vary by location, contact site for details.

Cost: Service fees vary, contact for details

Who can access this service: Open to all Canadians who have made at least one valid contribution to the CPP and are 60 years of age or older.

How to apply: Apply online through My Service Canada Account or download and complete the application. Completed paper applications can be mailed to the address on the form or submitted in-person at a Service Canada office.

A monthly, taxable benefit that replaces a portion of the applicants income upon retirement. Those who qualify for the Canada Pension Plan (CPP) will receive the retirement pension for the rest of their life. Individuals aged 60 to 69 can continue to work while receiving CPP. CPP contributions will then go toward post-retirement benefits (PRB) which will increase income upon retirement.

Canada Death Benefits

Phone:

:

Contact:

Email:

Web: <https://www.canada.ca/en/services/benefits/public...>,
<https://www.canada.ca/en/services/benefits/public...>,
<https://www.canada.ca/en/services/benefits/public...>

Address: 71 Main St W, Hamilton, ON L8P 4Y5, Canada

Hours: Hours vary by location, contact site for details.

Cost: Service fees vary, contact for details

Who can access this service: The deceased must have made contributions to the CPP for at least one third of the calendar years since they turned 18 (no less than three years) or for at least 10 years.

How to apply: To apply for the Death Benefit complete the Application for a Canada Pension Plan Death Benefit. To apply for the Surviving Child's Benefit or the Survivor's Pension complete the Application for CPP Survivor's pension and Child(ren's) Benefits. Information about required documentation is available on each form. Completed forms can be mailed to any Service Canada Office that have an address listed on the form.

A one-time, lump-sum payment to the estate on behalf of a deceased Canada Pension Plan (CPP) contributor. If an estate exists the executor should apply for the benefit within 60 days of the date of death. If no estate exists or if the executor does not apply, payment may be made to: the person or institution responsible for paying funeral expenses, the surviving spouse or common-law partner of the deceased, the next-of-kin of the deceased. Individuals who are eligible for this benefit may also be eligible for the Surviving Child's Benefit or the Survivor's Pension which both offer monthly payments to children, spouses, and common-law partners of deceased CPP contributors.

Government Financial Support

Tax credits, veterans supports, and benefits offered by various levels of government to Older Adults.

Residential Care Facilities Subsidy Program

Phone:

Work: [905-546-2424](tel:905-546-2424) x2225

Contact:

Email:

Web: <https://www.hamilton.ca/social-services/housing/r...>

Address: 71 Main St W, Hamilton, ON L8P 4Y5, Canada

Hours:

Cost: None

Who can access this service: To qualify for the RCF Subsidy program an individual must:

- be 18 years of age or older
- meet established asset and income criteria
- be able to maintain personal mobility at the time of admission
- require assistance with identified activities of daily living

All potential residents will be assessed by a qualified health professional as to their eligibility for a given facility prior to admission.

How to apply: Contact for information.

The Residential Care Subsidy Program aims to prevent homelessness by providing for safe and affordable supported housing in a communal setting for people who require assistance with the daily activities of life. Offers choices of housing with support options for people who would otherwise be homeless, inappropriately housed in institutions and/or shelters, or inadequately supported in other settings. Funding is connected to individual residents on a per day basis

St. Matthew's House, Housing Outreach Preventing Eviction for Seniors

Phone:

Work: [905-523-5546](tel:905-523-5546) x231

Fax Number: [905-523-5553](tel:905-523-5553)

Contact: Heather Campbell, Supervisor, Social Services

Email: admin@stmatthewshouse.ca

Web: <https://www.stmatthewshouse.ca/seniors-support/>

Address: 414 Barton St E, Hamilton, ON L8L 2Y3, Canada

Hours:

Cost: None

Who can access this service:

How to apply: Contact for information.

Program assists seniors who are homeless or at risk of homelessness find safe, sustainable housing and assists to identify services that result in faster housing placement and more stabilized housing. Ongoing case management is offered to individuals for up to 12 months after they have been housed.

Housing Support Services

Phone:

Work: [905-526-8100](tel:905-526-8100)

Contact:

Email: info@housinghelpcentre.ca

Web: <http://www.housinghelpcentre.ca/housing-support.h...>

Address:

Hours:

Cost: None

Who can access this service: Open to all individuals and families with a low income.

How to apply: Contact for information.

Provides services to assist individuals who are experiencing homelessness or are on a low income in finding safe and affordable housing. Services include:

- listing of available rental accommodations
- free phone access
- subsidized housing applications
- housing search assistance
- information services
- community referrals

Access to Housing Local Housing Services

Phone:

Work: [905-546-2424](tel:905-546-2424) x3708

Fax Number: [905-546-2809](tel:905-546-2809)

Contact:

Email: ath@hamilton.ca

Web: <https://www.hamilton.ca/social-services/housing/s...>

Address:

Hours:

Cost: None

Who can access this service: Open to all Canadian citizens, landed immigrants, or refugee claimants who do not have arrears owed to an Ontario social housing provider for rent or damage.

How to apply: Application forms are available on the website or through other local housing services organizations. Contact for more information.

Operates as an access point for subsidized housing in Hamilton. Subsidized housing is when rent is geared to the income of the recipient instead of market rates. Staff assist applicants with the application process and maintains the central waiting list for subsidized housing available from social housing providers. Eligibility is calculated based on 30% of a household's gross monthly income. If applicant is receiving assistance from Ontario Works or the Ontario Disability Support Program, a social assistance rent scale is applied. Additional charges may apply depending on the building (e.g. utilities, parking). The organization does not operate as a landlord and does not directly offer housing. Does not offer emergency shelters or emergency housing.

Ontario Retirement Communities Association Home Listings

Phone:

Work: [905-403-0500](tel:905-403-0500)

Toll-Free Number: [1-888-263-5556](tel:1-888-263-5556)

Contact:

Email: info@orcaretirement.com

Web: <https://www.orcaretirement.com/find-a-retirement-...>

Address:

Hours: Mon-Sun 24 hours

Cost: None no fees for use of the list

Who can access this service: Open to all.

How to apply: No application required to view the list. Contact each retirement home for details about applying as a resident.

An online retirement home finder tool maintained by the Ontario Retirement Communities Association.

