

# Older Adult Guide



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# Active Older Adult

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

## Victorian Order of Nurses Meals on Wheels

**Phone:**

Work: [905-522-1022](tel:905-522-1022)

**Contact:**

**Email:**

**Web:** <https://von.ca/en/von-care/meals-wheels-frozen>, <https://von.ca/en/von-care/Meals-on-Wheels-Hot>

**Address:** 414 Victoria Ave N, Hamilton, Suite M2, ON L8L 5G8, Canada

**Hours:**

**Cost:** Service Contact for meal pricing. Recipients are invoiced monthly.

**Who can access this service:** Older adults, adults with disabilities, or those recovering from illness or surgery.

**How to apply:** Contact to register.

Provides delivered meals for residents who are unable to attend to their own nutritional needs, yet wish to continue living independently in the community. Volunteers are selected through a screening process and provide social contact as well as monitor the well-being of the client. **Meals on Wheels (Frozen)** - Clients are given several frozen meal options to choose from and special dietary items are also available. All meals can be easily reheated in a microwave or conventional oven. **Meals on Wheels (Hot)** - Affordable, hot, and nutritious meals, delivered to clients' doors.

## Glanbrook Community Services Information and Referral Program

**Phone:**

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

**Contact:**

**Email:** [karen@glanbrookcommunityservices.ca](mailto:karen@glanbrookcommunityservices.ca)

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

**Address:**

**Hours:**

**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, community services, and government support in Hamilton and the neighbouring areas.

## Wesley Seniors Outreach Program

**Phone:**

Work: [905-528-5629](tel:905-528-5629) x301

**Contact:**

**Email:** [newcomer.services@wesley.ca](mailto:newcomer.services@wesley.ca)

**Web:** <https://wesley.ca/seniors-outreach-program/>

**Address:** 467 Main St E, Hamilton, ON L8N 1K1, Canada

**Hours:** Hours vary, 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, low income, and vulnerable seniors age 55 and older with making social connections and maintaining independence through various activities and community referrals. Outreach programs include one on one case management, and social and recreational activities. Programs are run in various locations in the greater Hamilton area.

## Falls Prevention Classes

**Phone:**

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

**Contact:** Markie Ryckman

**Email:** [info@ableliving.org](mailto: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.

## Victorian Order of Nurses SMART Exercise and Fall Prevention Classes

**Phone:**

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

**Contact:**

**Email:**

**Web:** <https://von.ca/en/von-care/smart-exercise-and-fal...>

**Address:** 414 Victoria Ave N, Hamilton, Suite M2, ON L8L 5G8, Canada

**Hours:** Contact for locations and hours.

**Cost:** None

**Who can access this service:** Ages 55 years and older. 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.

SMART (Seniors Maintaining Active Roles Together) exercise and fall prevention classes help improve strength, balance, and heart health while reducing both social isolation and hospital visits relating to falls. Classes are available in the community, at retirement homes, or via Zoom.

**Gentle Exercise Classes** - Group exercise for senior adults (55+) who wish to improve their strength, balance and flexibility regardless of physical ability. **Falls Prevention** - The program aims to educate individuals on falls risk factors and falls prevention strategies. Classes are taught in a group setting and run twice a week for 12 weeks. Each class includes 15 minutes of education followed by 35 minutes of exercise.

## Alzheimer Society of Hamilton Halton Sit to Be Fit Classes

**Phone:**

Toll-Free Number: [1-800-565-4614](tel:1-800-565-4614) x102

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

**Contact:** Sherri Miller, Team Lead

**Email:** [smiller@alzhn.ca](mailto:smiller@alzhn.ca)

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

**Address:** 18 Ogilvie St, Dundas, ON L9H 2S2, 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, St. Joseph's Healthcare Hamilton

**Phone:**

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

**Contact:**

**Email:** [kgrzelak@stjosham.on.ca](mailto:kgrzelak@stjosham.on.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. Programs are taught by a regulated health care provider.

**General Exercise Programs** Chair-based exercises to improve strength, flexibility, and balance. This program is suitable for all levels of fitness. 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) x3060

**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 exercise programs designed to help seniors stay healthy, safe and strong and promote improved balance and increased overall independence. Programs include:

- Finding Your Balance - teaches how to prevent falls and participate in exercise to stay balanced
- Sit and Fit - improve balance, posture, strength, and overall health

## Adult Programs

**Phone:**

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

**Contact:** Krys Croxall, Program Leader

**Email:** [info@theatrencaster.com](mailto:info@theatrencaster.com)

**Web:** <https://theatrencaster.com/adults/>

**Address:**

**Hours:** Hours vary by program, contact for details

**Cost:** Program fees vary, contact for details

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

**How to apply:** Contact for information.

Theatre Ancaster provides opportunities for adults from beyond high-school age to engage in both musical and non-musical programs. **Theatre Ancaster Chorus** is an adult SATB (soprano, alto, tenor, bass) choral group designed for experienced adult singers.

**The Classics Company** provides opportunities for people age 55 and older to participate in quality theatre in both musical and non-musical shows.

**The Conservatory Company** provides opportunities for adults 18 – 29 years old to perform a summer musical, with consideration for student timeliness and summer work schedules.

## 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

**Phone:**

Work: [905-659-3380](tel:905-659-3380)

**Contact:** Ray McConachie, President

**Email:**

**Web:** <https://www.freeltonstrabaneuc.ca/ministries-and-...>

**Address:** 1565 Brock Rd, Hamilton, ON L9H 5E4, Canada

**Hours:** First and Third Fridays of the month

**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 Freelton Strabane United Church to play euchre. Light lunch and prizes are provided.

## Euchre and Lunch

**Phone:**

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

**Contact:** Carole Taylor, Program Coordinator

**Email:** [carole@glanbrookcommunityservices.ca](mailto:carole@glanbrookcommunityservices.ca)

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

**Address:**

**Hours:** Third Wednesday monthly (except June, July, August, December)

**Cost:** Service \$5 per person

**Who can access this service:** Open to all.

**How to apply:** Drop-in, no registration required.

Enjoy a light lunch and a game of euchre at Case United Church (6180 White Church Road).

## Curling Leagues, Hamilton Victoria Curling Club

**Phone:**

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

**Contact:** Gordon Howarth, President

**Email:** [admin@hamiltonvictoriaclub.com](mailto: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](mailto: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:**

Work: [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](mailto: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: [289-439-8842](tel:289-439-8842)

**Contact:**

**Email:**

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

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

**Hours:** Contact for information.

**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](mailto:casphamilton@outlook.com)

**Web:**

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

**Hours:**

**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 Programs

**Phone:**

**Contact:**

**Email:** [dundas55plusgroup@gmail.com](mailto:dundas55plusgroup@gmail.com)

**Web:** <https://dundas55plus.com/>

**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:** Open to anyone 55 years of age and older.

**How to apply:** Contact for information.

Programs offered by a volunteer group dedicated to encouraging adults over 55 in Dundas to participate in programs that promote and enrich active lifestyles. Classes are offered seasonally and include activities such as a variety of exercise classes, ukulele, choir, dancing lessons, and more. Local events of interest are also promoted.

## Gruppo Dell'amicizia

**Phone:**

**Contact:**

**Email:** [gruppoamicizia@yahoo.it](mailto: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:** [rclbr163@rogers.com](mailto:rclbr163@rogers.com)

**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](mailto:HJoyner@rogers.com)

**Web:**

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

**Hours:**

**Cost:** None

**Who can access this service:** Must live in the City of Hamilton including Ancaster, Dundas, Flamborough, Glanbrook, Hamilton and Stoney Creek

**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](mailto:info@redhatsociety.com) , [memberservices@redhatsociety.com](mailto: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 all women.

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

A social club for women from all walks of life, promoting fun and friendship with like-minded women. Women over the age of 50 wear Red Hats and purple clothing, while women under 50 wear Pink Hats and lavender clothing.

## St. Eugene's Over 50 Club

**Phone:**

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

**Contact:** Kim McLelland, Secretary

**Email:**

**Web:**

**Address:** 232 Queenston Rd, Hamilton, ON L8K 1G6, 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.

## Geriatric Education and Research in Aging Sciences (GERAS)

**Phone:**

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

**Contact:** Jennifer Payne, Administration

**Email:** [aldersone@hpsc.ca](mailto: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. Programs include:

- iPad lessons
- educational workshops
- dance/exercise classes

Part of the Hamilton Health Sciences network and affiliated with McMaster University.

