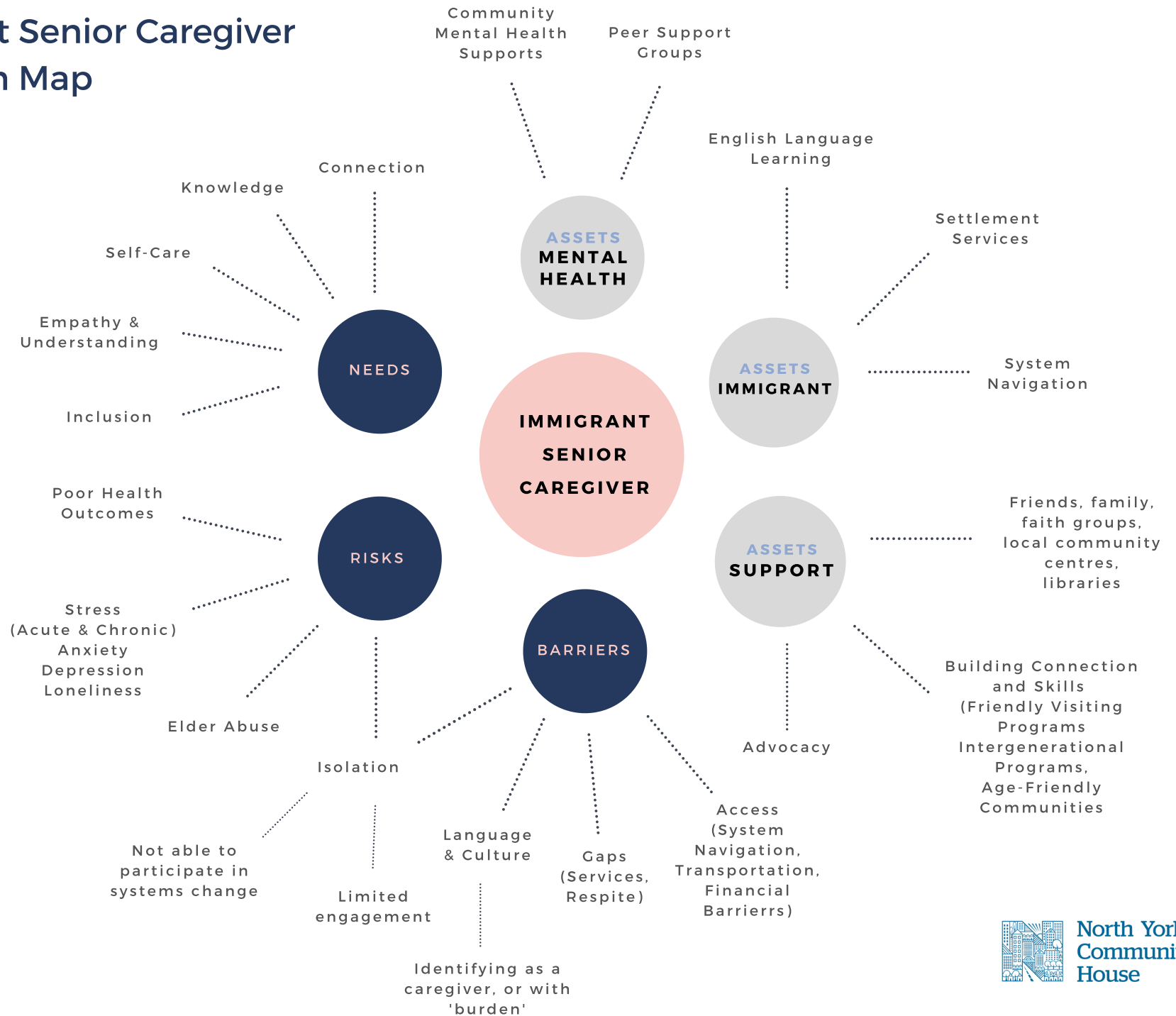


Immigrant Senior Caregiver Ecosystem Map



General

City of Toronto – (community/social services): 211

City of Toronto – (city services): 311

Toronto Community Housing – Contact Centre:

416-981-5500

Safety and Health

Emergency

(police, fire, ambulance): 911

Toronto Police Services: 416-808-2222

(non-emergency)

*Seniors' Helpline: 416-217-2077

Seniors Safety Line: 1-866-299-1011

(free, confidential and available 24hrs-7 days a week)

Telehealth Ontario: 1-866-797-0000

Victim Support Line (elder abuse):

416-314-2447

Mental Health Helpline:

1-866-531-2600

Support Services

*Local Health Integration Network (previously known as CCAC): Toronto Central: 1-866-383-5446 (personal care, in-home, LTC, etc.)

Advocacy Centre for the Elderly (ACE): 416-598-2656

ARCH – Legal Resource Centre for Persons with

Disabilities: 416-482-8255

COTA (Community Occupational Therapists): 416-785-8797

Family Service Association of Toronto: 416-595-9618

POINT – Seniors' Caregiver Handbook & other services: 416-487-2427

Saint Elizabeth (e-lizz): 1-855-275-3549

North York/Etobicoke/Rexdale Services:

Bernard Betel: 416-225-2112

CANES Community Care: 416-743-3326

Circle of Care: 416-635-2860 [many seniors' programs including housekeeping]

Etobicoke Services for Seniors: 416-243-0127

Humber Community Seniors Services: 416-249-7946

LAMP Community Health Centre: 416-252-6471

Lumacare: 416-398-5511

North York Seniors Centre: 416-733-4111 [many seniors' programs including housekeeping]

North York Women's Centre: 416-781-0479

Rexdale Community Health Centre: 416-744-0066

Rexdale Women's Centre: 416-745-0062

SPRINT Senior Care: 416-481-6411

St. Clair West Services for Seniors: 416-787-2114

Unison Health and Community Services: 416-653-5400

York-Fairbank Centre Seniors: 416-651-8300

York West Active Living Centre: 416-245-4395

Caregiver-specific Resources

Alzheimer Society of Toronto: 416-322-6560

Baycrest Centre for Geriatric Care: 416-785-2500 ext.2730

Canadian Mental Health Association (Living Life to the Full program): 416-977-5580 ext. 4135

Mount Sinai (The Reitman Centre–Carers Program): 416-586-4800 ext. 5192

North York Community House (Newcomer Connections for Senior Caregivers): 416-636-2600

WoodGreen Community Services: 416-645-6000

North York Seniors Centre: 416-733-4111 [caregiver support groups]

Transportation

TTC Wheel Trans – Customer Service: 416-393-4111

TTC Support Person Assistance Card Program:

416-393-3030 (person accompanying someone with a disability has free TTC access)

Toronto Ride (through SPRINT): 416-481-6411