Retirement Homes Regulatory Authority Home Listings

Phone:

Work: [416-440-3570](tel:416-440-3570)

Toll-Free Number: [1-855-275-7472](tel:1-855-275-7472)

Contact:

Email: info@rhra.ca

Web: <https://www.rhra.ca/en/retirement-home-database/>

Address:

Hours: Mon-Sun 24 hours

Cost: None no fees for use of the list

Who can access this service: Open to all.

How to apply: No application required to view the list. Contact each retirement home for details about applying as a resident.

An online retirement home finder tool maintained by the Retirement Homes Regulatory Authority

Living a Healthy Life with Chronic Conditions

Supports for chronic conditions or for long term disability.

Idlewyld Manor Long-Term Care

Phone:

Work: [905-574-2000](tel:905-574-2000)

Fax Number: [905-574-0482](tel:905-574-0482)

Contact: Susan Hastings, Administrator

Email: office@idlewyldmanor.com

Web: <https://www.idlewyldmanor.com/>

Address: 449 Sanatorium Rd, Hamilton, ON L9C 2A7, Canada

Hours:

Cost: Service Rates set by the Ontario Ministry of Health and Long-Term Care , subsidies for standard (basic) rate may be available for eligible applicants

Who can access this service: Applicants must meet Local Health Integration Network (HNHB-LHIN) criteria.

How to apply: Apply through Local Health Integration Network (HNHB-LHIN 905-523-8600).

Accredited long-term care home offering nursing and personal care on a 24-hour basis. Other services and amenities include: furnishings and bed linens, laundry and housekeeping, personal hygiene supplies, medical/clinical supplies and devices, meals and medication administration, pastoral services, and social and recreational programs.

Catholic Family Services of Hamilton Intensive Case Management for Seniors

Phone:

Work: [905-527-3823](tel:905-527-3823) x279

Fax Number: [905-546-5779](tel:905-546-5779)

Contact: Judit Zsoldos, Team Leader

Email: intake@cfshw.com

Web: <https://www.cfshw.com/intensive-case-management-f...>

Address: 56 Governors Rd, Dundas, ON L9H 5G7, Canada

Hours:

Cost: None

Who can access this service: Seniors living in the City of Hamilton and seniors living with dementia.

How to apply: By referral (including self-referral, family, and community professionals). Case coordinator meets with applicants at home to complete a comprehensive assessment to determine

needs and goals.

Provides intensive case coordination with an in-depth personalized, flexible, and creative approach for seniors at risk and seniors with responsive behaviours relating to dementia.

Case Management for Seniors at Risk - Specializes in elder abuse, including physical, psychological/verbal, financial, neglect and/or self-neglect. Case coordinators offer home visits, where a comprehensive, holistic assessment of the client's situation is completed; then relevant, realistic, and attainable options are discussed. Consultations are offered via telephone for families/caregivers who do not wish to receive a home visit.

Case Management for Seniors Living with Dementia - This service aids not only the individual being referred, but the support system of this individual, as the case coordinator will collaborate with the family and other support systems to best assist the individual. The program is designed to connect individuals to community resources, prevent and decrease hospitalization, and advocate on behalf of the individuals who are referred.

Dundas Community Services Crisis and Intervention Assistance

Phone:

Work: [905-627-5461](tel:905-627-5461)

Fax Number: [905-627-5020](tel:905-627-5020)

Contact:

Email: dcs@dundascommunityservices.com

Web: <http://www.dundascommunityservices.on.ca/crisis-a...>

Address: 2 King St W, Dundas, ON L9H 6Z1, Canada

Hours:

Cost: None

Who can access this service: Older adults and adults with disabilities.

How to apply: Contact agency for information

One-on-One supports for coordinating services. Includes personal advocacy, community referrals, assistance with filling out forms, and intervention and supports for people facing homelessness, critical life changes, abuse, or isolation.

St. Matthew's House Seniors Crisis Intervention Program

Phone:

Work: [905-523-5546](tel:905-523-5546) x230

Contact: Mel Delorme, Supervisor, Social Services

Email: admin@stmatthewshouse.ca

Web: <https://www.stmatthewshouse.ca/seniors-support/>

Address: 414 Barton St E, Hamilton, ON L8L 2Y3, Canada

Hours:

Cost: None

Who can access this service: Individuals who are at risk of homelessness or in need of crisis support.

How to apply: Call or visit for information.

The program supports seniors who are at risk of homelessness and/or have an urgent situation that requires immediate supports. It develops goal oriented crisis support plans aimed to assist individuals in stabilizing their current crisis and connects individuals with the most appropriate community services. A plan of care is created that responds to the presented crisis. The program also provides short term case management (up to 3 months) as well as linkages and referrals to long term community supports.

Ontario Renovates Program for Homeowners

Phone:

Work: [905-546-2424](tel:905-546-2424) x2758

Fax Number: [905-546-3271](tel:905-546-3271)

Contact:

Email: affordablehousing@hamilton.ca

Web: <https://www.hamilton.ca/social-services/support-p...>

Address:

Hours:

Cost: None

Who can access this service: Homeowners may apply if the value of their house is below a certain value and if their household income is at or below certain levels, that are based on the number of people in the household. Eligibility is limited to properties in need of major repair in one or more of the following categories: Structural, Electrical, Plumbing, Heating and Fire Safety.

How to apply: Contact for information about the application process.

Assistance to low-income households who own and occupy substandard housing to enable them to repair their dwellings to a minimum level of health and safety.

Senior Mental Health Behavioural Inpatient Program

Phone:

Work: [905-522-1155](tel:905-522-1155) x36202

Fax Number: [905-381-5617](tel:905-381-5617)

Contact: Eric Van Raay, Admissions , Shelley Wright, Manager

Email:

Web: <https://www.stjoes.ca/health-services/mental-heal...>

Address: 100 West 5th Street, Hamilton, ON L8P 3R2, Canada

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Seniors age 65 or younger who have an age-related cognitive decline.

How to apply: Fax referral and supporting documents to West 5th Campus central intake at 905-381-5620. Call Eric Van Raay (social worker) at 905-522-1155 x36848 to arrange a pre-admission tour. Referring sources should call the unit or the community program with questions about eligibility.