## Seniors in Motion (S.I.M) Gym

**Phone:**

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

**Contact:**

**Email:** [s.i.mgym@sjv.on.ca](mailto:s.i.mgym@sjv.on.ca)

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

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

**Hours:** Program hours vary, contact for details.

**Cost:** Service \$35 monthly pass; \$25 10-class pass; \$2.50 Drop-In class

**Who can access this service:** Open to anyone in the community ages 55 and older.

**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 Fitness
- Falls Prevention
- Gentle Strength
- Sit and Be Fit
- Spin
- Strength
- Tai Chi Fitness
- Yoga

## Shalom Village Fitness Club

**Phone:**

Work: [905-529-1613](tel:905-529-1613) x220

**Contact:**

**Email:** [info@shalomvillage.ca](mailto:info@shalomvillage.ca)

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

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

**Hours:** Closed 12 noon-12:30pm for lunch.

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

**Who can access this service:** Shalom Village residents, and all Hamilton area seniors over 65 years old.

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

Fitness centre for older adults, with individualized programs designed to meet client's goals.

Equipment includes:

- Keiser-strength training equipment (chest press, lat pull-down, leg press, military press, calf strengthening, triceps press, biceps curl, lower back strengthening, leg extensions, leg curls, upper back strengthening machines)
- Cardiovascular exercise (Nusteps, recumbent bikes, upright bikes, an arm cycle ergometer, treadmills)
- NeuroGym equipment (sit-to-stand trainer, bungee walker, pendulum stepper)
- Free weights, bands and tubes, exercise classes for various levels of mobility

## Home Library Service

**Phone:**

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

**Contact:**

**Email:** [hls@hpl.ca](mailto:hls@hpl.ca)

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

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

**Hours:** Contact for information.

**Cost:** None

**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 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)
- Items can be returned on member's behalf to any library branch
- Library drop boxes are accessible 24/7

## Glanbrook Community Services Fitness and Exercise Programs

**Phone:**

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

**Contact:** Carole Taylor, Program Coordinator

**Email:** [carole@glanbrookcommunityservices.ca](mailto:carole@glanbrookcommunityservices.ca)

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

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

**Hours:** Registration begins 30 minutes before program start.

**Cost:** Program \$5 per class; Gentle Fit and Brunch is \$10

**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

## Ladies Auxiliary, Royal Canadian Legion

**Phone:**

**Contact:**

**Email:**

**Web:** <https://www.legion.ca/communities-youth/ladies-au...>

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

**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 and its members, as well as community groups. Also engages in social activities such as luncheons, euchre tournaments, and more. Contact local Legion

Branch for more information.

## 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](mailto: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.ca](mailto:rhliveterans@cogeco.ca)



**Web:** <https://rhli.ca/regimental-family/>

**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 those affiliated with the Royal Hamilton Light Infantry regimental family, as well as all members of the community. Activities offered 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](mailto:smatinyarare@stjhc.ca)

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

**Address:**

**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 services include:

- free home assessments
- referrals for installation of assistive devices, minor home repairs, and modifications
- subsidies for assistive devices (such as 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:**

**Contact:**

**Email:** [sonsofitalyhamilton@gmail.com](mailto: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) x23

**Contact:**

**Email:** [info@hamiltonjfs.ca](mailto:info@hamiltonjfs.ca)

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

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

**Hours:** Hours vary by program, contact for details.

**Cost:** None

**Who can access this service:** Adults aged 55 years and older.

**How to apply:** Contact for information.

Offers a variety of supports and services for older adults, including:

- Adult Day Program: One-on-one opportunities to work with staff, skill development, and social interaction. A primary focus of this Day Program is to provide social inclusion opportunities.
- Education: Includes courses, groups, and workshops on topics including positive aging, long-term care access, estate tax, technology usage, and more.
- Social opportunities: Kibitz Corner, games, coffee and chat, and more.
- Seniors Counselling: Drop-in counselling with a Social Worker.

## 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](mailto: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.

## Dundas Community Services Lunch and Learn

**Phone:**

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

**Contact:**

**Email:** [dcs@dundascommunityservices.com](mailto:dcs@dundascommunityservices.com)

**Web:** <https://www.dundascommunityservices.on.ca/lunch-a...>

**Address:** 50 Hatt St, Dundas, ON L9H 0A1, Canada

**Hours:**

**Cost:** None

**Who can access this service:** Older adults and their caregivers.

**How to apply:** Contact for information.

Provides topical professional education, training, and seminars for caregivers and seniors. Sessions vary, and may include information on topics such as finances, end of life, and senior safety.

## 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, Hamilton, ON L8S 4L8, 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. Anyone can apply to enroll 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.

## 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](mailto:scww@hamilton.ca)

**Web:** <https://www.hamilton.ca/things-do/recreation/prog...>

**Address:**

**Hours:** Schedule is available on the website.

**Cost:** None

**Who can access this service:** Hamilton residents age 55 and older.

**How to apply:** To register call 905-526-4084 or email [scww@hamilton.ca](mailto: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 special guest workshops, trivia, Family Feud, brain games, story breaks, 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:**

**Email:** [info@cyberseniors.org](mailto: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:** Phone or visit website to book an appointment.

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.

## Technology Webinars, Cyber Seniors

**Phone:**

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

**Contact:**

**Email:** [info@cyberseniors.org](mailto: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.

## Centre de Santé Communautaire Support Services for Seniors and Vulnerable Persons

**Phone:**

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

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

**Contact:**

**Email:** [cschn@cschn.ca](mailto:cschn@cschn.ca)

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

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

**Hours:**

**Cost:** None

**Who can access this service:** Services for French-speaking persons aged 55 and over, or over 18 and considered vulnerable.

**How to apply:** All individual services are by appointment only. Contact for information.

Providing support services for older adults and vulnerable persons, including:

- Home care services for eligible clients
- Case management
- Community social worker services
- Nursing services
- Occupational therapy services
- Oral hygiene services
- Foot care services
- Falls prevention
- Exercise programs and workshops

## Empowerment Squared Digital Literacy Classes

**Phone:**

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

**Contact:**

**Email:** [info@empowermentsquared.org](mailto:info@empowermentsquared.org)

**Web:** <https://empowermentsquared.org/professional-skill...>

**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 [info@empowermentsquared.org](mailto:info@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:** [admin@eapon.ca](mailto:admin@eapon.ca)

**Web:** <https://eapon.ca/training-tools/>

**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
- emotional abuse
- physical abuse
- sexual abuse
- neglect

## Life After Fifty-Five

**Phone:**

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

**Contact:**

**Email:**

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

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

**Hours:** Contact for information.

**Cost:** None

**Who can access this service:** Anyone over the age of 55. Newcomers welcome.

**How to apply:** Contact for information.

Informal, weekly group to reduce social isolation amongst seniors and build strong community supports. Casual conversation aimed on improving English language skills and cultural awareness.



# Acute In-Home & Community Care Services

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

## Victorian Order of Nurses Nursing at Home

**Phone:**

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

**Contact:**

**Email:**

**Web:** <https://von.ca/en/von-care/nursing-at-Home>

**Address:** 414 Victoria Ave N, Hamilton, Suite M2, ON L8L 5G8, Canada

**Hours:** Hours vary, contact for details.

**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:** Get a referral from Hamilton Niagara Haldimand Brant Home and Community Care Support Services by calling 905-523-8600.

Visiting nurses offer physical assessments, help with symptom control, and provide medical or nursing treatments, rehabilitation therapy, education and counselling to individuals and families 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 Services and Programs

**Phone:**

Work: [1-888-866-8515](tel:1-888-866-8515)

**Contact:**

**Email:**

**Web:** <https://von.ca/en/von-care/palliative-care-servic...>

**Address:** 414 Victoria Ave N, Hamilton, Suite M2, ON L8L 5G8, Canada

**Hours:** Contact for information.

**Cost:** None

**Who can access this service:** People facing a life-threatening illness.

**How to apply:** Contact for information.

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.

## 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:**

**Email:** [info@kemphospice.org](mailto:info@kemphospice.org)

**Web:** <https://kemphospice.org/services/adult-day-hospic...>

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

**Hours:** Mon-Sun 24 hours

**Cost:** None

**Who can access this service:** Adults with life-threatening conditions with a prognosis of approximately three months or less.

