

## Community Resources and Information

Community Resources can play an important role in providing care. Don't be afraid to ask for help.

### General Resources

- Call 211 for information about services
- *Halton Seniors' Directory\**
- *Housing Options for Seniors in Halton\**
- Older Adult Programs and Services Database [www.rgpc.ca/oapsd](http://www.rgpc.ca/oapsd)
- *Is your home Suitable for You Now and in the Future - Housing Checklist \**
- Disabled Parking Permits
  - Burlington.....905-681-7343
  - Georgetown.....905-877-3078
  - Milton.....905-878-5210
  - Oakville..... 905-337-8751

\*Resources available from Halton Region

## Community Services

- Check the *Halton Seniors' Directory\** or call 211 for information on:
  - Caregiver Education/Support Groups (e.g. Acclaim Health, Alzheimer Society)
  - Churches/Social Clubs
- Halton Seniors Helpline  
1-866-457-8252 (toll free)
- Meals-on-Wheels available from:
  - Acton
    - Links2Care.....519-853-3310
  - Burlington
    - Red Cross.....905-637-5664
  - Georgetown
    - Links2Care .....905-873-6502
  - Milton
    - Kiwanis.....905-878-6699
  - Oakville
    - Kiwanis.....905-842-1411
- Supports for Daily Living (Supportive Housing ).....211 or 905-825-6000
- Teletouch.....905-827-8800  
ext 2106  
1-800-387-7127
- Veterans Affairs (Services/Financing)
  - English.....1-866-522-2122
  - French.....1-866-522-2022

- Friendly Visiting Programs (provides caregiver with some relief)  
Acclaim Health.....905-827-8800  
1-800-387-7127 (toll free)
- CNIB.....905-528-8555  
1-888-275-5332 (toll free)
- Links2Care
  - Acton.....905-853-3310
  - Burlington/Oakville.....905-844-0252
  - Georgetown.....905-873-6502
  - Milton.....905-878-6403
- St. Joseph's Home Care  
905-522-6887  
1-800-463-6612 (toll free)
- Recharge Respite Care  
(not available in Burlington)  
905-338-8357
- Oakville Distress Centre  
Serves Halton.....905-849-4541

### Community Care Access Centre 310-2222 (CCAC)

Provides information on:

- In-Home Nursing and Personal Support
- Long Term Care Homes
- Adult Day Programs

- Respite Beds (locations for persons to go when caregiver needs a break or vacation)
- Crisis Care

### Elder Abuse

- Halton Police (Elder Services Co-ordinator).....905-825-4747  
ext 5064
- Halton Seniors Helpline  
1-866-457-8252 (toll free)
- Long Term Care Homes  
For concerns call Ontario Ministry of Health and Long-term Care Action Line (daily 8:30 am-7:00 pm)  
1-866-434-0144 (toll free)
- Retirement Homes  
For concerns/information, contact Ontario Retirement Communities Association (ORCA)  
1-800-361-7254 (toll free)

For more information or a copy of the Halton Seniors' Directory, contact

### Halton Region

Dial 311 or 905-825-6000  
Toll free 1-866-4HALTON (1-866-422-5866)  
TTY 905-827-9833  
[www.halton.ca](http://www.halton.ca)

## Legal Services

- Services for seniors telefile – a call-in tax return service for eligible seniors  
1-800-959-1110 (toll free)
- Legal Aid Ontario.....416-979-1446  
1-800-668-8258 (toll free)  
[www.legalaid.on.ca](http://www.legalaid.on.ca)
- Lawyer Referral Service  
1-900-565-4577 (toll free)  
For minimal cost of \$6 you can obtain the number of a lawyer who will meet/call you for up to 30 minutes without charge  
[www.lsuc.on.ca](http://www.lsuc.on.ca)

## Caregiving Resources

- The Care Guide Source for Seniors  
[www.TheCareguide.com](http://www.TheCareguide.com)  
1-800-311-2273 (toll free)
- Long Term Care Planning Network  
[www.howtocare.com](http://www.howtocare.com)  
416-323-1090
- Halton Peel Palliative Care Network  
[www.mhpcn.ca](http://www.mhpcn.ca)  
905-403-5348  
1-800-336-9090 ext 5348 (toll free)

## Transportation Services (Volunteer Drivers)

- Canadian Cancer Society (48 hours notice)  
Burlington & Oakville..905-845-5231  
Georgetown..... 905-451-4460  
1-866-711-0111 (toll free)  
Milton.....905-845-5231
- Cancer Assistance Services  
Halton Hills.....905-702-8886
- Canadian Red Cross Society  
Burlington.....905-637-5664  
Halton Hills/Milton ...905-875-1459  
Oakville..... 905-845-5241
- Municipal Accessible Transportation (application and fees required)
  - Burlington  
Handi-van .....905-639-5158
  - Halton Hills  
ActiVan.....905-873-2601  
ext 2617
  - Milton  
Accessible Transit...905-878-7252  
ext 2185
  - Oakville  
care-A-van.....905-337-9222

## Information on Health Issues

- Tele Health, 24 hour hot line  
1-866-797-0000 (toll free)

- Health Department offers a variety of seniors programs, services, and publications. Dial 311 for more information.
- Ministry of Health Promotion  
Inquiries...1-866-263-1410 (toll free)  
[www.HealthyOntario.com](http://www.HealthyOntario.com)
- Look under support groups in the *Halton Seniors' Directory\** or call 211
- Halton Geriatric Mental Health  
Outreach Program.....905-681-8233  
1-866-429-7677 (toll free)
- Research under specific diseases such as:
  - Alzheimer Society of  
Halton/Wentworth  
1-888-343-1017 (toll free)  
[www.alzheimerhamiltonhalton.org](http://www.alzheimerhamiltonhalton.org)
  - MS Society.....905-681-8770  
1-800-268-7582 (toll free)  
[www.mssociety.ca/ontario/](http://www.mssociety.ca/ontario/)
  - Parkinson Society Canada  
1-800-565-3000 (toll free)  
[www.parkinson.ca](http://www.parkinson.ca)
  - Stroke Recovery Groups (Ontario)  
1-800-263-3463 (toll free)
  - Cancer Society Society  
1-800-268-8874 (toll free)

# Information for Caregivers



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## Fast Facts

## Elder Services Advisory Committee (ESAC)