Specialized service and treatment for individuals who have behaviours related to a diagnosis of dementia. Program provides service to Local Health Integrated Network (LHIN) 4 (the regions of Niagara, Brant, and Halton). Program goal is to return clients to an appropriate care setting within their home community after assessment and development of a treatment plan.

St. Joseph's Villa Community Medical Clinics

Phone:

Work: [905-627-9011](tel:905-627-9011) x2248

Contact: ,

Email:

Web: <https://sjv.on.ca/community-services/community-me...>

Address: 56 Governors Rd, Dundas, ON L9H 5G7, Canada

Hours: Hours vary, services available by appointment only

Cost: Service fees vary, contact for details

Who can access this service: Open to all.

How to apply: Contact to book an appointment. For dental services contact Dr. Amanda Wang by e-mail valleydentalcare2353@gmail.com or telephone 905-627-3541 x2353. No referral required.

Offers medical clinic services to residents of St. Joseph's Villa and older adults in the community. Clinics include:

- Advanced Nursing Foot Care Services
- Dermatology Services
- Dental Services
- Ear, Nose, Throat Services

NeedaDoc.ca

Phone:

:

Contact:

Email:

Web: <https://needadoc.ca/>

Address:

Hours:

Cost: None

Who can access this service: Open to all residents of Hamilton.

How to apply: Various services may require referrals, no registration or referral required to access the website

An online service of Hamilton Health Sciences, St. Joseph's Healthcare, and McMaster University designed to aid individuals and families in navigating the health related services in the city of Hamilton. Website contains information for local urgent care centres, hospital emergency departments, family doctors, managing chronic illness, prescriptions, and mental health.

Canadian Hearing Services Support Groups and Counselling

Phone:

Toll-Free Number: [1-866-518-0000](tel:1-866-518-0000)

TTY Number: [1-877-215-9530](tel:1-877-215-9530)

Contact:

Email: info@chs.ca

Web: <https://www.chs.ca/counselling-services>

Address: 50 Dundurn St S, Hamilton, ON L8P, Canada

Hours:

Cost: None

Who can access this service: Open to all individuals who are deaf or hard of hearing and their families. Some programs have specific eligibility requirements for individuals age 55 and older or newcomers to Canada.

How to apply: Contact for information.

Provides professional counselling and support groups for deaf and hard of hearing people living with mental health issues, addiction, relationship problems, stress, abuse, and other challenges. General counselling services are available as well as services targeted for individuals age 55 and older or for newcomers to Canada.

Hearing Loss Services, Connect Hearing

Phone:

Work: [905-523-7983](tel:905-523-7983)

Toll-Free Number: [1-888-501-2661](tel:1-888-501-2661)

Contact:

Email: info@connecthearing.ca

Web: <https://clinics.connecthearing.ca/hamilton/360-ma...>

Address: 360 Main St E, Hamilton, ON L8N 1J5, Canada

Hours:

Cost: None

Who can access this service: Open to all.

How to apply: Call to book an appointment.

Provides hearing aids, hearing protection and education on hearing loss, tinnitus, and hearing aid technology to individuals who are deaf or hard of hearing, as well as the general community. Also

offers free hearing tests.

Hear for Life

Phone:

Work: [905-547-3327](tel:905-547-3327)

Toll-Free Number: [1-888-806-3122](tel:1-888-806-3122)

Contact:

Email: info@hearforlife.ca

Web: <https://hearforlife.ca/>

Address: 841 Upper Wentworth St, Hamilton, ON L9A 4W5, Canada

Hours:

Cost: None Most fees covered by OHIP

Who can access this service: Open to all.

How to apply: Contact to book an appointment.

Provides hearing healthcare services to individuals who are deaf or hard of hearing. Services include hearing tests, hearing aid fittings, ear wax management. Also provides information on hearing and hearing loss.

Nursing Program, St. Joseph's Home Care

Phone:

Work: [905-522-6887](tel:905-522-6887) x2252

Contact: Anne Kenderic, Community Support Coordinator

Email:

Web: <https://www.stjosephshomecare.ca/client-services/...>

Address:

Hours:

Cost: Service fees vary, some fees may be covered by private health insurance

Who can access this service: Open to all.

How to apply: Contact for information.

Programs provide a variety of at-home services which are tailored to meet the needs of each individual client. Services include:

- Nursing care
- Assistance administering medication
- Giving injections
- Changing dressings
- Providing advanced foot care
- Pain and symptom management
- Palliative care

- Providing teaching and health education support
- Assist clients in maintaining independent living

Victorian Order of Nurses General Home Visiting Nursing Program

Phone:

Work: [905-529-0700](tel:905-529-0700)

Toll-Free Number: [1-888-866-8515](tel:1-888-866-8515)

Fax Number: [905-528-4113](tel:905-528-4113)

Contact:

Email: vonhamilton@von.ca

Web: <https://www.von.ca/en/service/general-home-visiti...>

Address:

Hours:

Cost: Service fees vary, contact for details

Who can access this service: Seniors and persons with disabilities, or convalescing persons requiring home nursing support.

How to apply: Contact HNHB Local Health Integration Network (LHIN) at 905-523-8600 or call VON Hamilton directly at 905-529-0700.

Offers a wide range of quality health care services in the client's home. Services include:

- administering medication, medication reviews
- wound care, dressing changes
- intravenous therapy
- post surgical care
- dialysis
- pain and symptom management
- chronic disease management therapy
- ventilator care
- advanced foot care
- enterostomal care
- respiratory care

Victorian Order of Nurses Specialized Palliative Care Nursing and Volunteer Services

Phone:

Work: [905-529-0700](tel:905-529-0700)

Fax Number: [905-528-4113](tel:905-528-4113)

Contact:

Email: vonhamilton@von.ca

Web: <https://www.von.ca/en/service/specialized-palliat...>

Address:

Hours:

Cost: None

Who can access this service: Seniors, people with a disability, and people facing a life threatening illness.

How to apply: Contact HNHB Local Health Integration Network (LHIN) at 905-523-8600 or call VON Hamilton directly at 905-529-0700.

Provides a specialized team of visiting palliative nurses, who support clients facing life-threatening illness with the aim of promoting an optimum quality of life for clients' and their caregivers, with particular attention to physical comfort and emotional well-being. Care is offered in the client's home.