**How to apply:** Contact Hamilton Niagara Haldimand Brant Home and Community Care Support Services 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 or Palliative Volunteer Visiting

**Phone:**

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

**Contact:**

**Email:**

**Web:** <https://von.ca/en/von-care/hospice-or-palliative-...>

**Address:** 414 Victoria Ave N, Hamilton, Suite M2, ON L8L 5G8, Canada

**Hours:** Contact for information.

**Cost:** None

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

**How to apply:** Contact for information.

Hospice or palliative care volunteer visitors are specially trained, caring volunteers who visit with clients and their families to support them through a life-limiting or end-of-life journey. They offer compassion, emotional support, companionship, as well as respite support for caregivers. All volunteers are interviewed and provided with 30 hours of hospice palliative care education.

## SeePlus Healthcare Services Nursing Care

**Phone:**

Work: [905-581-7184](tel:905-581-7184)

After-Hours Number: [905-902-7710](tel:905-902-7710)

**Contact:**

**Email:** [info.seeplushealthcare@gmail.com](mailto:info.seeplushealthcare@gmail.com)

**Web:** <https://seeplushealthcare.ca/services/>

**Address:**

**Hours:** Mon-Sun 24 hours

**Cost:** Service fees vary, contact for details

**Who can access this service:** Open to individuals of all ages who require nursing care or home assistance.

**How to apply:** Contact or fill out the online form to apply for care.

Provides nursing care for seniors and individuals of any age needing disease care, special needs care, or mental illness care. Services are offered both in private homes and in nursing homes and health care facilities.

## 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. Services

**Phone:**

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

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

**Contact:**

**Email:** [info@apsont.com](mailto:info@apsont.com)

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

**Address:**

**Hours:** Mon-Sun 24 hours

**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](mailto:lesley@yourseniorservice.com)

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

**Address:** 53 Golden Iris Cres, Waterdown, ON L0R 2H3, Canada

**Hours:** Hours vary \* Contact for details

**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)

**Contact:**

**Email:** [macassalodge@hamilton.ca](mailto:macassalodge@hamilton.ca)

**Web:** <https://www.hamilton.ca/people-programs/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 Home and Community Care Support Services criteria. Call 905-523-8600 for details.

**How to apply:** Apply through Hamilton Niagara Haldimand Brant Home and Community Care Support Services by calling 905-523-8600.

Integrated day program for the frail elderly, adults with special needs, and individuals with Alzheimer's Disease or other dementias, that offers social, recreational, intellectual and physical activities in a structured, supervised group setting. The program also provides information, support and respite time for caregivers. A hot nutritious lunch, refreshments, medication reminders and assistance with the activities of daily living are also provided. Programming includes:

- Intergenerational programs with local schools and daycares
- Social and cognitive programs
- Creative programs

## Goldie's Place Adult Day Program

**Phone:**

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

**Contact:**

**Email:** [info@shalomvillage.ca](mailto:info@shalomvillage.ca)

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

**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 Home and Community Care Support Services criteria. Call 905-523-8600 for details.

**How to apply:** Apply through Hamilton Niagara Haldimand Brant Home and Community Care Support Services by calling 905-523-8600.

Integrated day program for frail elderly, adults with special needs, and individuals with Alzheimer Disease or other dementia. Offers a full day of structured activity and a hot meal. Staff are available to assist with a variety of care needs, including toileting and feeding.

## Goldies2Home Day Program

**Phone:**

Work: [905-529-1613](tel:905-529-1613) x305

**Contact:**

**Email:** [MichelleG@shalomvillage.ca](mailto:MichelleG@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 Home and Community Care Support Services criteria. Call 905-523-8600 for details.

**How to apply:** Apply through Hamilton Niagara Haldimand Brant Home and Community Care Support Services by calling 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) x23

**Contact:**

**Email:** [info@hamiltonjfs.ca](mailto:info@hamiltonjfs.ca)

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

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

**Hours:** Hours vary by program, contact for details.

**Cost:** None

**Who can access this service:** Adults aged 55 years and older.

**How to apply:** Contact for information.

Offers a variety of supports and services for older adults, including:

- Adult Day Program: One-on-one opportunities to work with staff, skill development, and social interaction. A primary focus of this Day Program is to provide social inclusion opportunities.
- Education: Includes courses, groups, and workshops on topics including positive aging, long-term care access, estate tax, technology usage, and more.
- Social opportunities: Kibitz Corner, games, coffee and chat, and more.
- Seniors Counselling: Drop-in counselling with a Social Worker.

# 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>

**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. Services include:

- Providing information on legal rights
- Assistance in dealing with government offices
- Representation in court and before legal tribunals
- Consulting with lawyers and organizations representing older clients with legal problems
- Delivering workshops and public legal education programs for seniors' organizations, health and social services providers, and other groups interested in seniors' issues

Does not prepare wills or power of attorney documents or give advice on estate administration, real estate, criminal law or family law matters.

## Hamilton Council on Aging Education & Advocacy

**Phone:**

Work: [905-777-3837](tel:905-777-3837) x12434

**Contact:**

**Email:** [info@hamiltoncoa.com](mailto:info@hamiltoncoa.com)

**Web:** <https://coahamilton.ca/>



**Address:**

**Hours:**

**Cost:** None

**Who can access this service:** Open to all

**How to apply:** Contact for information

Non-profit charitable organization working to improve life for older adults in Hamilton. Areas of focus include:

- working to implement Hamilton's Plan for an Age Friendly City
- reducing social isolation
- improving access to programs, services, and financial entitlements for older adults
- working to eliminate the abuse of older persons
- presenting workshops to seniors that promote healthy aging

## Empowering Dementia-Friendly Communities Workshops

**Phone:**

Work: [905-920-7705](tel:905-920-7705)

**Contact:**

**Email:** [wendy@hamiltoncoa.com](mailto:wendy@hamiltoncoa.com)

**Web:** <https://coahamilton.ca/our-priorities/empoweringd...>

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

**Hours:**

**Cost:** None

**Who can access this service:** Open to all

**How to apply:** Contact for information

Provides free training on how to build inclusive communities for people living with dementia. Teaches how to improve services and environments for people living with dementia. Can be completed by any business, organization, community group or individual.

# Aging in Place

Supports for staying in your home and staying healthy.

## VON Hamilton Congregate Dining

**Phone:**

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

**Contact:**

**Email:** [voncsshamilton@von.ca](mailto: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](mailto:carole@glanbrookcommunityservices.ca)

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

**Address:**

**Hours:** Third Thursday monthly (except July, August, December)

**Cost:** Program \$15 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.

## Diners Club, Welcome Inn Community Centre

**Phone:**

Work: [289-260-3771](tel:289-260-3771)

**Contact:** Ruth Kaulback, Seniors Program Coordinator and Volunteer Coordinator

**Email:** [info@welcomeinn.ca](mailto:info@welcomeinn.ca)

**Web:** <https://welcomeinn.ca/seniors-programs/>

**Address:** 40 Wood St E, Hamilton, ON L8L 3Y3, Canada

**Hours:**

**Cost:** Program Tuesday meal: \$4.50

**Who can access this service:** Older adults living in the central and north end of Hamilton.

**How to apply:** Contact to register.

Weekly home-cooked lunch followed by activities such as singing, games, and excursions. July and August dates include brunch and/or a day trip.

