

*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 Disease and Senior Abuse Prevention Services**

**Section 5- Retirement and Respite Care Services**

## **Section 1 - Crisis, Addiction, and Mental Health Services**

### **24.7 Crisis Support Peel Dufferin- 24/7 mental health crisis helpline**

- Call 905-278-9036
- Website- <https://cmhapeeldufferin.ca/programs-services/24-7-crisis-support-peel/>

### **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.asp>  
[x](#)

## **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>

### **National Home Doctor -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-<https://www.von.ca/en/service/meals-wheels>

### **Heart to Home Meals - Food delivery service for seniors**

- Website-<https://www.hearttohomemeals.ca/>
- Menu-<http://www.hearttohomemeals.menu/menu.pdf>

## **Section 4 - Alzheimer's Disease 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](https://www.cleo.on.ca/sites/default/files/book_pdfs/elderab.pdf)

### **PEAPN - Program used to raise awareness about elder abuse and prevent it**

- 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/>
- Activity Guide- <https://indd.adobe.com/view/32b1285e-71b9-4e5d-9acd-de53ffaa7427>

**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/1CAMXlINV-R1MrGxFssbzfQY8B6kFHZkl/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>

\*Please note the most recent copy of this guide available is the March 2018 version. Some contact info may be dated as a result.\*

## **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 mental 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>
- Mental Health in Long-term care- <https://ccsmh.ca/wp-content/uploads/2016/09/CCSMH-LTC-PRINT-ENG-R2-2-FINAL.pdf>
- Suicide Prevention Booklet- <https://ccsmh.ca/wp-content/uploads/2016/09/CCSMH-8.5-x-11-SUICIDE-R1-1.pdf>