



A guide for older adults, caregivers, and service providers

Halton Older Adults' Directory

2026



Emergency/Crisis Services

Emergency Services

Ambulance, fire and police emergency response

CALL 911

Crisis Housing and Services

Crisis Outreach and Support Team (COAST)

Toll free..... 1-877-825-9011

www.halton.cmha.ca

Lighthouse Shelter (Oakville)

..... Call 311

www.salvationarmyoakville.ca

Sexual Assault & Violence Intervention Services (SAVIS) of Halton

Crisis line..... 905-875-1555

www.savisofhalton.org

Halton Women's Place Emergency Shelters

North Halton 905-878-8555

South Halton 905-332-7892

www.haltonwomensplace.com

Oakville 905-849-4541

www.dchalton.ca

Elder Abuse

If you are experiencing an immediate threat to your safety, call 911.

Distress Lines

Distress Centre Halton

Burlington 905-681-1488

North Halton 905-877-1211

Suicide Crisis Helpline

Available anywhere in Canada

Call or Text988

Poison Information

Ontario Poison Centre

Toll free..... 1-800-268-9017

TTY Use Call Relay Service

(see page 7 under "free local directory assistance")



Message from Commissioner of Social and Community Services Alex Sarchuk

Welcome to the **Halton Region Older Adults Directory!**

At Halton Region, we're committed to high-quality programs and services that support the health, independence, and well-being of our residents. Created by older adults in your community, this directory provides key information on health, housing, recreation, and community programs.

Our communities are changing, and older adults are among the fastest growing age groups in the region. By 2041, residents aged 65 and over are expected to make up about 21% of our population, up from 16% in the 2021 Canadian census.

To support this growth, Halton Region is committed to preventing illness, reducing health inequities, and advancing safety for all residents. Whether you're exploring long-term care options, financial assistance, or social activities, this directory will help you find services across Burlington, Halton Hills, Milton, and Oakville.

A heartfelt thank you to the Older Adult Advisory Committee on their ongoing advocacy and dedication. Together, we are working to ensure Halton remains a great place to live, work, raise a family, and retire.

Sincerely,

Alex Sarchuk
Commissioner of Social and Community Services
Halton Region



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Inclusion of any agency or service in this directory
does not constitute an endorsement of the service.

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Abuse Prevention

Elder Abuse Prevention

If you are experiencing an immediate threat to your safety, call 911.

Any senior can experience elder abuse. It can be physical, neglect, financial or psychological. If you suspect abuse, call any of the resources below:

Halton Regional Police Service Elder Abuse Enquiries/Reporting

South Halton 905-825-4747, ext. 5243

North Halton 905-878-5511, ext. 5243

www.haltonpolice.ca

Seniors Safety Line

This 24/7 confidential service offers support for seniors in Ontario who may be experiencing neglect, abuse, or distress. We're here to listen, offer guidance, and help you find safety and peace of mind. Don't wait, Reach out now.

1-866-299-1011

www.seniorssafetyline.ca

Crime Stoppers (Anonymous tips)

Toll free 1-800-222-8477

www.haltoncrimestoppers.ca

Elder Abuse Prevention Committee of Halton

..... 1-866-442-5866

Elder Abuse Prevention Ontario

..... 416-916-6728

..... 833 916-6728

www.eapon.ca

Supports for Women

Halton Women's Place

Services: 24/7 crisis lines, emergency shelter, counselling, court support, SafePet program, transitional housing, and public education.

Emergency Shelters:

North Halton (Milton & Halton Hills):

..... 905-878-8555 (Crisis)

..... 905-878-8970

South Halton (Burlington & Oakville):

..... 905-332-7892 (Crisis)

..... 905-332-1593

www.haltonwomensplace.com

Abuse Prevention

SAVIS (Sexual Assault and Violence Intervention Services of Halton)

Services: Free counselling, advocacy, support for survivors of violence, public education, and anti-human trafficking programs.

Toll free..... 905-875-1555
www.savisofhalton.org

The Women's Centre

Services: Peer support, legal clinics, employment coaching, workshops, and support groups. Open to all women and nonbinary individuals.

Milton 289-878-1943
Oakville 905-847-5520
www.thewomenscentreofhalton.com

Thrive Counselling

Services: Individual, couple, and family counselling, walk-in clinics, violence against women programs, Caring Dads, and supervised parenting.

Halton 905-637-5256
www.thrivecounselling.org

Halton Women's Place

North Halton 905-878-8555
South Halton 905-332-7892
www.haltonwomensplace.com



Community Information

Non-emergency Contacts

Police

Halton Regional Police Service

Burlington, Oakville 905-825-4777
Halton Hills, Milton 905-878-5511
Collision Reporting Centre
.....905 825-4640

www.haltonpolice.ca

Ontario Provincial Police

Toll free..... 1-888-310-1122

www.opp.ca

Fire Department

Burlington 905-637-8207
Halton Hills 905-877-1133
Milton 905-878-9251
Oakville 905-637-8253

The fire department may test and/or install smoke alarms and carbon monoxide detectors free of charge for older adults and residents with disabilities. Check with your local fire department find out what services are available to you.