Physiotherapy and Rehabilitation, PhysiInMotion

Phone:

Toll-Free Number: [1-866-374-9746](tel:1-866-374-9746)

Work: [905-547-4033](tel:905-547-4033)

Contact: Maureen Linehan, Manager of Rehabilitation Services

Email: info@physioinmotion.ca

Web: <https://physioinmotion.ca/>

Address:

Hours:

Cost: Service fees vary, coverage is available through VAC, WSIB, and employee health plans, OHIP may cover services in specific situations, contact for details

Who can access this service: Open to all.

How to apply: Contact to book an appointment.

A full service, mobile physiotherapy clinic that provides clinical physiotherapy in the client's home or office. Other services offered include:

- virtual rehabilitation
- pool therapy
- stroke rehabilitation
- car accident rehabilitation
- athletic therapy/kinesiology
- acupuncture
- massage therapy
- vestibular rehabilitation
- neurological rehabilitation

Foot Care Medical Services, Hamilton Family Foot Care Clinic

Phone:

Work: [905-575-9700](tel:905-575-9700)

Fax Number: [905-575-0527](tel:905-575-0527)

Contact:

Email: info@justfeet.net

Web: <https://www.hamiltonfootcareclinic.com/>

Address: 595 Upper Wellington St, Hamilton, ON L9A 3P8, Canada

Hours:

Cost: Service fees vary, contact for details, no services are covered by OHIP

Who can access this service: Open to all.

How to apply: Contact to book an appointment.

Clinic specializing in diabetic and arthritic foot care, sports medicine, and children's conditions. House calls available for seniors and individuals with mobility issues.

Veteran Affairs Canada Veteran Services

Phone:

Toll-Free Number: [1-866-522-2122](tel:1-866-522-2122)

Toll-Free Number: [1-866-522-2022](tel:1-866-522-2022)

TTY Number: [1-833-921-0071](tel:1-833-921-0071)

Fax Number: [905-572-2271](tel:905-572-2271)

Contact:

Email: information@vac-acc.gc.ca

Web: <https://www.veterans.gc.ca/eng>

Address: 55 Bay St N, Hamilton, ON L8R 3P7, Canada

Hours:

Cost: None

Who can access this service: Veterans and their dependents and families.

How to apply: Contact for information.

Offers a wide variety of services for Canadian Veterans and their families. This includes: programs to assist them after an injury or during the transition from military to civilian life, allowances and benefits, income support payments, rehabilitation, health care benefits and funding for long term care.

Assistive Technology, Silver Cross

Phone:

Toll-Free Number: [1-844-352-7677](tel:1-844-352-7677)

Contact:

Email:

Web: <https://silvercross.com/>

Address: 14 Goodmark Pl, Etobicoke, ON M9W 6R1, Canada

Hours:

Cost: Service fees vary by service, contact for details

Who can access this service: Open to all.

How to apply: Contact for information.

Sells new and recycled mobility aids and other assistive devices including scooters, wheelchairs, scooter lifts, porch lifts, ceiling lifts, stair glides, elevators, bathroom equipment, and electric beds. Also buys, sells, or trades towards new or used equipment.

March of Dimes Assistive Devices Program

Phone:

Work: [519-642-3700](tel:519-642-3700)

Toll-Free Number: [1-866-765-7237](tel:1-866-765-7237)

Fax Number: [519-432-4923](tel:519-432-4923)

Contact: Shelley Bolger, Coordinator Assistive Devices Program

Email: adp@marchofdimes.ca

Web: <https://www.marchofdimes.ca/en-ca/programs/am/adp>

Address: 20 Emerald St N, Hamilton, ON L8L 8A4, Canada

Hours:

Cost: Program fees vary, contact for details

Who can access this service: To be eligible, applicants must:

- have a on-going physical disability that requires the use of an assistive device.
- have financial need (refer to the income chart on the website)
- be 19 years of age or older
- be a permanent Ontario resident

How to apply: Application available online, or call for more information

Assists adults with physical disabilities who are in financial need to purchase assistive devices that increase their mobility and functional independence. The program helps to buy, repair, and maintain a wide variety of mobility/assistive equipment as well as provide contact information/resources to assist locating additional funding sources. Some devices that may qualify for funding include: Manual and Power Wheelchairs, Scooters, Replacement Batteries, Walkers, Knee Ankle Foot Orthosis (KAFO), Ankle Foot Orthosis (AFO), Home and Bath Aids, Floor Patient Lifts, Basic Aids for Daily Living, Repairs to Existing Devices

March of Dimes Home and Vehicle Modification Program

Phone:

Toll-Free Number: [1-877-369-4867](tel:1-877-369-4867)

Fax Number: [519-432-4923](tel:519-432-4923)

Contact:

Email: hvmp@marchofdimes.ca

Web: <https://www.marchofdimes.ca/en-ca/programs/am/hvmp>

Address:

Hours:

Cost: Program Costs not covered by the program depends on the client's financial situation

Who can access this service: To be eligible, applicants must:

- be a permanent Ontario resident
- be a person with a substantial impairment that is ongoing and/or recurring and is expected to last one year or more
- have an impairment that impedes mobility and results in substantial restriction in activities of daily living
- qualify financially

How to apply: Complete the online assessment form to begin the application process.

Provides funding to eligible applicants for basic home and/or vehicle modifications which enables children and adults with mobility restrictions to continue living in their homes, avoid job loss, and participate fully in their communities.

Catholic Family Services Hamilton/Halton Gatekeepers Program

Phone:

Work: [905-527-3823](tel:905-527-3823) x279

Toll-Free Number: [1-877-527-3823](tel:1-877-527-3823)

Contact: Judit Zsoldos, Team Leader

Email:

Web: <https://www.cfshw.com/gatekeepers>

Address: 56 Governors Rd, Dundas, ON L9H 5G7, Canada

Hours:

Cost: None

Who can access this service: Clients display:

- Signs of extreme personal neglect: poor hygiene, body odour, wearing dirty or inappropriate clothing
- Signs of extreme domestic neglect: home is in severe disrepair, bad odours, excessive clutter, neglected pets, and lack of food
- Signs of excessive hoarding
- Social withdrawal
- Refusal of assistance

- Lack of concern about living condition

How to apply: Referral form is available online and can be filled out and faxed to 905-546-5779. Contact for more information.

