

Family Practice Health Centre

Senior Care Supports Resource List - Toronto Region

There are many programs and services for seniors in the community. Knowing what resources are available and how to navigate the healthcare system to find the right resources can be a challenge for many. We have compiled a helpful list of programs and services in the Toronto region that can be accessed as needed.



This community resource list is not a comprehensive listing of all available resources. The resource list is NOT an endorsement or recommendation of any community resource for your personal needs, and is not designed or intended to constitute medical/health care advice or to be used for diagnosis. It is suggested this resource may assist as a starting point for planning your care using the community support and services that best suit your needs. Refer to the Table of Contents to select those that suit your needs. Read the summary of services and programs offered by the organization along with their contact information. Please call or visit their website for a complete list of the services offered, including any criteria or waitlists. The resource list does not replace the resources recommended to you by your healthcare provider.

Acknowledgement: This list was developed in collaboration with the Experienced Advisor alongside the Family Practice Patient and Family Advisory Committee.

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Senior Support Lines

Toronto Senior Help Line

A single point of access for seniors and caregivers to receive information about access to community support and crisis services.

Supports:

- Community supports such as Meals on Wheels, transportation, and adult day programs
- Crisis services
- Care at home, such as nursing and personal support
- Supportive counselling over the phone
- Caregiver resources and support

Telephone: 416-217-2077 – Available 365 days a year

Hours: Monday-Friday: 9 a.m. - 8 p.m.

Saturday, Sunday & Statutory Holidays: 10 a.m. - 6 p.m.

Website: <https://torontoseniorshelpline.ca/>

Services are available in 100+ languages through an interpretation service



One phone call.
Many ways we can help.

If you are a senior or know a senior who would benefit from:

- Community supports, such as Meals on Wheels, transportation and adult day programs
- Crisis services
- Care at home, such as nursing and personal support
- Supportive counselling over the phone
- Caregiver resources and support

Toronto Seniors Helpline is here for you.
416-217-2077
1-877-621-2077
www.torontoseniorshelpline.ca

Calls are answered 365 days a year.
Interpretation available in 100+ languages.
Web Chat available

211 Central

211 has an extensive database of Ontario's community and government services, such as community programs, access to food, housing, community legal services, income support, and programs for newcomers and Indigenous people. Click on the link below to search for services in your area.

Telephone: 211

Hours: Available 24 hours a day, 7 days a week.

Website: <https://211central.ca/>

- Enter your postal code, choose a topic from the menu and language
- 211 has access to multiple languages for community and social services



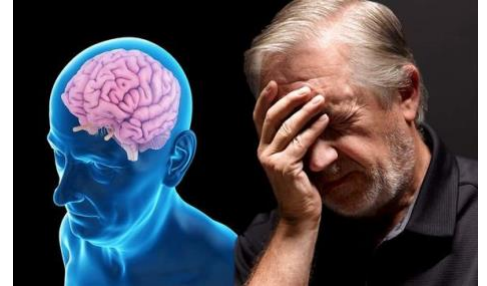
Need help?
Call 211
TTY: 1-888-340-1001
24 hours a day | 7 days a week
Free | Confidential | Live Answer

TEXT 211 | LIVE CHAT
MON - FRI | 7AM - 9PM ET

Chronic Conditions

Dementia and Alzheimer's

Dementia is not a disease but a term that describes a range of symptoms. Symptoms include memory loss and changes in a person's thinking, reasoning, learning, language, judgement, and behaviour. Dementia affects a person's ability to function in their day-to-day activities. Dementia is usually chronic or progressive in nature.



Alzheimer's is a specific disease of the brain and the most common type of dementia. There are other types of dementia, such as Lewy body dementia, mixed dementia, and vascular dementia, to name a few. Symptoms of dementia gradually worsen over time. Alzheimer's is characterized by progressive memory loss and cognitive decline.

Caregiver Support for Patients with Dementia

1. Alzheimer Society of Ontario

The Alzheimer's Society provides support to anyone affected by dementia through counselling, support groups, workshops, care navigation and enhanced care programs.

Address: 20 Eglinton Avenue West, 16th Floor Toronto, Ontario M4R 1K8

Telephone: 416-967-5900

Fax: 416-967-3826

Email: staff@alzon.ca

Hours: Monday-Friday: 9 a.m. - 5 p.m.

Website: <https://alz.to/dementia-support-services/> or <https://alzheimer.ca/on/en>

2. Reitman Center at Mount Sinai Hospital

Note: Caregivers can self-refer

The Reitman Center provides services and support to caregivers caring for a person with dementia, such as coaching, respite, education, relationship and stimulation.

Address: 60 Murray Suit, Suite L1-012, Toronto, Ontario, M5T 3L9

Telephone: 416-586-4800 ext. 5882

Fax: 416-586-3231

Hours: Monday-Friday: 9 a.m. - 5 p.m.