Local Municipal Government Services

Burlington City Hall 905-335-7777
Halton Hills Town Hall..... 905-873-2600
Milton Town Hall..... 905-878-7252
Service Oakville..... 905-845-6601

Halton Regional Government

Call 311 (available 24 hours a day in multiple languages)

General..... 905-825-6000
Toll Free 1-866-442-5866
TTY 905-827-9833
Fax 905-825-9010

Email: accesshalton@halton.ca

www.halton.ca

Address

1151 Bronte Road, Oakville L6M 3L1

Walk-in service is available from 8 a.m. to 5 p.m., Monday to Friday (excluding statutory holidays).

Community Information

Halton Region provides a range of services including assisted housing, services for seniors, public health programs, social services and more.

Ontario 211

211 Ontario is a free and confidential provincial helpline to connect Ontario residents to Community Navigators who can refer the caller to appropriate community, health, social, and government services within their community. Available 24/7 in more than 150 languages.

Call or text 211

Email: gethelp@211ontario.ca
www.211ontario.ca

Halton Information Providers (HIP)

Local libraries also provide community information and referral services by phone, online or in-person.

seniors.hipinfo.ca

Information Burlington

Burlington Central Library, 2331 New St.

.....905-639-3611, Ext. 1222

infoburlington@bpl.on.ca

Information Halton Hills

Halton Hills Public Library, 9 Church St.

.....905-873-2681, Ext. 2511

informationhaltonhills@haltonhills.ca

Information Milton

Milton Public Library, Beaty Branch, 945

Fourth Line.....905-875-2665, Ext. 3234

information.milton@beinspired.ca

Information Oakville

Oakville Central Library, 120 Navy St.

.....905-815-5952

informationoakville@oakville.ca

Community Information

Telecommunications Relay Service (TRS)

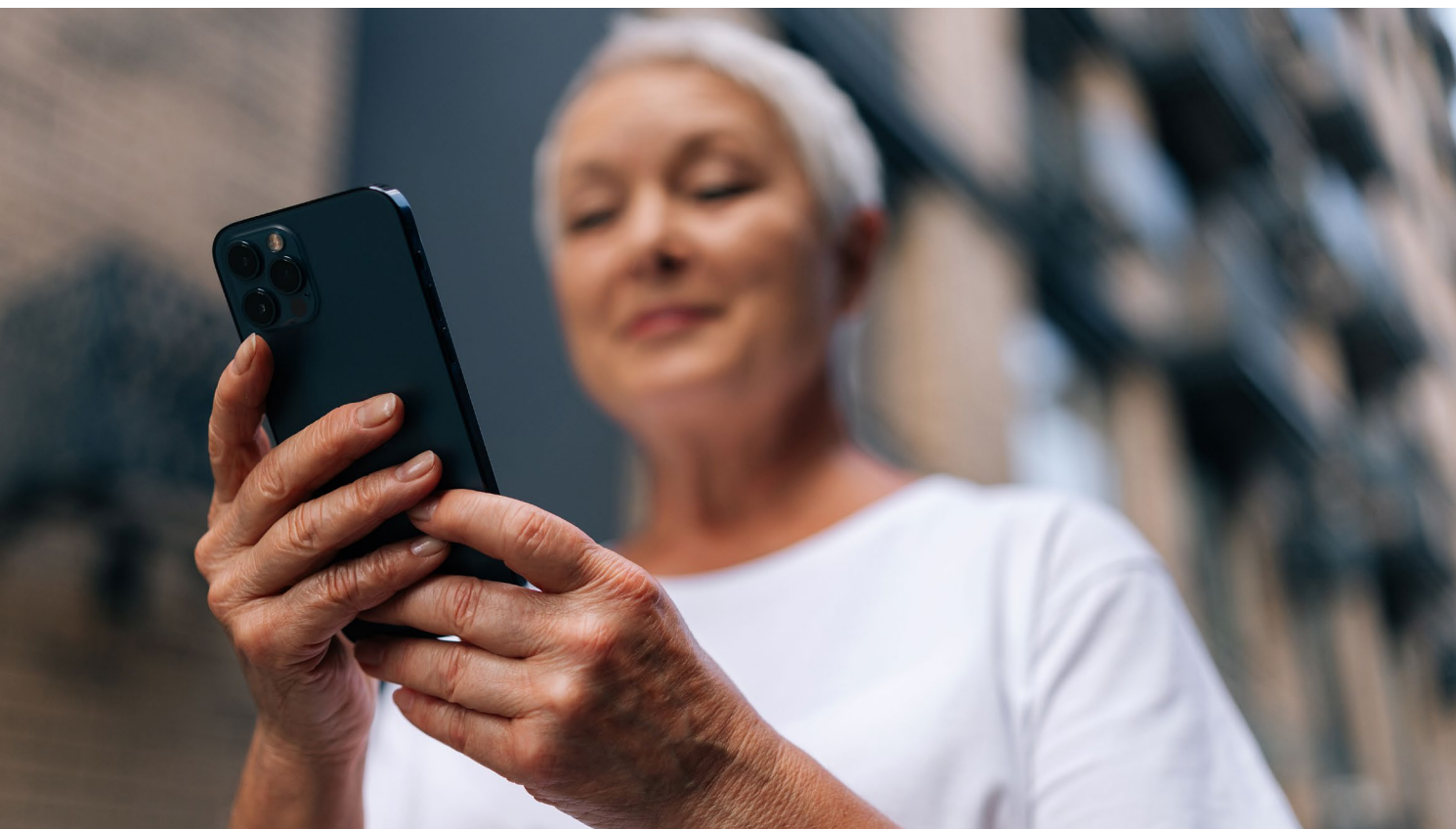
TRS connects people with hearing or speech disabilities to people with hearing, using a relay operator to facilitate communication.