Works in conjunction with health and social service community partners, to identify seniors living in severe self-neglect, known as “Diogenes Syndrome”. This service is intended to increase access to support services for vulnerable and at-risk seniors and prevent the need for other services such as hospitalization and long term care.

Falls Prevention Safety at Home, St. Joseph's Home Care

Phone:

Work: [905-522-6887](tel:905-522-6887) x2237

Toll-Free Number: [1-800-463-6612](tel:1-800-463-6612)

Contact: Shamiso Matinyarare, Safety at Home Coordinator

Email: smatinyarare@stjhc.ca

Web: <https://www.stjosephshomecare.ca/client-services/...>

Address: 1550 Upper James St, Hamilton, ON L9B 2L6, Canada

Hours:

Cost: None

Who can access this service: Open to all age 55 and older.

How to apply: Referral from health care providers, caregivers, or family members, or self-referral. Contact for details.

Provides home assessments and recommendations at no cost to help seniors remain safe and independent in their homes, and falls prevention education program to both seniors and caregivers. Safety at Home (SAH) services include:

- free home assessments
- referrals for installation of assistive devices, minor home repairs, and modifications
- subsidies for assistive devices (e.g. grab bars) and coordination of installation for those who qualify
- fall prevention education
- community and professional presentations

Advanced Foot Care, St. Joseph's Home Care

Phone:

Work: [905-522-6887](tel:905-522-6887) x2217

Toll-Free Number: [1-800-463-6612](tel:1-800-463-6612)

Contact:

Email:

Web: <https://www.stjosephshomecare.ca/client-services/...>

Address: 1550 Upper James St, Hamilton, ON L9B 2L6, Canada

Hours:

Cost: Service fees vary, contact for details

Who can access this service: Open to all.

How to apply: Contact to book an appointment.

Nurses provide advanced foot care for people of all ages. Care is delivered in clients' homes, including retirement homes, or at community clinics. Services include:

- clipping nails
- treating corns, calluses, ingrown nails, and thickened nails
- preventative foot care
- referral to other health professionals as required

Assistive Devices Sales, Special Needs Computers

Phone:

Work: [905-641-4922](tel:905-641-4922)

Toll-Free Number: [1-877-724-4922](tel:1-877-724-4922)

Contact: Brenda Dandonneau, Sales & Tech Support

Email: sales@specialneedscomputers.ca

Web: <https://www.specialneedscomputers.ca/>

Address: 300 Welland Ave, St. Catharines, ON L2M 5V5, Canada

Hours: Additional hours available by appointment

Cost: Service Fee assistance available; free initial consultation

Who can access this service: Open to all.

How to apply: Contact for information.

Vendor of assistive devices, including daily living aids, cell phones suitable for older adults, and alarm and appointment reminder devices.

Dundas Community Services Lunch and Learn

Phone:

Work: [905-627-5461](tel:905-627-5461)

Contact:

Email: dcs@dundascommunityservices.com

Web: <http://www.dundascommunityservices.on.ca/lunch-an...>

Address: 139 Park St W, Dundas, ON L9H 1X8, Canada

Hours: Last Monday of each month

Cost: None

Who can access this service: Older adults and adults with disabilities, and their caregivers.

How to apply: Contact for information.

Provides topical professional education, training, and seminars for caregivers and seniors. Sessions may include information such as advanced directives and senior safety.

Foot Care Clinic and In Home Foot Care Services

Phone:

Work: [905-692-3464](tel:905-692-3464)

Contact: Carole Taylor, Program Coordinator

Email: carole@glanbrookcommunityservices.ca

Web: <https://glanbrookcommunityservices.ca/footcare/>

Address: 4280 Binbrook Rd, Binbrook, ON L0R 1C0, Canada

Hours: Third Tuesday of each month 9:30am-12:00pm By appointment only.

Cost: Service Clinic: \$30, In-Home Service: \$45-\$50

Who can access this service: Open to adults who are unable to otherwise access footcare due to physical, mental or financial limitations. Some restrictions apply.

How to apply: Contact to book an appointment.

Glanbrook Community Services provides a clinic for care and treatment for feet by workers with foot care certification to those with physical, mental or financial issues. They also offer In-Home Foot Care Services.

Telehealth Ontario

Phone:

Toll-Free Number: [1-866-797-0000](tel:1-866-797-0000)

TTY Number: [1-866-797-0007](tel:1-866-797-0007)

Contact:

Email:

Web: <https://www.ontario.ca/page/get-medical-advice-te...>

Address:

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to all residents of Ontario.

How to apply: No referral required.

A free, confidential telephone service which provides health advice or general health information from a registered nurse. **In emergency situations a person should always call 911.** Also offers 24/7 Breastfeeding support line. Breastfeeding experts available 24/7 to answer questions, provide breastfeeding plans, and provide referrals to in-person breastfeeding services in Hamilton.

Health Promotion Education for Seniors

Phone:

Work: [905-522-3233](tel:905-522-3233)

Contact:

Email: administration@hucchc.com

Web: <http://www.hucchc.com/programs.html>

Address: 181 Main St W, Hamilton, ON L8P 4Y4, Canada

Hours:

Cost: None

Who can access this service: Open to all older adults.

How to apply: Contact to register.

A free program that offers weekly group activities designed with the principles of health promotion for seniors. Group is facilitated by a Registered Nurse and focuses on participant driven activities and information aimed to reduce isolation and support high risk seniors.

SE Health Foot Care Services

Phone:

Toll-Free Number: [1-866-729-8050](tel:1-866-729-8050)

Contact:

Email: info@sehc.com

Web: <https://sehc.com/services/home-care/home-care-ser...>

Address:

Hours: Hours vary, contact for details

Cost: Service fees vary, contact for details, private insurance is accepted

Who can access this service: Open to all.

How to apply: Contact for information or complete the online application form.