Website: <https://www.mountsinai.on.ca/care/psych/patient-programs/geriatric-psychiatry/dementia-support>

Arthritis

Arthritis Society Canada

Note: Clients can self-refer to any program

Arthritis is an inflammation or swelling of one or more joints. 1 in 5 Canadians have arthritis. Please visit the Arthritis Society of Canada website to learn more about arthritis and what resources are available to you. To name a few resources: Arthritis Rehabilitation and Education Program, Self-Management, Chronic Pain and Fatigue, Medication, Medical Cannabis and Advocating for Yourself.

Address: 20 Eglinton Ave West, Toronto, ON M48 1K8 (16th Floor)

Telephone: 1-800-321-1433

Hours: Monday-Friday: 9 a.m.- 9 p.m. Saturday and Sunday Closed

Website: [About Arthritis](#) | [Arthritis Society Canada](#)

Multiple Sclerosis

Multiple Sclerosis (MS) Canada

- Multiple sclerosis (MS) is a chronic disease of the central nervous system.
- MS is unpredictable. Some people may be only mildly affected. Others may lose the ability to see clearly, write, speak, or walk.
- Early symptoms can include vision problems, trouble walking, and tingling feelings.
- MS affects people differently. Common problems are trouble with movement and thinking and bowel and bladder incontinence.

Eligibility:

- People who are affected by MS.

MS Canada is not a crisis centre. MS Canada provides programs and services for people affected by MS, such as:

- Peer support programs can help you and your loved ones connect with the community.
- A grant through their Quality-of-Life program for equipment needs, including air conditioners, fans, bath aids, hospital beds, lifts systems, mobility aids and transferring aids, to name a few.
- Call the MS Navigator to learn more about their Quality-of-Life program or peer support service.

Address: 250 Dundas Street West, Suite 500, Toronto ON, M5T 2Z5

Telephone: 1-844-859-6789

Hours: Monday-Friday: 8 a.m. - 8 p.m.

Email: msnavigators@mscanada.ca

For More Information, Visit: <https://mscanada.ca/find-support-multiple-sclerosis> or <https://mscanada.ca/quality-of-life-equipment-program>

Osteoporosis

Osteoporosis Canada

Osteoporosis is a bone disease where bones become weak and thin over time, which can increase the risk of fracture. The Public Health Agency of Canada suggested that 1.5 million Canadians aged 40 and over have osteoporosis. Osteoporosis occurs more in women than men as women have a lower density and lose more bone mass with age. Typical fractures associated with osteoporosis are the hip, spine, wrist and shoulder fractures, which can lead to disability, lower quality of life and even death. Preventive measures such as exercise, vitamins and minerals help to reduce the risk of osteoporosis. For more information, visit the following websites:

Address: 201 – 250 Ferrand Dr. Toronto, ON M3C 3G8

Telephone: (416) 696-2663 or Toll-free: 1-800-463-6842

Hours: Monday-Friday: 09:00 a.m. - 5:00 p.m.

Website: <https://osteoporosis.ca/what-is-osteoporosis/> or <https://www.canada.ca/en/public-health/services/chronic-diseases/osteoporosis.html>

Parkinson's Disease

Parkinson Society Southwestern Ontario

Parkinson's disease is a neurodegenerative disorder that affects both motor and non-motor functioning. Symptoms start slowly and can progress over time. For example, movements are slower at the beginning of the disease and then tremors can develop. As such, mobility becomes affected. To learn more about Parkinson's and the services that are available. Click on the link below:

Address: 123-4096 Meadowbrook Drive, London, ON N6L 1G4

Telephone: 1-888-851-7376

Hours: Monday-Friday: 08:30 a.m. - 4:30 p.m.

Website: [Programs & Services - Parkinson Society Southwestern Ontario \(pssso.ca\)](https://www.pssso.ca/Programs%20and%20Services)

Visual Impairment

Canadian National Institute for the Blind (CNIB)

CNIB provides general information about vision and vision health. In addition, they provide support, education, and assessments for those who are visually impaired, including an in-home assessment. CNIB delivers employment workshops, recreational activities, peer support groups, and technology training sessions. Please visit the CNIB website for more details about their programs.

Address: not available

Telephone: 1-800-563-2642

Hours: Monday-Friday: 8:00 a.m. - 7:30 p.m.

Website: <https://www.cnib.ca/en/programs-and-services?region=gta>

Ontario Health atHome

In-Home and Community Services

Note: Client or family can self-refer to Ontario Health atHome

Ontario Health atHome coordinates with patients and families to provide in-home and community-based care throughout Ontario. The coordinator assesses the patient's care needs and provides the services based on the care needs

identified. Coordinators liaise with health care practitioners (family doctors, specialists) to support clients/families in navigating the health care system throughout their health care journey.