## Life Long Care Program

**Phone:**

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

**Contact:**

**Email:**

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

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

**Hours:** Contact for information.

**Cost:** None

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

**How to apply:** Contact to register.

Provides community support services to urban Indigenous clients, regardless of age, who are disabled, chronically ill, frail, or elderly. Services include:

- friendly visiting
- security checks/reassurance service
- congregate dining
- transportation
- Aboriginal support

## Ancaster Community Services Meals on Wheels

**Phone:**

Work: [905-648-6675](tel:905-648-6675)

**Contact:**

**Email:** [ancastercommunityservices@gmail.com](mailto:ancastercommunityservices@gmail.com)

**Web:** <https://ancastercommunityservices.ca/programs-ser...>

**Address:** 300 Wilson St E, Ancaster, ON L9G 2B9, Canada

**Hours:**

**Cost:** Service \$8 per meal, invoiced monthly

**Who can access this service:** Open to Ancaster residents (including Alberton, Lynden, Jerseyville and Carluke)

- Seniors who are finding it challenging preparing their own meals
- Adults who are chronically ill
- Adults living with a disability
- Adults convalescing from surgery or illness
- Adults undergoing medical treatment

**How to apply:** Contact to pre-register. 24 hours notice is required for requests or cancellations.

Delivers hot meals to the homes of elderly, convalescent, disabled persons, or any person in need of a meal and unable to provide for themselves. Available on both a short-term and long-term basis to eligible clients. This volunteer-based program assists members of the community to remain in their homes as an alternative to retirement or nursing residences, while helping clients stay connected to their community and support their personal independence. Meal delivery is prepared by Set the Table Kitchen & Co. Food Delivery Service and delivered by volunteers. Specialty diets (celiac, diabetic) may be accommodated upon request. A regular Meals on Wheels delivery consists of:

- Full course meal of meat, vegetable(s), and a starch (pasta, potatoes or rice)
- 10 oz serving of hot soup
- Dessert

## Ancaster Community Service Frozen Meals

**Phone:**

Work: [905-648-6675](tel:905-648-6675)

**Contact:**

**Email:** [ancastercommunityservices@gmail.com](mailto:ancastercommunityservices@gmail.com)

**Web:** <https://ancastercommunityservices.ca/programs-ser...>

**Address:** 300 Wilson St E, Ancaster, ON L9G 2B9, Canada

**Hours:**

**Cost:** Service Entrée - \$6.75; Dessert - \$2.50; Soup - \$3.00 ; Prices are subject to change without prior written notice

**Who can access this service:** Ancaster residents who are seniors, have a disability, or are confined to home.

**How to apply:** Contact to register. Meals are ordered every Thursday before 4 pm and delivered the following Wednesday for those eligible for delivery or picked up at the ACS office Wednesday after 12 noon.

Provides meals prepared from fresh foods and frozen the week prior to delivery or pick-up. Offers 35 different entrées and desserts and 7 different soups each week over a 5 week rotation. Meals are delivered to the door or can be picked up at the ACS office. Cooking times and instructions are provided on the cellophane cover of every entrée. Some dietary restrictions available.

## Glanbrook Community Services Meals on Wheels (Frozen) Program

**Phone:**

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

**Contact:** Carole Taylor, Program Coordinator

**Email:** [carole@glanbrookcommunityservices.ca](mailto:carole@glanbrookcommunityservices.ca)

**Web:** <https://glanbrookcommunityservices.ca/meals-made-...>

**Address:**

**Hours:** Contact for information.

**Cost:** Service Fees vary, contact for details

**Who can access this service:** Glanbrook and area resident seniors and other adults with physical or developmental disabilities.

**How to apply:** Contact to register. Meals can be ordered online with email confirmation. Delivery restricted to Glanbrook, Stoney Creek, Hamilton mountain.

Service provides frozen meals prepared from fresh foods to seniors and those requiring additional nutritional assistance. Meals are delivered weekly, or can be picked up at the Glanbrook Community Services office. Special diet types available, cooking instructions are provided on the packaging. Meals provided by Ina Grafton Village in St. Catharine's and by Zarky's in Hamilton.

## Dundas Community Services Meals on Wheels (Hot) Program

**Phone:**

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

**Contact:**

**Email:** [dcs@dundascommunityservices.com](mailto:dcs@dundascommunityservices.com)

**Web:** <https://www.dundascommunityservices.on.ca/meals-o...>

**Address:** 2 King St W Suite 3A, Dundas, ON L9H 6Z1, Canada

**Hours:**

**Cost:** Service Price per meal, contact for information; includes soup, main course, and a dessert. Accepted payments are cash, cheque, debit and credit and EFT (electronic funds transfer). Clients are invoiced monthly.

**Who can access this service:** Seniors or adults living with a disability, or recuperating from surgery or illness. Must be residents of Dundas and do not live beyond the railway line at Sydenham and York Road or beyond the Conservation Area on Governor's Road.

**How to apply:** Pre-registration is required. Registration forms may be completed online or visit to fill out the form in person. Cancellations must be done with 24 hours notice.

Provides a hot, nutritious meal for people with disabilities, recuperating from surgery, or anyone not able to cook for themselves, delivered to their own home or apartment at lunch time. No deliveries on holidays and weekends, but additional meals may be requested to accommodate. Special diet types available, all meals are prepared at Wentworth Lodge Long-Term Care Facility.

## Glanbrook Community Services Meals on Wheels (Hot) Program

**Phone:**

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

**Contact:** Carole Taylor, Program Coordinator

**Email:** [carole@glanbrookcommunityservices.ca](mailto:carole@glanbrookcommunityservices.ca)

**Web:** <https://glanbrookcommunityservices.ca/meals-on-wh...>

**Address:**

**Hours:**

**Cost:** Service \$7.50 per meal

**Who can access this service:** Seniors and other adults with physical limitations who live in the Binbrook, Mount Hope, or Glanbrook areas.

**How to apply:** Contact to register for a delivery.

Hot, nutritious, three-course meal delivered during lunch hour. Meal includes salad, main course of meat, potato and vegetable, and dessert. Specialized meals can be made upon request. Meals are delivered Monday through Friday, excluding holidays; additional meals may be requested to accommodate weekends and holidays.

## Victorian Order of Nurses Meals on Wheels

**Phone:**

Work: [905-522-1022](tel:905-522-1022)

**Contact:**

**Email:**

**Web:** <https://von.ca/en/von-care/meals-wheels-frozen>, <https://von.ca/en/von-care/Meals-on-Wheels-Hot>

**Address:** 414 Victoria Ave N, Hamilton, Suite M2, ON L8L 5G8, Canada

**Hours:**

**Cost:** Service Contact for meal pricing. Recipients are invoiced monthly.

**Who can access this service:** Older adults, adults with disabilities, or those recovering from illness or surgery.

**How to apply:** Contact to register.

Provides delivered meals for residents who are unable to attend to their own nutritional needs, yet wish to continue living independently in the community. Volunteers are selected through a screening process and provide social contact as well as monitor the well-being of the client. **Meals on Wheels (Frozen)** - Clients are given several frozen meal options to choose from and special dietary items are

also available. All meals can be easily reheated in a microwave or conventional oven. **Meals on Wheels (Hot)** - Affordable, hot, and nutritious meals, delivered to clients' doors.

## Dundas Community Services Frozen Meal Program

**Phone:**

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

**Contact:**

**Email:** [dcs@dundascommunityservices.com](mailto:dcs@dundascommunityservices.com)

**Web:** <https://www.dundascommunityservices.on.ca/frozen-...>

**Address:** 2 King St W Suite 3A, Dundas, ON L9H 6Z1, Canada

**Hours:**

**Cost:** Service Entree: \$6.50, Soup only: \$3.00; Accepted payments are cash, cheque, debit and credit. Clients are invoiced monthly.

**Who can access this service:** Older adults (55+) or adults living with a disability or convalescing may purchase the meals, however restrictions apply for delivery. Delivery is open to seniors or adults living with disability or convalescing who are residents of Dundas and do not live beyond the railway line at Sydenham and York Road or beyond the Conservation Area on Governor's Road.

**How to apply:** Pre-registration is required. Registration forms may be completed online or visit to fill out the form in person. Cancellations must be done with 24 hours notice.

Provides flash-frozen meals for older adults, adults living with a disability or recuperating from surgery, or anyone not able to cook a meal for themselves. Pick-up and delivery options are available. Special diet types available; cooking instructions are provided on the packaging. All meals prepared at Ina Grafton Gage Village in Niagara.

## HearingLife Services

**Phone:**

Toll-Free Number: [1-888-514-9515](tel:1-888-514-9515)

**Contact:**

**Email:** [info@hearinglife.ca](mailto:info@hearinglife.ca)

**Web:** <https://www.hearinglife.ca/>

**Address:**

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

**Cost:** None Most fees covered by OHIP

**Who can access this service:** Open to all; free hearing tests are available for adults ages 19 or older.

**How to apply:** Book an appointment by phone or online.

Providing hearing healthcare services, including free hearing tests, hearing aid fittings, a selection of digital hearing aids and assistive listening devices, and counselling and assistance. Also provides information on hearing and hearing loss.