Offers a variety of foot care services for older adults. Services include:

- nail clipping and filing
- treating calluses, corns, and ingrown nails
- preventative treatments
- screening and assessment for skin and circulatory issues

Pine Villa Long-Term Care Home

Phone:

Work: [905-573-4940](tel:905-573-4940)

Contact: Susan Hastings, Administrator

Email: info@thomashealthcare.com

Web: <https://pinevillacarecentre.ca/>

Address: 490 Hamilton Regional Rd 8, Hamilton, ON L8G 4L4, Canada

Hours: Mon-Sun 24 hours

Cost: Service Rates set by the Ontario Ministry of Health and Long-Term Care , subsidies for standard (basic) rate may be available for eligible applicants

Who can access this service: Applicants must meet Local Health Integration Network (HNHB-LHIN) criteria.

How to apply: Apply through Local Health Integration Network (HNHB-LHIN 905-523-8600).

Accredited long-term care home offering nursing and personal care on a 24-hour basis. Other services and amenities include: furnishings and bed linens, laundry and housekeeping, personal hygiene supplies, medical/clinical supplies and devices, meals and medication administration, pastoral services, and social and recreational programs.

Protections for Vulnerable Older Adults

Supports and legal services help for when discrimination, abuse or fraud happens.

Hamilton Police Service, Seniors Support Officer Program

Phone:

: [905-540-5351](tel:905-540-5351)

: [905-546-2945](tel:905-546-2945)

: [905-546-8917](tel:905-546-8917)

: [911](tel:911)

Contact:

Email: info@hamiltonpolice.on.ca

Web: <https://hamiltonpolice.on.ca/prevention/seniors-s...>

Address: 155 King William St, Hamilton, ON L8R 1A7, Canada

Hours: Mon-Fri 8 am- 4 pm

Cost: None

Who can access this service: Seniors or Vulnerable Adults.

How to apply: Contact for information. If the Seniors' Support Officer is called they will respond within two business days. If 911 is called, there will be an immediate response by the Hamilton Police Service.

Address issues, concerns and challenges affecting seniors and disabled adults with respect to the law. This position is a community-based and community-driven initiative. Information and support is available to seniors, their families or service providers. Programs and presentations are researched, developed and presented on a variety of topics (e.g. quality of life issues, frauds and scams, personal/home safety etc). Reports of abuse (physical, financial, psychological or neglect) are forwarded to the officers for assessment and further investigation if required. Cases identified as criminal offences are followed up. Major cases may be referred to the Crimes Against Seniors Unit for further investigation.

Elder Abuse Prevention Training and Webinars

Phone:

:

Contact:

Email:

Web: <http://www.eapon.ca/training-education/training/>

Address:

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to all.

How to apply: No application required.

Offers a variety of recorded training videos and educational resources to help prevent elder abuse in Ontario. Materials cover the following forms of abuse:

- financial abuse
- psychological abuse
- physical abuse
- sexual abuse
- neglect

Some materials are also available in Spanish.

Holocaust Survivor Assistance, Hamilton Jewish Family Services

Phone:

Work: [905-627-9922](tel:905-627-9922) x22

Contact:

Email: info@hamiltonjfs.ca

Web: <https://www.hamiltonjfs.ca/resources/holocaust-su...>

Address: 30 King St E, Dundas, ON L9H 1B8, Canada

Hours: Hours vary, contact for details

Cost: None

Who can access this service: Open to all holocaust survivors.

How to apply: Visit the Claims Conference website to learn more or to apply for compensation.

Helps survivors of the holocaust with home care and emergency financial aid. Works in collaboration with the German Claims Conference for Material Against Germany.

Canadian Human Rights Commission Complaints Services

Phone:

Work: [613-995-1151](tel:613-995-1151)

Toll-Free Number: [1-888-214-1090](tel:1-888-214-1090)

TTY Number: [1-888-643-3304](tel:1-888-643-3304)

Fax Number: [613-996-9661](tel:613-996-9661)

Contact:

Email: info.com@chrc-ccdp.ca

Web: <https://www.chrc-ccdp.gc.ca/eng>

Address:

Hours:

Cost: None

Who can access this service: Persons legally present in Canada or Canadian citizens and landed immigrants outside Canada. To file a complaint, a person must have been discriminated against by a federally regulated organization such as a federal government department, agency or crown corporation, chartered bank, national airline, inter-provincial transportation or shipping line, telecommunications company, certain mining industries, railway and others.

How to apply: Call or visit website.

Administers the Canadian Human Rights Act which prohibits discrimination on the grounds of race, national or ethnic origin, colour, religion, age, sex, sexual orientation, genetic characteristics, family status, gender identity and expression, marital status, disability and pardoned conviction. Handles complaints (including sexual harassment) against organizations within Canadian federal jurisdiction and tries to end discriminatory policies and practices in employment and in the provision of goods and services, by means of education and public information programs. Aims for federally regulated employers to achieve a well represented workforce of four designated groups: women, visible minorities, people with disabilities and Indigenous people. To reach the desired objective, it carries out compliance audits of employers and service providers under federal jurisdiction.

Mediation services

Phone:

Work: [905-526-8446](tel:905-526-8446)

Toll-Free Number: [1-866-423-5013](tel:1-866-423-5013)

Contact:

Email: centre@mediation.on.ca

Web: <http://www.mediation.on.ca>

Address:

Hours: by appointment

Cost: Service Sliding scale based on income.

Who can access this service: Open to all

How to apply: Complete forms available via website.

The Mediation Centre offers the following mediation services:

- comprehensive family mediation around separation, parenting plans, child and spousal support and division of property
- court connected mediation services
- custody and access assessment
- child protection mediation
- parenting coordination
- workplace mediation
- elder mediation

Senior's Safety Line

Phone:

Work: [1-866-299-1011](tel:1-866-299-1011)

Contact:

Email: info@elderabuseontario.com

Web: <http://www.eapon.ca/>

Address:

Hours: Mon-Sun 24 hours

Cost: None Donations accepted

Who can access this service: Open to seniors and their families as well as community agencies involved with Elder Abuse programs. Accepts seniors of all gender orientations including two-spirit, trans, or genderqueer.

How to apply: No referral required.

24/7 phone line offering contact and referral information for local agencies across Ontario that can assist in cases of elder abuse. Trained counsellors also provide safety planning and supportive counselling for older adults who are being abused or at-risk of abuse. The Seniors Safety Line can address the diverse needs of those with disabilities, immigrants, persons of colour, LGBTQ individuals, and two-spirit persons. Also offers information to relatives, friends, caregivers, and other service professionals who may have questions or concerns about an elderly person in their life.