HCCSS assists patients and families to:

- Remain safely at home with health care supports, such as physiotherapist, occupational therapist, dietitian, speech therapist, social worker and personal support worker
- Return home from the hospital to recover at home
- Find a family doctor or nurse practitioner
- Find community services that support healthy and independent living
- Find specialized clinics, such as intravenous therapy and wound care services
- Assess eligibility and admission for long-term care home, respite care or supportive living, such as assisted living and
- Die with dignity in the setting of their choice - Medical Assistance in Dying (MAID)

- Access to other services, including meal delivery and dining programs, transportation services, friendly visits, and adult day programs

Address: 250 Dundas St W Suite 305

Telephone: 416-506-9888

Hours: Monday-Friday: 8:00 a.m. - 8:00 p.m.

Saturday and Sunday 08:30 - 8:00 p.m.

Website: <https://healthcareathome.ca/region/toronto-central/>

Social Supports

Adult Day Program

Adult day programs (ADP) provide part-of-the-day supervised programming in a group setting for dependent adults, such as the frail elderly, individuals with Alzheimer's, or individuals with disabilities. Services may include leisure activities, meals, and personal care.



Process:

Call and speak to the intake coordinator to register for the program.

The coordinator will assess each client's eligibility and provide options to meet your needs.

***Note:** Some programs provide transportation services for a nominal fee. All applications are placed on a waitlist. If you cannot afford the transportation fee and/or the program's cost, you may apply for subsidy through the adult day program you attend if available.

Click the clinic's name to visit their website to learn more.

Name			
91 Bellevue Ave - Newcomer Centre - Bellevue - Senior Activities Centre	340 College St, Suite 360	416-925-2103 ext. 3100	Spadina Ave & College St
Centres d'Accueil Héritage (CAH) - Adult Day Program	33 Hahn Pl, Unit 104	416-365-3350 ext. 242	Parliament St & Front St E
Copernicus Lodge - Long Term Care Home - Adult Day Program	66 Roncesvalles Ave	416-536-7122	Roncesvalles Ave & King St W
CORE	160 Springhurst Ave, Suite 300	416-340-7929	Jameson Ave & King St W
Dixon Hall Neighbourhood Services - Seniors Services - Carlton St Campus Programs - Adult Day Program	188 Carlton St	416-863-0499	Sherbourne St & Carlton St
ESS Support Services (Etobicoke Services for Seniors) - Adult Day Program	30 Rosemount Ave 2245 Lawrence Ave W 48A Rosemount Ave	416-243-0127	Weston Rd & Lawrence Ave W
Hellenic Home for the Aged - Adult Day Program	33 Winona Dr	416-654-7700 ext 2275	Oakwood Ave & Davenport Rd

Neighbourhood Group - Central Neighbourhood House - Stroke Survivors Adult Day Program	349 Ontario St	416-925-4363 ext 119	Gerrard & Ontario Streets
Neighbourhood Group - Neighbourhood Link Support Services - Older Adult Services - Ellen White	11 Main St	416-698-5908	Main St & Kingston Rd
Reconnect Community Health Services - Community Support Services - Adult Day Program	1281 St Clair Ave W	416-248-2050	Caledonia Rd & Dufferin St
St Matthew's Bracondale House - Senior Adult Services Active Living Centre - Friday Seniors' Club	707 St Clair Ave W Unit 104	416-923-8909	St Clair Ave W & Bathurst St
Toronto, City of - Public Services - Seniors Services and Long-Term Care	Union Station, 55 John St, 3rd Fl	416-392-8906	Toronto (Church—Yonge Corridor)
West Neighbourhood House - Older Adult Services - Adult Day Program for Frail Seniors	588 Queen St W 2nd Fl	416-532-7586 ext 146	Ossington Ave & Dundas St W
West Neighbourhood House - Older Adult Services - for Seniors with Alzheimer's Disease and/or Dementia	588 Queen St W 2nd Fl	416-532-7586 ext 146	Ossington Ave & Dundas St W
West Park Healthcare Centre - Stroke and Brain Function - Acquired Brain Injury Adult Day Program (Progression)	82 Buttonwood Ave	416-597-3057	Jane St + Weston Rd
WoodGreen Community Services - Community Care Unit - Toronto - 721 Broadview Ave - Seniors Active Living Centre - Enhanced Adult Day Program	721 Broadview Ave Main Floor	416-645-6000 ext 1335 or 416-466-2108	Broadview Ave & Danforth Ave

For programs outside the Toronto area, click the link below to find a program near you.

Other Locations are Scarborough, North York, Etobicoke, and East York.

Website: <https://www.torontocentralhealthline.ca/listservices.aspx?id=10347®ion=Toronto>

Friendly Visiting Program

The Friendly Program connects volunteers to socially isolated older adults or people living with a disability. The programs may consist of social activities, such as friendly check-ins, going for walks, chatting, or getting a coffee. The services differ from clinic to clinic. Call and speak to the intake coordinator to find more information about the program and to ensure the program suits your needs.



Click the clinic's name to visit their website to learn more.