## Community Oral Health Program

**Phone:**

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

**Contact:**

**Email:**

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

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

**Hours:** Contact for information.

**Cost:** None

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

**How to apply:** Call for information.

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:** <https://www.hamiltonhealthsciences.ca/about-us/ou...>

**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](mailto: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:

- Compression Therapy
- 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

**Contact:**

**Email:** [vsheweli@stjhc.ca](mailto:vsheweli@stjhc.ca)

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

**Address:**

**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.

## At Your Senior Service

**Phone:**

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

**Contact:**

**Email:** [lesley@yourseniorservice.com](mailto:lesley@yourseniorservice.com)

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

**Address:** 53 Golden Iris Cres, Waterdown, ON L0R 2H3, Canada

**Hours:** Hours vary \* Contact for details

**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: [1-866-801-4097](tel:1-866-801-4097)

**Contact:**

**Email:** [info@sehc.com](mailto:info@sehc.com)

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

**Address:** 1525 Stone Church Rd E, Hamilton, ON L8W 3P8, Canada

**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

## SeePlus Healthcare Services Nursing Care

**Phone:**

Work: [905-581-7184](tel:905-581-7184)

After-Hours Number: [905-902-7710](tel:905-902-7710)

**Contact:**

**Email:** [info.seeplushealthcare@gmail.com](mailto:info.seeplushealthcare@gmail.com)

**Web:** <https://seeplushealthcare.ca/services/>

**Address:**

**Hours:** Mon-Sun 24 hours

**Cost:** Service fees vary, contact for details

**Who can access this service:** Open to individuals of all ages who require nursing care or home assistance.

**How to apply:** Contact or fill out the online form to apply for care.

Provides nursing care for seniors and individuals of any age needing disease care, special needs care, or mental illness care. Services are offered both in private homes and in nursing homes and health care facilities.

## Access Personal Support Ltd. Services

**Phone:**

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

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

**Contact:**

**Email:** [info@apsont.com](mailto:info@apsont.com)

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

**Address:**

**Hours:** Mon-Sun 24 hours

**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: [1-866-801-4097](tel:1-866-801-4097)

**Contact:**

**Email:** [info@sehc.com](mailto:info@sehc.com)

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

**Address:** 1525 Stone Church Rd E, Hamilton, ON L8W 3P8, Canada

**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](mailto:seniorsoutreach608@gmail.com)

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

**Address:** 605 ON-8, Stoney Creek, ON L8G 5G2, Canada

**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 services:** volunteer drivers will provide transportation to medical appointments, shopping, hair appointments, etc. within the Greater Hamilton Area

- **Household services:** assistance with minor home repairs, yard work, or housekeeping
- **Snow removal**

## Wesley Seniors Outreach Program

**Phone:**

Work: [905-528-5629](tel:905-528-5629) x301

**Contact:**

**Email:** [newcomer.services@wesley.ca](mailto:newcomer.services@wesley.ca)

**Web:** <https://wesley.ca/seniors-outreach-program/>

**Address:** 467 Main St E, Hamilton, ON L8N 1K1, Canada

**Hours:** Hours vary, 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, low income, and vulnerable seniors age 55 and older with making social connections and maintaining independence through various activities and community referrals. Outreach programs include one on one case management, and social and recreational activities. Programs are run in various locations in the greater Hamilton area.

# Driving & Transportation

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

## Taxi Scrip Program

**Phone:**

Work: [905-529-1212](tel:905-529-1212) x1

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

**Contact:**

**Email:** [ats@hamilton.ca](mailto:ats@hamilton.ca)

**Web:** <https://www.hamilton.ca/home-neighbourhood/hsr/ac...>

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

**Hours:** Hours vary, contact for details.

**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. Eligibility is considered on a case-by-case basis.

**How to apply:** To apply for this service, complete the application form found online and submit it by mail to: Accessible Transportation Services

c/o 71 Main St. West

Hamilton, ON L8P 4Y5 Registered passengers can purchase Taxi Scrip coupon books from the HSR Customer Service Centre (36 Hunter St E), any Municipal Service Centre, via mail, or over the phone.

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

**Phone:**

Work: [905-525-2583](tel:905-525-2583)

Work: [905-546-2489](tel:905-546-2489)

**Contact:**

**Email:**

**Web:** <https://www.hamilton.ca/home-neighbourhood/hsr-tr...>

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

**Hours:** Hours vary by route, contact for information.

**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 Blue Line Taxi at 905-525-2583 to request a Trans-Cab pick-up.
- Tell the driver you're a Trans-Cab customer, and pay your regular HSR fare or show them your PRESTO card, plus a 50¢ premium. The cab driver will give you a Trans-Cab coupon and take you to your transfer point.
- Board the HSR bus, show your Trans-Cab coupon to the Operator, pay your fare and insert the coupon into the farebox.

**Travelling to Trans-Cab service zones:**

- When you board your HSR bus, tell the Operator that you need Trans-Cab service, pay your regular fare, plus a 50¢ premium and ask for a transfer.
- A cab will meet your bus at the Trans-Cab transfer point, give the cab driver your HSR transfer.

A shared-ride taxi service between the HSR and local taxi providers. This service is offered in parts of Glanbrook (routes 20, 27, 35, and 44) and Stoney Creek (routes 2, 55, and 55A) where buses do not currently provide service.

## DARTS Transit

**Phone:**

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

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

**Contact:**

**Email:** [info@dartstransit.com](mailto:info@dartstransit.com)

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

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

**Hours:** Reservations: Mon-Sat 8:30 am–2 am and Sun 8:30 am–12:30 am

**Cost:** Service

**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 (found [online](#)), including doctor approval, and submit by mail, fax, or email.

Accessible, shared-ride service providing door-to-door transportation for registered passengers who are unable to use regular HSR buses due to physical or functional limitations or health conditions. Participants must register with Accessible Transportation Services (ATS), a department of the Hamilton Street Railway (HSR).

## 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:** 21 Hunter St E, Hamilton, ON L8N 3W8, Canada

**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, cottages, social events or family and friend's homes.

## Dundas Community Services Assisted Transportation Services

**Phone:**

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

**Contact:**

**Email:** [dcs@dundascommunityservices.com](mailto:dcs@dundascommunityservices.com)

**Web:** <https://www.dundascommunityservices.on.ca/transpo...>

**Address:** 2 King St W Suite 3A, Dundas, ON L9H 6Z1, Canada

**Hours:** Mon-Fri By appointment only

**Cost:** Service Fees vary, please inquire with office.

**Who can access this service:** Open to seniors and people with disabilities or limited means of transportation who live in Dundas. Users must be independently mobile and cognitively sound.

**How to apply:** Contact for information; pre-booking required, minimum one week notice.

A non-emergency, door-to-door transportation service. Volunteer drivers accompany clients to and from medical appointments and grocery shopping.

## Stoney Creek Seniors Outreach Services

**Phone:**

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

**Contact:** Dave Cage, President

**Email:** [seniorsoutreach608@gmail.com](mailto:seniorsoutreach608@gmail.com)

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



**Address:** 605 ON-8, Stoney Creek, ON L8G 5G2, Canada

**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 services:** volunteer drivers will provide transportation to medical appointments, shopping, hair appointments, etc. within the Greater Hamilton Area
- **Household services:** assistance with minor home repairs, yard work, or housekeeping
- **Snow removal**

## Ancaster Community Services Assisted Volunteer Driving

**Phone:**

Work: [905-648-6675](tel:905-648-6675)

**Contact:**

**Email:** [ancastercommunityservices@gmail.com](mailto:ancastercommunityservices@gmail.com)

**Web:** <https://ancastercommunityservices.ca/programs-ser...>

**Address:** 300 Wilson St E, Ancaster, ON L9G 2B9, Canada

**Hours:**

**Cost:** Service Nominal fee to help offset cost of gas and insurance on volunteer's car. Clients invoiced on a monthly basis.

**Who can access this service:** Ancaster residents who are elderly or have a disability and are in the process of arranging more permanent transportation such as D.A.R.T.S or have limited or no other means of transportation. Passengers must be cognitively sound and independently mobile. Walkers and canes are permitted.

**How to apply:** Potential clients must register with the Program Coordinator. A minimum of 5 day's notice is required to fill a request.

This program is designed to support Ancaster clients who have limited or no means of transportation to get to and from medical and/or professional appointments within the Ancaster/Dundas/Hamilton area. This program relies on volunteers to drive seniors to medical (or medical related) appointments and bring them home. Medical appointments take priority over professional appointments.