Older Adult Mental Health & Social Isolation

Supports for during a crisis, improving mental health or during social isolation.

Catholic Family Services of Hamilton Senior Peer Volunteer Program

Phone:

Work: [905-527-3823](tel:905-527-3823)

Fax Number: [905-546-5779](tel:905-546-5779)

Contact: Judit Zsoldos, Team Leader

Email: intake@cfshw.com

Web: <https://www.cfshw.com/senior-peer-volunteer>

Address: 56 Governors Rd, Dundas, ON L9H 5G7, Canada

Hours:

Cost: None

Who can access this service: 60 years of age or older and at least one other from the following list:

- Client previously required coordination of multiple services through Intensive Case Management and follow-up/monitoring is now required.
- Change of residence and/or supports within the past year, e.g. absence of an involved family member, spouse, friend or agency
- Evidence of self-neglect or any form of elder abuse by a family member, caregiver or any other individual
- Circumstances compromising functional capacity including cognitive or physical impairment with confusion, memory and sensory losses

How to apply: Contact for information.

Telephone support for socially isolated seniors, by senior peer volunteers.

Community Visitation and Seniors Support, Welcome Inn Community Centre

Phone:

Work: [905-525-5824](tel:905-525-5824)

Contact: Ruth Kaulback, Seniors Program Coordinator and Volunteer Coordinator

Email: info@welcomeinn.ca

Web: <https://welcomeinn.ca/seniors-programs/>

Address: 40 Wood St E, Hamilton, ON L8L 3Y3, Canada

Hours: Visitations are scheduled once per week, times are flexible

Cost: None

Who can access this service: Seniors living in the central and north end of Hamilton.

How to apply: Contact for information.

Friendly visitation and/or telephone reassurance for persons who are living in their own home/apartment or recovering from hospital stays. Time is spent listening, playing games, making crafts, going on outings, telling stories, and enjoying one another's company. Individual interviews with both the senior and the volunteer are conducted before a match is made.

Volunteer Visiting, Dr. Bob Kemp Hospice

Phone:

Work: [905-387-2448](tel:905-387-2448)

Contact: Cherylin Kislosky-McLellan

Email: info@kemphospice.org

Web: <https://kemphospice.org/volunteer-visiting>

Address: 277 Stone Church Rd E, Hamilton, ON L9B 1B1, Canada

Hours:

Cost: None

Who can access this service: Open to anyone living with a life-threatening illness in Greater Hamilton. Programs available specifically for children and for adults.

How to apply: Contact Cheylin Kislosky-McLellan at 905-387-2448 x2209 or fill out and submit the hospice referral form.

Specially trained volunteers offer social and emotional support to children, adults, and families living with a life-threatening illness in Greater Hamilton. Support is provided through phone and video chat.

Dundas Community Services Friendly Calling

Phone:

Work: [905-627-5461](tel:905-627-5461)

Contact:

Email: dcs@dundascommunityservices.com

Web: <http://www.dundascommunityservices.on.ca/friendly...>

Address: 2 King St W, Dundas, ON L9H 6Z1, Canada

Hours: By appointment only.

Cost: None

Who can access this service: Older adults and adults with disabilities.

How to apply: To register for the Friendly Calling program please call or complete the contact form on the website. Information about volunteering as a friendly caller can be found on the volunteering webpage.

Friendly callers offer companionship and quality conversations through weekly calls. Clients will also have access to other helpful resources and information within the community. Calls usually last 15-30

min. Trained volunteers are matched with a client by similar interests and background. Please note that this service does not include in-person friendly visits.

Friendly Calling, Chatting to Wellness

Phone:

Work: [437-702-2025](tel:437-702-2025)

Contact:

Email: general@chattingtowellness.ca

Web: <https://www.chattingtowellness.ca/>

Address:

Hours:

Cost: None

Who can access this service: Open to all seniors in Canada.

How to apply: Call 437-702-2025 to register or sign up online.

Provides youth companionship to seniors over the phone to reduce loneliness and improve health.

Life Long Care Program

Phone:

Work: [905-548-9593](tel:905-548-9593)

Fax Number: [905-545-4077](tel:905-545-4077)

Contact: Christina Barahona

Email: adavis@hric.ca , ofifc@ofifc.org

Web: <http://www.hric.ca/>, <https://ofifc.org/program/life-long-care-program/>

Address: 34 Ottawa St N, Hamilton, ON L8H 3Y7, Canada

Hours: Hours vary by program, contact for details

Cost: None

Who can access this service: Open to all urban Aboriginal men, women and their families

How to apply: Contact to register

Provides support services to the Indigenous community, regardless of age, who are disabled, chronically ill, frail, elderly or require acute/chronic continuum of care. Services include:

- medical transportation services
- assistance with completing forms
- community referrals
- home visits
- security checks
- caregiver support
- aid in transitioning from ODSP to Old Age Pension
- congregate dining meals
- social activities

March of Dimes BeFriending Program

Phone:

Work: [905-687-8484](tel:905-687-8484) x238

Fax Number: [905-527-7201](tel:905-527-7201)

Contact: Crystal Theal, Supervisor, Regional Volunteer Services

Email: volunteer@marchofdimes.ca

Web: <https://www.marchofdimes.ca/en-ca/programs/rec/in...>

Address: 20 Emerald St N, Hamilton, ON L8L 8A4, Canada

Hours: Hours vary, contact for details

Cost: None

Who can access this service: Volunteers must be aged 18 or older and pass a Criminal Reference Check. Students under 18 can sometimes be accommodated if supervision can be arranged. Contact for details.

How to apply: To apply for the BeFriending program: fill out the program application. To become a volunteer: fill out the volunteer application. Completed applications can be sent to the address on the form. Call for more details.

Matches volunteers and clients who have similar interests and who want to share their time. Activities can include shopping, movies or events, or just a chat over coffee.

Dundas Community Services Friendly Visiting

Phone:

Work: [905-627-5461](tel:905-627-5461)

Contact:

Email: dcs@dundascommunityservices.com

Web: <http://www.dundascommunityservices.on.ca/friendly...>

Address: 2 King St W, Dundas, ON L9H 6Z1, Canada

Hours: By appointment only. Visitors generally meet once per week for one hour.