Name	Address	Telephone	Intersection
Chatting to Wellness	N/A	437-702-2025	N/A
Community Matters Toronto	260 Wellesley St E Suite 102	416-944-9697	Parliament St & Wellesley St E
Fontbonne Ministries - Fontbonne Place - In Good Company	791 Queen St E	416-465-6069	Broadview Ave & Queen St E
Haven Toronto	170 Jarvis St	416-366-5377	Jarvis St & Queen St E
Japanese Social Services - Administrative Office - Counselling and Support Services	6 Garamond Court Suite 235	416-385-9200	Don Mills Rd & Eglinton Ave E
Kensington Health - Second Mile Club of Toronto - In-Home Support	25 Brunswick Ave	416-597-0841	Spadina Ave & College St
Métis Nation of Ontario - Toronto Regional Office - Healing and Wellness - Community Support Service Program	75 Sherbourne St Suite 311	416-977-9881 ext 124	Sherbourne St & King St E
Parkdale Golden Age Foundation - Friendly Visiting	27 Roncesvalles Ave Suite 401	416-536-5534	Roncesvalles Ave & Queen St W
Society of Sharing: Inner-City Volunteers - Friendly Visiting Program	25 Linden St Unit 208	416-413-0380	Sherbourne St & Bloor St E
St John the Compassionate Mission	155 Broadview Ave	416-466-1357	Broadview Ave & Queen St E
Toronto Council Fire Native Cultural Centre - Community programs	439 Dundas St E	416-360-4350	Parliament St & Dundas St E

Ukrainian Canadian Social Services Toronto	2445 Bloor St W	416-763-4982	Jane St & Bloor St W
West Neighbourhood House - Older Adult Services - Friendly Visiting	588 Queen St W 2nd Floor	416-532-4828	Ossington Ave & Dundas St W

For programs outside the Toronto area, click the link below to find a program near you.

Other locations are Toronto Central, East York, Etobicoke, North York and Scarborough.

Website: <https://www.torontocentralhealthline.ca/listServices.aspx?id=10104®ion=Toronto>

Toronto Intergenerational Partnership in Community - Social Visiting

Participants of all ages, such as youths, students, and seniors provide social visits within nursing homes, retirement homes, hospitals, health care centers and senior buildings. Services may include:

- Storytelling
- Interviewing seniors, writing biographies, reminiscing together
- Crafts and art activities
- Drama and music
- Games and social interaction

Address: 212 – 2401 Eglinton Avenue East, Toronto, M1K 2N8

Telephone: (416) 531-8447 ext. 500

Website: [Social Visiting – Toronto Intergenerational Partnerships in Community \(tigp.org\)](https://www.tigp.org)

City of Toronto Senior Programs

The City of Toronto offers many programs for seniors. Program includes:

Recreation Program

Older adults aged 60+ can receive a 50% discount on specific programs. The City of Toronto provides a list of community centers that offer free drop-in programs, such as leisure swimming and skating. Contact the client service for more information. There may be a waitlist for programs that are full.

Older Adult Centres

The older adult center offers recreation, social, cultural and education programs, such as cards, crafts, day trips, fitness programs and guest speakers. Visit their Recreation Centers listing on the website to look for a location near you.

Senior Active Living Centres

The Seniors Active Living Centres are run by a non-profit organization and offer programs, such as group programs, and courses. Some programs are offered virtually and serve specific language and cultural groups.

Address: Multiple locations

Telephone: 416-396-7378

Website: <https://www.toronto.ca/community-people/children-parenting/seniors-services/seniors-recreation-and-employment/>

Toronto Public Library

The Toronto Public Library provides a variety of programs. Programs vary at each branch. Some program features are 2SLGBTQ+programs, Adult Literacy, Asian Heritage, Black History and Culture. Their programs include the book club, computer training, culture arts and entertainment, ESL and Newcomers program, health and wellness, crafts, and games. Visit your local branch to see the programs available near you or visit their website to see what programs are available in other locations.

Address: Multiple Locations

Telephone: 416-397-5981

Email: answerline@tpl.ca.

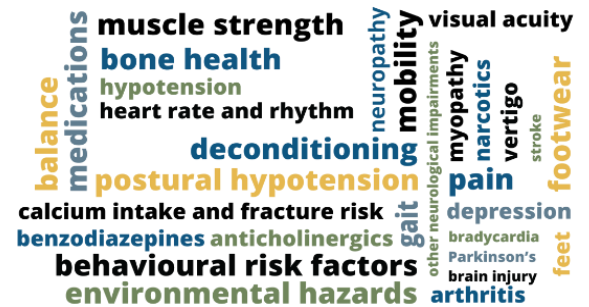
Website: <https://events.tplcs.ca/?page=1&audience=Older+Adult>

Mobility

Falls Prevention Program

Exercise classes with a focus on falls prevention to help older adults stay healthy, active, and mobile. Some classes are publicly funded and held at various community locations. Call and speak to the intake coordinator for more information.

Click the clinic's name to visit their website to learn more.