## Life Long Care Program

**Phone:**

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

**Contact:**

**Email:**

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

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

**Hours:** Contact for information.

**Cost:** None

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

**How to apply:** Contact to register.

Provides community support services to urban Indigenous clients, regardless of age, who are disabled, chronically ill, frail, or elderly. Services include:

- friendly visiting
- security checks/reassurance service
- congregate dining
- transportation
- Aboriginal support

## **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](mailto:info@dahac.ca)

**Web:** <https://aboriginalhealthcentre.com/wheels-for-sen...>

**Address:** 678 Main St E, Hamilton, ON L8M 1K2, Canada

**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 Home and Community Care Support Services catchment area.

## **Glanbrook Community Services Volunteer-Assisted Transportation**

**Phone:**

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

**Contact:**

**Email:** [carole@glanbrookcommunityservices.ca](mailto:carole@glanbrookcommunityservices.ca)

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

**Address:**

**Hours:** Contact for appointment.

**Cost:** Service standard prices have been set for local geographic areas in Glanbrook

**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, please book at least 10 business days in advance.

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.

## SE Health Transportation Services

**Phone:**

Toll-Free Number: [1-866-801-4097](tel:1-866-801-4097)

**Contact:**

**Email:** [info@sehc.com](mailto:info@sehc.com)

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

**Address:** 1525 Stone Church Rd E, Hamilton, ON L8W 3P8, Canada

**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.

## GO Transit

**Phone:**

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

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

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

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.go transit.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: [905-528-4200](tel:905-528-4200)

**Contact:**

**Email:** [hsrserve@hamilton.ca](mailto: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. 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 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: [905-528-4200](tel:905-528-4200)

**Contact:**

**Email:** [hsrserve@hamilton.ca](mailto:hsrserve@hamilton.ca)

**Web:** <https://www.hamilton.ca/home-neighbourhood/hsr/fa...>

**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 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. Senior Annual Passes are also available, and is valid for 12 months starting in the month of purchase if purchased by the 13th day of the month. 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.

## Senior Driver Renewal Program

**Phone:**

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

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

**Contact:**

**Email:** [GES@ontario.ca](mailto:GES@ontario.ca)

**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 driver's licence)
- the licence renewal application, if available
- corrective eyeglasses or contact lenses used for driving, as well as any used for reading
- 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 group education session, a brief written screening exercises, and completion of any follow up items which may include a road test.

## Accessible Vehicle Rentals, Wheelchair In Motion

**Phone:**

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

**Contact:**

**Email:** [contact@wheelchairinmotion.com](mailto:contact@wheelchairinmotion.com)

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

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

**Hours:**

**Cost:** Service Check website for rates.

**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)

**Contact:**

**Email:**

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

**Address:** 688 Queensdale Avenue East, Suite 2B, Hamilton, ON L8V 1M1

**Hours:**

**Cost:** Service Service fee chart available online.

**Who can access this service:** Seniors and/or adults with disabilities.

**How to apply:** Contact to register.

A community support service that provides grocery delivery services to eligible seniors and adults with disabilities who live within the City of Hamilton. Takes individualized grocery lists from clients, shops in the store of the client's choice, and if required puts the groceries away upon delivery. There is a service charge 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. An extra charge is added to this service.

## At Your Senior Service

**Phone:**

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

**Contact:**

**Email:** [lesley@yourseniorservice.com](mailto:lesley@yourseniorservice.com)

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

**Address:** 53 Golden Iris Cres, Waterdown, ON L0R 2H3, Canada

**Hours:** Hours vary \* Contact for details

**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: [1-800-277-9914](tel:1-800-277-9914)

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

**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 an application online, by phone, or in person at Service Canada locations.

**Old Age Security (OAS)** is a monthly benefit, the amount determined by how long the person receiving the benefit has lived in Canada. It is considered taxable income. **Guaranteed Income Supplement (GIS)** is a supplement added monthly to Old Age Security for those with limited or no income. It must be re-applied for annually, and is not payable outside Canada beyond a period of 6 months regardless of how long the person lived in Canada. **Allowance** is a monthly allowance for spouses 60-64 years old of Old Age Security pensioners receiving Guaranteed Income Supplement. It is based on the combined income of the couple. **Allowance for the Survivor** is a monthly allowance for widowed spouses 60-64 years of age, who have not remarried or entered a common-law relationship. It is based on limited or no income.

## Veteran Affairs Canada Veteran Services

**Phone:**

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

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

**Contact:**

**Email:** [information@veterans.gc.ca](mailto:information@veterans.gc.ca)

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

**Address:** 120 King St W, Hamilton, ON L8P 4V2, Canada

**Hours:** By appointment only.

**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:

- support and services related to physical and mental health and wellness
- support for income, emergency funding
- post-service training and education and employment assistance
- help at home, assistance with at-risk housing situations
- death and bereavement
- benefits and services for family, including survivors and caregivers
- history, memorials, medals, and decorations of those who served

## Canada Pension Plan

**Phone:**

**Contact:**

**Email:**

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

**Address:**

**Hours:**

**Cost:** None

**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, or print and complete forms and mail to Service Canada or drop off at any Service Canada Office.

A monthly, taxable benefit that replaces a portion of the applicant's 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:**

**Hours:**

**Cost:** None

**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:** Apply online, or print and complete forms and mail to Service Canada or drop off at any Service Canada Office. Information about required documentation is available on each 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.

# Housing Options for Older Adults

Housing supports for older adults who need long term housing.

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

**Phone:**

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

**Contact:**

**Email:** [admin@stmatthewshouse.ca](mailto:admin@stmatthewshouse.ca)

**Web:** <https://stmatthewshouse.ca/services-programs/seni...>

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

**Hours:** Contact for information.

**Cost:** None

**Who can access this service:** Older adults

**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](mailto:info@housinghelpcentre.ca)

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

**Address:** 119 Main St E, Hamilton, ON L8N 1G5, Canada

**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](mailto:ath@hamilton.ca)

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

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

**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 is 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](mailto: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](mailto:info@rhra.ca)

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

**Address:**

**Hours:** Mon-Sun 24 hours

**Cost:**

**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

# Aging in Place

Supports for staying in your home and staying healthy.

## Ontario Renovates Programs

**Phone:**

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

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

**Contact:**

**Email:** [affordablehousing@hamilton.ca](mailto:affordablehousing@hamilton.ca)

**Web:** <https://www.hamilton.ca/people-programs/housing-s...>

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

**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.

**Homeowner Ontario Renovates** offers financial 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. **Person with Disabilities Ontario Renovates** offers financial assistance to low income households occupied by persons with disabilities who require special modifications to improve accessibility to their residence.

## 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](mailto:smatinyarare@stjhc.ca)

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

**Address:**

**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 services include:

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

## 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](mailto:info@connecthearing.ca)

**Web:** <https://www.connecthearing.ca/>

**Address:** 360 Main St E, Hamilton, ON L8N 1J5, Canada

**Hours:** Closed 12 noon-1pm

**Cost:** None

**Who can access this service:** Open to all.

**How to apply:** Call or visit website to book an appointment.

Provides education on hearing loss, tinnitus, and hearing aid technology to individuals who are deaf or hard of hearing, as well as free hearing tests for clients aged 50+. Also offers sales of hearing aids, batteries, and hearing protection.

## HearingLife Services

**Phone:**

Toll-Free Number: [1-888-514-9515](tel:1-888-514-9515)

**Contact:**

**Email:** [info@hearinglife.ca](mailto:info@hearinglife.ca)

**Web:** <https://www.hearinglife.ca/>

**Address:**

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

**Cost:** None Most fees covered by OHIP

**Who can access this service:** Open to all; free hearing tests are available for adults ages 19 or older.

**How to apply:** Book an appointment by phone or online.

Providing hearing healthcare services, including free hearing tests, hearing aid fittings, a selection of digital hearing aids and assistive listening devices, and counselling and assistance. Also provides information on hearing and hearing loss.

## Assistive Technology, Silver Cross

**Phone:**

Toll-Free Number: [1-844-352-7677](tel:1-844-352-7677)

**Contact:**

**Email:** [info@silvercross.com](mailto:info@silvercross.com)

**Web:** <https://silvercross.com/>

**Address:**

**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 mobility equipment and accessibility lifts, and provides up-to-date information and referrals to local installers of accessibility equipment to help with living barrier-free and aging in place. Also provides information on funding for mobility aids and/or home modifications.