Cost: None

Who can access this service: Older adults and adults with disabilities.

How to apply: Call to register or register by completing the online contact form. Information about volunteering as a friendly caller can be found on the volunteering webpage.

Provides companionship and support to help seniors or persons with disabilities remain independent in their homes. This program aims to enrich the social interaction of individuals by connecting them to the community and other helpful resources. Visits last around one hour and usually take place in the client's home (including retirement residences) once per week. Each friendly visitor volunteer is carefully matched with a client by similar interests and background. All volunteers are required to provide a valid Vulnerable Sector Screening Check, take part in the interview process, pass the reference check, and participate in training session.

At Your Senior Service

Phone:

Work: [289-981-2187](tel:289-981-2187)

Contact:

Email: lesley@yourseniorservice.com

Web: <https://atyourseniorservice.com/>

Address:

Hours:

Cost: Service Fees vary according to service and level of care provided. Contact for details.

Who can access this service: Services designed to support seniors and their caregivers

How to apply: Contact to register

Provides support services by qualified professionals that improve the quality of life for seniors and enables seniors to maintain their independence while living in their home. Hourly, weekend, short term, long term, and respite care available. Staff are properly screened, fully licensed and insured. Services include: Personal care

- Exercise and range of motion
- Transferring
- Feeding

Companion care

- Fall prevention
- Medication reminders
- Meal preparation
- Light housekeeping
- Shopping and errands
- Laundry

Specialty care

- Alzheimer's
- Dementia
- Parkinson's Disease
- Multiple Sclerosis
- Hip Replacement
- Stroke

SE Health Help at Home Services

Phone:

Toll-Free Number: [1-866-729-8050](tel:1-866-729-8050)

Contact:

Email: info@sehc.com

Web: <https://sehc.com/services/home-care/home-care-ser...>

Address:

Hours: Hours vary, contact for details

Cost: Service fees vary, contact for details, private insurance is accepted

Who can access this service: Open to all.

How to apply: Contact for information or complete the online application form.

Offers a variety of home supports to help older adults live independently in their own homes. Services include:

- housekeeping, light chores, and laundry
- meal preparation and grocery shopping
- social supports including appointment accompaniment, friendly chatting, and day excursions

Senior Mental Health Behavioural Inpatient Program

Phone:

Work: [905-522-1155](tel:905-522-1155) x36202

Fax Number: [905-381-5617](tel:905-381-5617)

Contact: Eric Van Raay, Admissions , Shelley Wright, Manager

Email:

Web: <https://www.stjoes.ca/health-services/mental-heal...>

Address: 100 West 5th Street, Hamilton, ON L8P 3R2, Canada

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Seniors age 65 or younger who have an age-related cognitive decline.

How to apply: Fax referral and supporting documents to West 5th Campus central intake at 905-381-5620. Call Eric Van Raay (social worker) at 905-522-1155 x36848 to arrange a pre-admission tour. Referring sources should call the unit or the community program with questions about eligibility.

Specialized service and treatment for individuals who have behaviours related to a diagnosis of dementia. Program provides service to Local Health Integrated Network (LHIN) 4 (the regions of Niagara, Brant, and Halton). Program goal is to return clients to an appropriate care setting within their home community after assessment and development of a treatment plan.

Dundas Community Services Crisis and Intervention Assistance

Phone:

Work: [905-627-5461](tel:905-627-5461)

Fax Number: [905-627-5020](tel:905-627-5020)

Contact:

Email: dcs@dundascommunityservices.com

Web: <http://www.dundascommunityservices.on.ca/crisis-a...>

Address: 2 King St W, Dundas, ON L9H 6Z1, Canada

Hours:

Cost: None

Who can access this service: Older adults and adults with disabilities.

How to apply: Contact agency for information

One-on-One supports for coordinating services. Includes personal advocacy, community referrals, assistance with filling out forms, and intervention and supports for people facing homelessness, critical life changes, abuse, or isolation.

St. Matthew's House Seniors Crisis Intervention Program

Phone:

Work: [905-523-5546](tel:905-523-5546) x230

Contact: Mel Delorme, Supervisor, Social Services

Email: admin@stmatthewshouse.ca

Web: <https://www.stmatthewshouse.ca/seniors-support/>

Address: 414 Barton St E, Hamilton, ON L8L 2Y3, Canada

Hours:

Cost: None

Who can access this service: Individuals who are at risk of homelessness or in need of crisis support.

How to apply: Call or visit for information.

The program supports seniors who are at risk of homelessness and/or have an urgent situation that requires immediate supports. It develops goal oriented crisis support plans aimed to assist individuals in stabilizing their current crisis and connects individuals with the most appropriate community services. A plan of care is created that responds to the presented crisis. The program also provides short term case management (up to 3 months) as well as linkages and referrals to long term community supports.

Connect Mental Health and Addiction Outpatient Programs

Phone:

Work: [905-522-1155](tel:905-522-1155) x36499

Fax Number: [\(905\) 389-3815](tel:905-389-3815)

Contact:

Email: connectmhap@stjoes.ca

Web: <https://www.stjoes.ca/hospital-services/mental-he...>

Address: 100 West 5th Street, Hamilton, ON L8P 3R2, Canada

Hours: Hours vary by program, contact for details

Cost: None

Who can access this service: Individuals with mental health concerns.

How to apply: Complete and submit the online application form. If the fillable form will not open, download the flattened referral form, complete it by hand and fax it to 905-389-3815

Connect is a centralized intake service for St. Joe's Mental Health and Addiction outpatient programs.

Accepts and processes referrals for the following clinics:

- Anxiety Treatment and Research Clinic (ATRC)
- Women's Health Concerns Clinic (WHCC)
- Senior's Mental Health Clinic
- Eating Disorders Program
- Mood Disorders Program
- Youth Wellness Centre
- Community Psychiatry Clinic (CPC)
- East Region Mental Health Services (ERMHS)
 - Concurrent Disorders Program
 - General Psychiatry Clinic
 - Bridge to Recovery Program
 - Border Personality Disorder Service
- Cleghorn Early Intervention Clinic
- Schizophrenia Outpatient Clinic
- Developmental Dual Diagnosis Program