Name	Address	Telephone	Intersection
Davenport Perth Neighbourhood and Community Health Centre - Falls Prevention Group Exercise Classes for Older Adults	1900 Davenport Rd	416-656-8025	Davenport Rd & St Clair Ave W
Reconnect Community Health Services - Community Support Services - Falls Prevention and Exercise Program	1281 St Clair Ave W	416-248-2050	Caledonia Rd & Dufferin St
SPRINT Senior Care - Community Wellness Programs - Gentle Exercise Classes	130 Merton St, Suite 600	416 481 6411	Yonge St & Merton St

Together in Movement and Exercise (TIME™) - Central Neighbourhood House	349 Ontario St	416-925-4363 ext 119	Sherbourne St & Parliament
Together in Movement and Exercise (TIME™) - Miles Nadal Jewish Community Centre	750 Spadina Ave	416-924-6211	Spadina Ave & Bloor St W
Together in Movement and Exercise (TIME™) - Variety Village	3701 Danforth Ave	416-699-7167	Danforth Ave & Birchmount Rd
University Health Network - Toronto Rehabilitation Institute - University Centre - Outpatient Clinics - Falls Prevention Program (Progression)	550 University Ave, South Wing - 1st Fl	416-597-3422 ext 3065	University Ave & Gerrard St W
Vibrant Healthcare Alliance - Health Promotion and Prevention Programs - Gentle Exercise	2398 Yonge St	416-486-8666	Yonge St & Eglinton Ave E
WoodGreen Community Services - Community Care Unit - Community Group Exercise Classes for Older Adults	721 Broadview Ave, Lower Level	647-289-6451	Danforth Ave & Broadview Ave

For programs outside the Toronto area, click the link below to find a program near you.

Other locations are Toronto Central, East York, Etobicoke, North York, and Scarborough.

Website: <https://www.torontocentralhealthline.ca/listServices.aspx?id=10986®ion=Toronto>

Physiotherapy – OHIP Coverage (Toronto)

Note: Clients will need a prescription to be completed by a Physician/Nurse Practitioner

Who is Eligible?

Clients with a valid OHIP card who are:

- ✓ 65 years or older
- ✓ 19 years or under
- ✓ Any age after an overnight hospital stay (within the last 12 months) for a condition requiring physiotherapy
- ✓ A recipient of the Ontario Works or the Ontario Disability Support Program (any age, OHIP card not required)



Click the clinic's name to visit their website to learn more.

Clinic Name	Address	Telephone	Intersection
Albany Medical Clinic	807 Broadview Ave	416-461-9471	Broadview & Danforth
Community Physiotherapy Clinic	1308 Queen St. East	416-465-2401	Queen St. E & Leslie St.
Achieva Health - Toronto - Eglinton Ave E	355 Eglinton Ave East	416-489-8888	Eglinton & Mt Pleasant
High Park Physiotherapy, Orthopaedic and Sports Medicine Clinic	2146 Bloor St W	416-766-8565	Bloor & Runnymede
King's Professional Physiotherapy Clinic	1206 King St. West	416-233-6368	King & Dufferin
LifeMark Physiotherapy - Toronto - Dufferin St (Dufferin and Castlefield)	2700 Dufferin St Unit 3	416-785-1165	Dufferin & Castlefield Ave
Lifemark Physiotherapy Clinic - Toronto - Bathurst St	1500 Bathurst St, Unit 6	1-866-896-5357	Bathurst & St. Clair
PT Health - Main and Gerrard Physiotherapy	192 Main St	416-789-5936	Melrose & Avenue Rd
O'Connor Rehab and Wellness Clinic	945 O' Connor Dr	416-701-1111	St. Clair E & O'Connor
Universal Health Group- Physiotherapy Clinic	201-491 Lawrence Ave West	416-256-0600	Lawrence & Bathurst
Physical Therapy Services	109-484 Church St	416-923-8577	Church & Carlton
Physiotherapy Associates - Toronto - Overlea Blvd	28 Overlea Blvd	416-441-1222	Eglinton & Don Mills
Physiotherapy Wellness (Jane)	202-909 Jane St	416-604-4404	Jane & Eglinton
St George Physiotherapy Clinic	1202-180 Bloor St. West	416-921-4587	Bloor & Avenue Rd



[York Physiotherapy and Rehabilitation Centre](#)

977 Eglinton Ave West

416-781-3945

Eglinton & Bathurst

For programs outside the Toronto area, click on the link below to find a program near you.

Other locations are Toronto East, West, North and Central.

Website: <https://www.ontario.ca/page/publicly-funded-physiotherapy-clinic-locations>

Food Security

Daily Bread Food Bank

Food banks offer free low-cost food for people or families in need. New clients will need to register for the program. Proof of income may be required. Appointments can be booked online or in person. Visit the Daily Food Bank website to learn more and to find a food bank near you.

Address: 191 New Toronto St, Toronto, ON M8V 2E7

Telephone: 416-203-0050

Hours: Monday-Friday: 8:30 a.m. - 4:30 p.m.