## March of Dimes Assistive Devices Program

**Phone:**

Toll-Free Number: [1-866-765-7237](tel:1-866-765-7237)

Fax Number: [519-432-4923](tel:519-432-4923)

**Contact:**

**Email:** [adp@marchofdimes.ca](mailto: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. Some devices that may qualify for funding include:



- Canes
- Walkers
- Transport chairs
- Manual and Power wheelchairs
- Scooters
- Power add-ons (devices added to a manual wheelchair if you do not need a power wheelchair)
- Positioning devices (e.g. cushions, back and head supports, power tilt and recline)
- Replacement batteries or mobility device repairs
- Used mobility equipment sold by a medical equipment vendor

## 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:**

**Email:** [sales@specialneedscomputers.ca](mailto:sales@specialneedscomputers.ca)

**Web:** <https://www.specialneedscomputers.ca/>

**Address:** 300 Welland Ave, St. Catharines, ON L2M 5V5, Canada

**Hours:**

**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. Also provides consultation, training, and after sales support.

## 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](mailto:hvmp@marchofdimes.ca)

**Web:** <https://www.marchofdimes.ca/en-ca/programs/am/hvmp>

**Address:**

**Hours:** Contact for information.

**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.

## Health Promotion Education for Seniors

**Phone:**

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

**Contact:**

**Email:**

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

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

**Hours:** Contact for information.

**Cost:** None

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

**How to apply:** Contact to register.

Program where older adults are provided education on chronic disease and learn self-management skills to maintain good health. Special focus on lifestyle modification including weight and blood pressure control.

## Idlewyld Manor Long-Term Care

**Phone:**

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

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

**Contact:**

**Email:** [office@idlewyldmanor.com](mailto:office@idlewyldmanor.com)

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

**Address:** 449 Sanatorium Rd, Hamilton, ON L9C 2A7, 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:** Must meet Hamilton Niagara Haldimand Brant Home and Community Care Support Services criteria. Call 905-523-8600 for details.

**How to apply:** Apply through Hamilton Niagara Haldimand Brant Home and Community Care Support Services by calling 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.

## 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](mailto: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](mailto: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.

## Foot Care Clinic

**Phone:**

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

**Contact:** Carole Taylor, Program Coordinator

**Email:** [carole@glanbrookcommunityservices.ca](mailto:carole@glanbrookcommunityservices.ca)

**Web:** <https://glanbrookcommunityservices.ca/footcare/>

**Address:**

**Hours:** Third Tuesday of each month. By appointment only.

**Cost:** Service \$35, cash only

**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.

A monthly clinic where certified workers provide foot care services, such as assessing foot health, and cutting and filing nails.

## SE Health Foot Care Services

**Phone:**

Toll-Free Number: [1-866-801-4097](tel:1-866-801-4097)

**Contact:**

**Email:** [info@sehc.com](mailto:info@sehc.com)

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

**Address:** 1525 Stone Church Rd E, Hamilton, ON L8W 3P8, Canada

**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

## Centre de Santé Communautaire Support Services for Seniors and Vulnerable Persons

**Phone:**

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

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

**Contact:**

**Email:** [cschn@cschn.ca](mailto:cschn@cschn.ca)

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

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

**Hours:**

**Cost:** None

**Who can access this service:** Services for French-speaking persons aged 55 and over, or over 18 and considered vulnerable.

**How to apply:** All individual services are by appointment only. Contact for information.

Providing support services for older adults and vulnerable persons, including:

- Home care services for eligible clients
- Case management
- Community social worker services
- Nursing services
- Occupational therapy services
- Oral hygiene services
- Foot care services
- Falls prevention
- Exercise programs and workshops

## 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:**

**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 Lunch and Learn

**Phone:**

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

**Contact:**

**Email:** [dcs@dundascommunityservices.com](mailto:dcs@dundascommunityservices.com)

**Web:** <https://www.dundascommunityservices.on.ca/lunch-a...>

**Address:** 50 Hatt St, Dundas, ON L9H 0A1, Canada

**Hours:**

**Cost:** None

**Who can access this service:** Older adults and their caregivers.

**How to apply:** Contact for information.

Provides topical professional education, training, and seminars for caregivers and seniors. Sessions vary, and may include information on topics such as finances, end of life, and senior safety.

## Victorian Order of Nurses Caregiver Supports

**Phone:**

Work: [905-523-1055](tel:905-523-1055) x408

**Contact:**

**Email:**

**Web:** <https://von.ca/en/von-care/caregiver-supports>

**Address:** 414 Victoria Ave N, Hamilton, Suite M2, ON L8L 5G8, Canada

**Hours:** Program hours vary, contact for details.

**Cost:** None

**Who can access this service:** Program open to adults, seniors, and family caregivers.

**How to apply:** Contact to register.

Skilled and compassionate VON professionals provide information, education, and emotional support to family caregivers. Caregiver Support groups are available virtually and in-person. Educational classes teach skills for managing stressful caregiving situations, developing self-care, regaining control, and linking with community resources. Services are offered either by telephone or an in-home visit, or as a four-part education series scheduled at different times and locations throughout the area.

## Veteran Affairs Canada Veteran Services

**Phone:**

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

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

**Contact:**

**Email:** [information@veterans.gc.ca](mailto:information@veterans.gc.ca)

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

**Address:** 120 King St W, Hamilton, ON L8P 4V2, Canada

**Hours:** By appointment only.

**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:

- support and services related to physical and mental health and wellness
- support for income, emergency funding
- post-service training and education and employment assistance
- help at home, assistance with at-risk housing situations
- death and bereavement
- benefits and services for family, including survivors and caregivers
- history, memorials, medals, and decorations of those who served

## 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](mailto:info@chs.ca)

**Web:** <https://www.chs.ca/counselling-services>

**Address:** 50 Dundurn St S, Hamilton, ON L8P 4W3, Canada

**Hours:** Hours vary by program, contact for details.

**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.

## 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.

## Health811

**Phone:**

Toll-Free Number: [811](tel:811)

TTY Number: [1-866-797-0007](tel:1-866-797-0007)

**Contact:**

**Email:**

**Web:** <https://health811.ontario.ca/static/guest/home>

**Address:**

**Hours:** Mon-Sun 24 hours

**Cost:** None

**Who can access this service:** Open to all residents of Ontario.

**How to apply:** Phone 811, or visit website for live chat.

A free, confidential service which provides health advice and general health information from a registered nurse, as well as assistance finding health care providers, symptom assessment tool, and medical library. **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.



# Protections for Vulnerable Older Adults

Supports and legal services help for when discrimination, abuse or fraud happens.

## Hamilton Police Service, Seniors Safety Program

**Phone:**

: [905-546-4925](tel:905-546-4925)

**Contact:**

**Email:** [info@hamiltonpolice.on.ca](mailto:info@hamiltonpolice.on.ca)

**Web:** <https://hamiltonpolice.on.ca/prevention/seniors-s...>

**Address:** 155 King William St, Hamilton, ON L8R 1A7, Canada

**Hours:**

**Cost:** None

**Who can access this service:** Seniors or Vulnerable Adults.

**How to apply:** Contact for information. If the Senior 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 (such as 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:** [admin@eapon.ca](mailto:admin@eapon.ca)

**Web:** <https://eapon.ca/training-tools/>

**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
- emotional abuse
- physical abuse
- sexual abuse
- neglect

## Holocaust Survivor Assistance, Hamilton Jewish Family Services

**Phone:**

Work: [905-627-9922](tel:905-627-9922) x26

**Contact:**

**Email:** [janea@hamiltonjfs.ca](mailto:janea@hamiltonjfs.ca)

**Web:** <https://www.hamiltonjfs.ca/resources/holocaust-su...>

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

**Hours:** Contact for information.

**Cost:** None

**Who can access this service:** Open to all Holocaust survivors.

**How to apply:** Call or email for more information, or visit the [Claims Conference website](#) to apply for compensation.

Helps survivors of the holocaust with home care (such as personal support workers, light housecleaning, etc.) and emergency financial aid (including emergency rent, food, medical costs, etc.) to help keep them independent and in their homes as long as possible. Works in collaboration with The Conference on Jewish Material Claims Against Germany.

