

St. Peter's Anglican Church

Mississauga

Senior/Community

Resources

Table of Contents

Section 1- Crisis, Addiction, and Mental Health Services

Section 2 - Doctor and Footcare Services

Section 3 - Food and Care For Seniors Services

Section 4 - Alzheimer's and Senior Abuse Prevention Services

Section 5- Retirement and Respite Care Services

Section 1 - Crisis, Addiction, and Mental Health Services

IN CRISIS- Crisis support line in North York and Etobicoke

- Call 416-498-0043

Peel Addiction Assessment and Referral Centre-Support services for those with addiction or concurrent disorders

- Website- <https://www.paarc.com/index.php>

Spectra Helpline -Multilingual support lines

- Website-<https://www.spectrahelpline.org/our-services/our-services>
- Brochure -
<https://www.spectrahelpline.org/images/PDF/SpectraBrochureEnglish2015Opt2R6LR.pdf>

Canadian Mental Health Association-Support service for addiction and mental health concerns

- Halton Website- <http://halton.cmha.ca/our-services/get-support/>
- Peel Dufferin Website-<https://cmhapeeldufferin.ca/programs-services/>

St.Joseph's Senior Mental Health Outreach Services- Support services for mental health concerns in seniors

- Website- <https://www.stjoes.ca/health-services/mental-health-addiction-services/mental-health-services/seniors-mental-health-service/seniors-mental-health-outpatient-and-outreach-programs>

Trillium Health Partners-Seniors' Mental Health Services

- Website-
<https://trilliumhealthpartners.ca/patientservices/seniors/Pages/default.aspx>

Section 2 - Doctor and Footcare Services

Health Care Connect -For finding a family doctor

- Website- <https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner>

Med Visit -For requesting a doctor to visit your home

- Website- <https://homedoctor.ca/>

Diabetes, Healthy Feet and You-Foot care for people with diabetes

- Website-<https://www.woundscanada.ca/about-dhfy>
- Brochure-
<https://www.woundscanada.ca/docman/public/diabetes-healthy-feet-and-you/dhf-brochures/715-woundcare-english-aug-2011/file>

Foot Care We Care Home Health Services-Additional foot care service

- Website-<https://www.cbi.ca/web/we-care-home-health-services/foot-care>

Section 3 - Food and Care For Seniors Services

Indus Community Services- Family and health services

- Website-<http://induscs.ca/adult-day-services/>

Yee Hong Centre for Geriatrics- Care services for seniors in the Greater Toronto area

- Website-<https://www.yeehong.com/>

Telehealth Ontario- Contact a registered dietitian or registered nurse for health advice

- Website-<https://www.ontario.ca/page/get-medical-advice-telehealth-ontario>

Meals on Wheels - Food delivery service for those in need

- Website-<http://www.mealsonwheels.ca/>

Heart to Home Meals - Food delivery service for seniors

- Website-<https://www.hearttohomemeals.ca/>

Section 4 - Alzheimer's and Senior Abuse Prevention Services

Alzheimer Society Peel-Alzheimer Day Programs

- Website-<http://alzheimer.ca/en/peel/We-can-help/Day%20Programs>

Alzheimer Society Peel Nora's House Respite Care- Respite care facility for those with Alzheimer's disease

- Website-<http://alzheimer.ca/en/peel/We-can-help/Noras%20House%20Respite%20Care>

First Link- Referral program that gives support for those affected by Alzheimer's disease or other forms of dementia .

- Website-<http://alzheimer.ca/en/peel/We-can-help/First%20Link>

Elder Abuse, The Hidden Crime- A book used to raise awareness about elder abuse.By Judith Wahl and Shelia Purdy

- Digital Book-
https://www.cleo.on.ca/sites/default/files/book_pdfs/elderab.pdf

Please note the most recent copy of "Elder Abuse, The Hidden Crime" available is the 2013 version. Some contact info found may be dated as a result.

PEAPN - Program used to raise awareness and prevent elder abuse

- Website- <http://www.peapn.ca/>

Elder Abuse Ontario- Support line for those experiencing elder abuse.

- Website-<http://www.elderabuseontario.com/>

Section 5- Retirement and Respite Care Services

Active Adult Centre Mississauga-Recreation, wellness, and social programs for seniors.

- Website- <https://www.aacmiss.ca/contact/>

Recreational Respite- Recreation therapist providing 1 on 1 or group support services

- Website-<http://recrespite.com/>
- Children and Youth Brochure-<http://recrespite.com/wp-content/uploads/2011/02/RR-CHILDREN-AND-YOUTH-full-page.pdf>
- Young Adults Brochure- <http://recrespite.com/wp-content/uploads/2011/02/RR-YOUNG-ADULTS-3.pdf>
- Adults and Older Adults Brochure-<http://recrespite.com/wp-content/uploads/2011/02/RR-ADULTS-AND-OLDER-ADULTS-full-page.pdf>
- Mental Health Brochure- <http://recrespite.com/wp-content/uploads/2011/02/RR-MENTAL-HEALTH-full-page.pdf>

Peel Long Term Care Adult Day Services-For those who need assistance with day to day activities

- Website-<https://www.peelregion.ca/ltc/programs/adult-day.htm>

S.E.N.E.C.A-Adult respite services

- Website- <http://www.senaca.ca/>
- Brochure- <http://www.senaca.ca/wp-content/themes/twentythirteen-senaca/images/common/brochures/senaca-english.pdf>.

List of Retirement and Long-term Care Homes in Mississauga, Oakville, Georgetown, Brampton, and Etobicoke

- List-https://drive.google.com/file/d/1fPQsiEHy9juYk2j_Cn6smwp-D3-gvVO-/view?usp=sharing

Ontario Retirement Community Association-Retirement residences in Ontario

- Website-<http://www.orcaretirement.com/>

A Guide to Programs and Services for Seniors in Ontario

- Website-<https://files.ontario.ca/seniors-guide-english-web-2.pdf>

The Safe Living Guide - Home safety guide for seniors

- Digital Book-<https://www.canada.ca/content/dam/phac-aspc/migration/phac-aspc/seniors-aines/publications/public/injury-blessure/safelive-securite/pdfs/safelive-securite-eng.pdf>

Please note the most recent copy of "The Safe Living Guide" available is the 2015 version. Some contact may be dated as a result.

CCSMH Booklets- Booklets covering health concerns in older adults

- Depression in Older Adults Booklet- <https://ccsmh.ca/wp-content/uploads/2016/09/CCSMH-8.5-x-11-DEP-R1-1.pdf>
- Delirium Prevention and Care Booklet- <https://ccsmh.ca/wp-content/uploads/2017/06/CCSMH-8.5-x-11-Delirium-R1-1.pdf>
- Suicide Prevention Booklet- <https://ccsmh.ca/wp-content/uploads/2016/09/CCSMH-8.5-x-11-SUICIDE-R1-1.pdf>