Website: <https://www.dailybread.ca/>

Meals on Wheels

Meals on Wheels delivers nutritious and affordable meals to isolated seniors, people with physical disability, and cognitive impairments. Meals on Wheels delivers hot and frozen prepared meals ready for the microwave. Click on the website to learn more about their program.

Address: 180 Dundas St. W., Suit 1400-B, Toronto, ON M5G 1Z8

Telephone: 416-256-3010

Hours: Monday-Friday: 8:30 a.m. - 4:30 p.m.

Website: <https://www.mealsonwheels.ca/>

Transportation

Wheel-Trans

Wheel-Trans is a City of Toronto service for people with a disability. Wheel-Trans is a shared ride, public transportation service. A person can book a trip online or by phone.

Note: You will need to have a health care professional form completed.

Eligibility:

- Be a Toronto resident
- Have a disability that prevents them from using the TTC bus, subway or streetcar for all or part of their trip.
- Disability may be temporary or permanent
- Those identified in the Ontario Human Code including, but are not limited to physical, sensory, cognitive, and mental health disability

Click on the link to download the application: <https://portal.ttc.ca/>

Address: 580 Commissioners St, Toronto, ON, M4M 1A7

Telephone: 416-393-4111

Hours (General Information): Monday-Friday: 8:0 a.m. - 4:00 p.m.

Website: <https://www.ttc.ca/wheel-trans>

WoodGreen Community Care Unit

This program is available to seniors who cannot use public transportation.

Eligibility

- Seniors 55+ and adults living with disabilities and other chronic health conditions. Must reside within our service area: Don Valley Parkway to Victoria Park Ave. (East/West), and Eglinton Ave E. to Lake Shore Blvd. (North/South).

Note: Fee for service. See website for cost.

Telephone: 416-572-3575

Hours: Monday to Friday 9 a.m. – 5 p.m.

Website: <https://www.woodgreen.org/programs/transportation-program>

Publicly Funded Services for Eligible Seniors

Assistive Devices Programs

Ministry of Health Assistive Devices Program

The assistive device program helps pay for equipment and supplies for those with a long-term physical disability.

Note: The programs cover 75% of the cost for most equipment and supplies. Clients pay 25% of the cost.



Eligibility:

- Be an Ontario resident
- Have a valid Ontario health card
- Have a disability requiring the equipment or supplies for **six months or longer**

Address: 5700 Yonge St. 7th floor, Toronto ON M2M 4K5

Telephone: 416-327-8804 or 1-800-268-6021

Website: <https://www.ontario.ca/page/assistive-devices-program>

City of Toronto Programs - Benefits

1. Medical Items, Devices and Supplies

Note: Must have a prescription for the device or supplies along with the cost of the item(s)

Eligibility:

- Low-income Toronto residents who are not receiving assistance from Ontario Works or Ontario Disability Support Program (ODSP)
- People receiving Ontario Work Assistance or Ontario Disability Support Program can apply for supplies and devices, such as aids for daily living, alerting systems, blood pressure monitors, braces and splints, cervical collars, cervical pillows, communication aids, diabetic supplies, home oxygen, incontinent supplies, mobility aids, to name a few.

How to apply: For further details, please speak with your caseworker or contact the Application and Support Centre at **Telephone:** 416-338-8888

Hours: Monday-Friday: 8:30 a.m. - 4:30 p.m.

Website: <https://www.toronto.ca/community-people/employment-social-support/health-support/medical-supplies-and-devices/>

2. Health-Related Expenses for Low-Income Residents

Funding may be available for certain medical items or services, such as eyeglasses, emergency dental work, medication, medical items (walker, hearing aids) or funeral expenses.

Eligibility:

- Low-income Toronto residents who are not receiving assistance from Ontario Works/Emergency Assistance or ODSP and require help with a medically based item/service may apply

To Apply: Call 416-338-8888 (select option #3). You will need to provide information about your financial situation and have details and a cost estimate for the medically based item/service you need. You must apply before paying for your medical items/services, as you may not be reimbursed for some items/services if you have already paid for them.

Hours: Monday-Friday: 8:30 a.m. - 4:30 p.m.

For More Information Visit: <https://www.toronto.ca/community-people/employment-social-support/health-support/?accordion=help-with-health-related-expenses-for-low-income-residents>

Dental Care

Canadian Dental Care Plan

New 2024: A federally public plan for eligible Canadian residents. Applications are opened in phases. Please visit the website for their Application Schedule to see when you can apply for the plan.

Eligibility:

- Not having access to dental insurance
- Have an adjusted family net income of less than \$90,000
- Be a Canadian resident for tax purposes
- Have filed your tax return in the previous year



How to apply: Click on the link below for the application form

<https://www.canada.ca/en/services/benefits/dental/dental-care-plan/apply.html#gc-document-nav>

Address: Visit Any Service Canada Office

Telephone: 1-833-537-4342

Hours: Monday to Friday 8:30 a.m. – 4:30 p.m.