## Canadian Human Rights Commission Complaints Services

**Phone:**

Toll-Free Number: [1-888-214-1090](tel:1-888-214-1090)

Work: [613-995-1151](tel:613-995-1151)

TTY Number: [1-888-643-3304](tel:1-888-643-3304)

**Contact:**

**Email:** [info.com@chrc-ccdp.gc.ca](mailto:info.com@chrc-ccdp.gc.ca)

**Web:** <https://www.chrc-ccdp.gc.ca/en/complaints/make-a-...>

**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: [905-849-0417](tel:905-849-0417)

Toll-Free Number: [1-844-265-2627](tel:1-844-265-2627)

**Contact:**

**Email:** [centre@mediation.on.ca](mailto:centre@mediation.on.ca)

**Web:** <http://www.mediation.on.ca>

**Address:** 20 Hughson Street South, Suite 305, Hamilton, Ontario L8L 8A4

**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:**

Crisis Line Number: [1-866-299-1011](tel:1-866-299-1011)

**Contact:**

**Email:** [info@elderabuseontario.com](mailto: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.

## Community Visitation and Seniors Support, Welcome Inn Community Centre

**Phone:**

Work: [289-260-3771](tel:289-260-3771)

**Contact:** Ruth Kaulback, Seniors Program Coordinator and Volunteer Coordinator

**Email:** [info@welcomeinn.ca](mailto: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:**

**Email:** [info@kemphospice.org](mailto:info@kemphospice.org)

**Web:** <https://kemphospice.org/volunteer-visiting>

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

**Hours:** Hours vary, contact for details.

**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 for more information.

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](mailto:dcs@dundascommunityservices.com)

**Web:** <https://www.dundascommunityservices.on.ca/friendl...>

**Address:** 2 King St W Suite 3A, 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](mailto: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:** Register by phone or online. A confirmation email will contain the date and time of the phone call, and a Chatter will call at the scheduled time.

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)

**Contact:**

**Email:**

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

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

**Hours:** Contact for information.

**Cost:** None

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

**How to apply:** Contact to register.

Provides community support services to urban Indigenous clients, regardless of age, who are disabled, chronically ill, frail, or elderly. Services include:

- friendly visiting
- security checks/reassurance service
- congregate dining
- transportation
- Aboriginal support

## Dundas Community Services Friendly Visiting

**Phone:**

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

**Contact:**

**Email:** [dcs@dundascommunityservices.com](mailto:dcs@dundascommunityservices.com)

**Web:** <https://www.dundascommunityservices.on.ca/friendl...>

**Address:** 2 King St W Suite 3A, 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:** 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 a training session.

## At Your Senior Service

**Phone:**

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

**Contact:**

**Email:** [lesley@yourseniorservice.com](mailto:lesley@yourseniorservice.com)

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

**Address:** 53 Golden Iris Cres, Waterdown, ON L0R 2H3, Canada

**Hours:** Hours vary \* Contact for details

**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

## Centre de Santé Communautaire Support Services for Seniors and Vulnerable Persons

**Phone:**

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

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

**Contact:**

**Email:** [cschn@cschn.ca](mailto:cschn@cschn.ca)

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

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

**Hours:**

**Cost:** None



**Who can access this service:** Services for French-speaking persons aged 55 and over, or over 18 and considered vulnerable.

**How to apply:** All individual services are by appointment only. Contact for information.

Providing support services for older adults and vulnerable persons, including:

- Home care services for eligible clients
- Case management
- Community social worker services
- Nursing services
- Occupational therapy services
- Oral hygiene services
- Foot care services
- Falls prevention
- Exercise programs and workshops

## SE Health Help at Home Services

**Phone:**

Toll-Free Number: [1-866-801-4097](tel:1-866-801-4097)

**Contact:**

**Email:** [info@sehc.com](mailto:info@sehc.com)

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

**Address:** 1525 Stone Church Rd E, Hamilton, ON L8W 3P8, Canada

**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

## Canada Post Alert Program

**Phone:**

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

**Contact:**

**Email:** [dcs@dundascommunityservices.com](mailto:dcs@dundascommunityservices.com)

**Web:** <https://www.dundascommunityservices.on.ca/seniors...>

**Address:** 2 King St W Suite 3A, Dundas, ON L9H 6Z1, Canada

**Hours:**

**Cost:** None

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

**How to apply:** Call to register or apply online.

An added measure of security for older adults, people with disabilities, and those with other illnesses who live alone in their own homes. Letter carriers are on alert to possible security issues during their regular delivery duties Monday through Friday. If a client's mail is uncollected in their mailbox, the carrier will report it for Dundas Community Services to follow up on the client's well-being.

## 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:**

**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.

## 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](mailto: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

# Caregiver Supports

Resources and support groups for people providing care to family members, partners and friends.

## Caregiver Support Group

**Phone:**

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

**Contact:**

**Email:** [dcs@dundascommunityservices.com](mailto:dcs@dundascommunityservices.com)

**Web:** <https://www.dundascommunityservices.on.ca/caregiv...>

**Address:** 50 Hatt St, Dundas, ON L9H 0A1, Canada

**Hours:** Second Monday of each month 1pm-2pm

**Cost:** None

**Who can access this service:** Open to all caregivers.

**How to apply:** Contact for information.

Dundas Community Services offers caregivers an informal setting to share their experiences with one another in a confidential manner. Monthly meetings often include a speaker.

## Dundas Community Services Lunch and Learn

**Phone:**

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

**Contact:**

**Email:** [dcs@dundascommunityservices.com](mailto:dcs@dundascommunityservices.com)

**Web:** <https://www.dundascommunityservices.on.ca/lunch-a...>

**Address:** 50 Hatt St, Dundas, ON L9H 0A1, Canada

**Hours:**

**Cost:** None

**Who can access this service:** Older adults and their caregivers.

**How to apply:** Contact for information.

Provides topical professional education, training, and seminars for caregivers and seniors. Sessions vary, and may include information on topics such as finances, end of life, and senior safety.

## Alzheimer Society of Hamilton Halton Family Support Groups

**Phone:**

Toll-Free Number: [1-888-343-1017](tel:1-888-343-1017)

Work: [905-529-7030](tel:905-529-7030) x209

Fax Number: [905-529-3787](tel:905-529-3787)

**Contact:**

**Email:** [intake@alzhh.ca](mailto:intake@alzhh.ca)

**Web:** <https://alzda.ca/>

**Address:**

**Hours:**

**Cost:** None

**Who can access this service:** Individuals with memory loss, dementia, or Alzheimer's disease, along with their families and caregivers

**How to apply:** Contact for information

A series of group-format support programs that help family, caregivers, and individuals with memory loss cope with progressive cognitive deficits, dementia, or Alzheimer's disease. Different groups are offered that focus on specific topics such as:

- caring for a parent
- coping with responsive behaviours
- grief and loss
- long-term care
- understanding specific diseases

## Ontario Caregiver Organization Support Services

**Phone:**

Work: [416-362-2273](tel:416-362-2273)

Toll-Free Number: [1-888-877-1626](tel:1-888-877-1626)

Toll-Free Number: [1-833-416-2273](tel:1-833-416-2273)

**Contact:**

**Email:** [info@ontariocaregiver.ca](mailto:info@ontariocaregiver.ca)

**Web:** <https://ontariocaregiver.ca/for-caregivers/>

**Address:**

**Hours:** Hours vary, contact for details

**Cost:** None

**Who can access this service:** Open to all caregivers in Ontario.

**How to apply:** Contact for information.

Offers a variety of support services for Ontario caregivers who provide physical and emotional support to a family member, partner, friend, or neighbour. Programs include:

- 24 hour helpline
- live chat
- peer support groups

- information resources

## Victorian Order of Nurses Caregiver Supports

**Phone:**

Work: [905-523-1055](tel:905-523-1055) x408

**Contact:**

**Email:**

**Web:** <https://von.ca/en/von-care/caregiver-supports>

**Address:** 414 Victoria Ave N, Hamilton, Suite M2, ON L8L 5G8, Canada

**Hours:** Program hours vary, contact for details.

**Cost:** None

**Who can access this service:** Program open to adults, seniors, and family caregivers.

**How to apply:** Contact to register.

Skilled and compassionate VON professionals provide information, education, and emotional support to family caregivers. Caregiver Support groups are available virtually and in-person. Educational classes teach skills for managing stressful caregiving situations, developing self-care, regaining control, and linking with community resources. Services are offered either by telephone or an in-home visit, or as a four-part education series scheduled at different times and locations throughout the area.