Website: <https://www.canada.ca/en/services/benefits/dental.html>

Ontario Senior Dental Care Program

Free Routine Dental Care for low-income seniors

Eligibility:

You are a resident of Ontario

- Are 65 years of age or older
- Are a resident of Ontario
- Meet the income requirements:
 - an annual net income of \$22,200 or less for a single senior
 - a combined annual net income of \$37,100 or less for a couple
- Do not have any dental coverage

How to apply: You can apply to the program [online](#) or **by mail**.

Address: Station P, P.O. Box 159 Toronto, ON M5S 2S7

Telephone: 416-916-0204 or Toll Free: 1-833-207-4435

Hours: Monday to Friday 8:30 a.m. – 5:00 p.m.

Website: [Dental care for low-income seniors | ontario.ca](https://www.ontario.ca/dental-care-for-low-income-seniors)

Click on item #6 to find a participating dentist in your area

Hearing Test

Hearing Life

Provides free hearing tests and can trial the hearing aids

The clinic provides:

- Same day results
- Certified hearing professionals
- Real-Ear Measurement during testing



Address: Multiple Locations

Telephone: 1-888- 514-9515

Hours: Monday – Friday 09:00 – 5:00 p.m.

Website: https://www.hearinglife.ca/centers/toronto?utm_source=google&utm_medium=cpc&utm_campaign=CA_LO_Location_Hearing_test%7CWEB-HL-SEM%7C&utm_content=CA_LO_Hearing_test_Toronto_EX&utm_term=free%20hearing%20test%20toronto&gclid=Cj0KCQiA-62tBhDSARIsAO7twbYBPqIcfocAE5pAQwL9CfYASzlcXrhq1ZCc1Y-sFAh0eUkGTJC47qAaAkjxEALw_wcB&gclsrc=aw.ds

Connect Hearing

Call to book an appointment or online booking is available

Address: 1963 Yonge Street, Toronto, ON M4S 0C1

Telephone: 1-844-915-1880

Hours: Monday-Saturday: 9 a.m. - 5 p.m.

Enter your postal code to find a location near you

Website: [Find a hearing clinic in Canada | Connect Hearing](#)

Hearing Aids

Eligibility:

- Be an Ontario resident
- Have a valid Ontario health card
- Have a disability requiring a hearing device for six months or longer



Hearing Aids - Assisted Device Program (ADP) Support

ADP pays up to \$1,000.00 max and the client pays the balance

The ophthalmologist must be registered with ADP

The ophthalmologist must send the completed form to ADP via mail

Clinic on the website to find a hearing aid clinic near you.

Website: <https://www.ontario.ca/page/hearing-devices>

Funding Opportunities for Eligible Seniors

Ontario Senior Homeowners' Property Tax Grant (OSHPTG)

Low to moderate seniors may be eligible for up to \$500.00 back on their property tax.

Eligibility:

- Paid Ontario property tax for the year
- Met either of the following income requirements:
 - You were single, divorced, or widowed and earned less than \$50,000
 - You were married or living common-law, and you and your spouse/common-law partner earned a combined income of less than \$60,000
- Owned and occupied your principal residence
- Are 64 years of age or older
- Are a resident of Ontario

Telephone: 1-877-627-6645

For more information, please visit the following:

Website: <https://www.ontario.ca/page/senior-homeowners-property-tax-grant#section-1>

March of Dimes

The March of Dimes Canada provides the basic funding for the Home and Vehicle Modification and Assistive Device Program for those living with a disability to remain in their home. Funding is not always guaranteed. Please see below for funding opportunities along with eligibility.

Home and Vehicle Accessibility – Funded by the Ministry of Children Community and Social Services



You may be eligible for:

- Up to \$15,000 lifetime maximum for home modifications, adaptations, and devices
- Up to \$15,000 for vehicle modifications every 10 years

To qualify, you must:

- Be a permanent Ontario Resident
- Be in financial need (combined household income of under \$60,000)
- Have a permanent ongoing or recurring disability that impedes mobility and results in substantial restrictions in activities of daily living (eating, bathing, toileting, transferring, and mobility) and/or getting in and out of your home to access essential medical care or community services

Goals of the program include:

- Remove or minimize a life safety risk
- Prevent hospitalization/institutionalization
- Allow discharge from the hospital/institution
- Avoid loss of employment and income
- Allow a caregiver to meet the responsibilities of caring for a dependant with a disability
- To support both children and adults to participate in developmental/community activities

Applicants (and their spouses, life partners, or guardians, if applicable) with an annual income of more than \$35,000 are required to contribute toward the cost of the modifications, adaptations, and devices.

Address: Multiple locations

Telephone: 1-877-369-4867 or 1-866-765-7237

Hours: Monday-Friday: 9 a.m. – 4:30 p.m.

Website: [Assistive Devices Program | March of Dimes Canada](#)

Caregiver Support Line

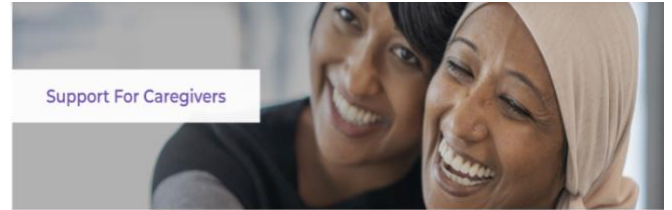
The Ontario Caregiver Network

A single access point for information, support, and services for caregivers.

Address: Unavailable

Telephone: 1-833-416-2273 (available 24/7)

Website: <https://ontariocaregiver.ca/helpline/>



Society of Sharing (SOS)- Seniors Supporting Our Seniors

Society of Sharing provides programs, such as friendly visiting, medical and shopping escort programs and socialization groups to clients who are:

- Isolated/homebound seniors
- Adults 18 years and older with disabilities
- Medically stable
- Physically independent with assistive devices and aids.

Address: 25 Linden Street, Room 208, Toronto, ON M4Y 1V5

Telephone: 416-413-0380 ext. 222

Hours: Monday-Friday: 9 a.m. - 5 p.m.

Website: [Programs – SOS \(societyofsharing.org\)](https://www.societyofsharing.org)

The Circle of Care

The Circle of Care provides a variety of home and community services, such as Personal Support, caregiver respite, friendly visiting, adult day programs, meals on wheels, transportation exercises and falls prevention, social activities, hospice care and social work services.

Address: 4211 Yonge Street, Suit 401, Toronto, ON M2P 2A9

Telephone: 416-635-2860

Hours: Monday-Sunday: 7:00 a.m. - 8:30 p.m.

Website: [Programs & Services | Circle of Care](#)

Advanced Care Planning

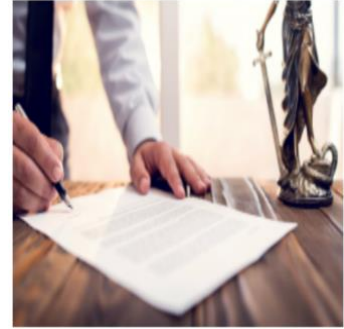
Advanced Care Planning

Advanced Care Planning helps prepare you and your Substitute Decision Maker for healthcare decisions that happen in the future. It gives consent to care or treatments you need if you cannot make those decisions.

Telephone: 1-800-349-3111 ext. 231

Email: info@advancecareplanningontario.ca

Website: <https://www.advancecareplanning.ca/>



What is a Power of Attorney (POA)

A power of attorney is a legal document that gives someone you trust the right to make financial or health care decisions for you. This trusted person does not have to be a lawyer to be your attorney.

Types of Power of Attorney

- Personal Care
- Property

Learn more about Attorney for Personal Care:

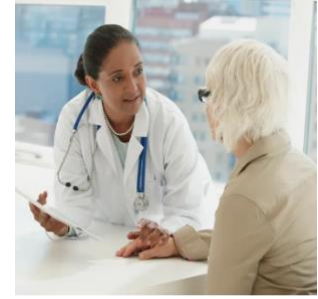
<https://www.advancecareplanningontario.ca/substitutue-decision-makers/attorney-for-personal-care>

Learn How to Appoint a Power Attorney: <https://www.ontario.ca/page/make-power-attorney>

Finding a Health Care Provider

1. Health Care Connect

Health Care Connect is a program launched by the Ministry of Health and Long-Term Care to help Ontarians without a family healthcare provider find one. The program refers people to physicians or nurse practitioners who are accepting new patients in your community. To learn more about the program visit their website, provided below.



Note: Health Care Connect does not guarantee they will find you a health care provider. You will not be able to sign up for Health Care Connect if you are already registered with a health care provider.

Eligible:

- Not already enrolled with a family doctor
- Have a validated Ontario health card
- Have an up-to-date mailing address associated with your health card

To register, call the telephone number below or register online.

Click on the link to register online: [Health Care Connect - Requirements for Registration - MOHLTC \(gov.on.ca\)](https://www.healthcareconnect.on.ca/requirements-for-registration)

A Health Care Connect nurse will:

1. Review your request.
2. Try to find you the right family health care provider in your community accepting new patients.
3. Contact you if a provider is found for you and give you their contact information.

Address: Unavailable

Telephone: 1-800-445-1822 or call 811 24 hours a day, 7 days a week

Website: [Health Care Connect - My Home Page - MOHLTC \(gov.on.ca\)](https://www.healthcareconnect.on.ca/my-home-page)

2. Ontario Physician

Contact an Ontario physician to ask if they are accepting new patients.

Steps:

1. Use The College of Physicians and Surgeons of Ontario's [Find a Doctor search](https://www.cpso.on.ca/find-a-doctor).
2. Choose "**Advanced Search**" to find a doctor near you (by city/town or postal code).
3. Click on "**Additional Search Options**" to narrow your search (to family doctors and/or language spoken).

Contact the doctor to check if they are accepting new patients.

Website: [Find a doctor or nurse practitioner | ontario.ca](https://www.findadoctororursepractitioner.onario.ca)