For TTY users

- Dial 711.
- The operator will respond, and you can then type the number you wish to call, followed by “GA” (go ahead).

For voice users calling a deaf person

- Dial 1-800-855-0511 from a standard phone.
- You will be connected to a relay operator who will then ask for the phone number you want to reach. The operator will relay your spoken message to the TTY user.



Community Safety

Community Safety Programs

Canadian Anti-Fraud Centre

Toll free..... 1-888-495-8501
www.antifraudcentre.ca

Canadian Red Cross First Aid

Halton & Peel Region 905-890-1000
www.redcross.ca

Crime Stoppers of Halton

Anonymous Tips on Crime
..... 1-800-222-8477
www.canadiancrimestoppers.org

Connect Care Medical Alert Service

In cooperation with Halton Healthcare, Connect Care offers their medical alert service through Oakville Trafalgar Memorial Hospital.
..... 905-338-4357
www.connectcareMedicalAlert.ca

Emergency Information Vials Halton Region

The Halton Emergency Information Vial Program provides residents a free vial to store critical medical information (medications, allergies, and contacts)

in their fridge. Paramedics are trained to look for this orange-labeled vial to speed up care.

To receive your vials, Call 311 or visit
www.halton.ca

<https://www.halton.ca/for-residents/paramedic-services/paramedic-services-community-programs>

Halton Regional Police Services

To report a concern regarding the safety of a senior:

Safety For Seniors..... 1-800-222-8477
Halton Regional Police Older Adult Strategic Partnership
..... 905-825-4747, ext. 5243

www.haltonpolice.ca

Knowledge Flow Cybersafety Foundation

The mission of the Knowledge Flow Cybersafety Foundation is to make Canadians #UnHackable by providing access to expert cybersafety education and digital media literacy skills. We are dedicated to teaching critical abilities such as securing personal devices, protecting online identity, and preventing cybercrime victimization.

www.knowledgeflow.org

Community Safety | Continuing Education

Paramedic Services Halton Region

Call 311 or visit www.halton.ca

Safe Driving

For information, refer to OAAC’s “Safe Driving for Older Adults” and “For Ontario Drivers Age 70 Plus”. To request a copy, call 311.

Continuing Education

Halton District School Board

Toll free..... 1-877-618-3456
www.hdsb.ca

Halton Catholic District School Board

Toll free..... 1-800-741-8382
www.hcdsb.org

McMaster University, Centre for Continuing Education

..... 905-525-9140
continuing.mcmaster.ca

Mohawk College of Applied Arts and Technology

..... 905-575-1212
www.mohawkcollege.ca

Sheridan College

..... 905-845-9430
Centre for Elder Research: Learn more or become involved in research to improve the day-to-day lives of older adults and their families.....ext. 2977
www.sheridancollege.ca

University of Toronto School of Continuing Studies

(Oakville lecture series and online learning) 416-978-2400
www.learn.utoronto.ca



Government Programs | Financial Aid

Federal Programs

For general information about Government of Canada programs and services, call Service Canada.

Toll free 1-800-622-6232

TTY 1-800-926-9105

www.servicecanada.gc.ca

For assistance with any federal programs or forms, visit your local Service Canada office or call your federal member of Parliament (MP).

You can use the handy Benefits Finder on the Service Canada website to find programs that you are eligible for: canada.ca/en/services/benefits/finder.html

Service Canada Locations

Burlington
.....676 Appleby Line, Unit E108

Georgetown
..... 232 Guelph St, 1st Floor

Milton
.....433 Steeles Ave E, Suite 103

Oakville
.....Trafalgar Village Mall, 125 Cross Ave.

Provincial Programs

Call Service Ontario for general information on all provincial government programs and services including Senior's Info Line and Ontario Ministry of Health and Long-Term Care.

Toll free..... 1-800-267-8097

www.ontario.ca

For more information refer to "A Guide to Programs and Services for Seniors" (back page of this directory) or OAAC's "Government Income Sources for Older Adults".

For a complete list of provincial benefits, visit: <https://www.ontario.ca/page/find-benefits-and-programs>

Ontario Seniors Dental Care Plan

Provides free, routine dental services for low-income adults 65 years and older.

Toll free..... 1-833-207-4435

Government Programs | Financial Aid

For assistance with provincial programs or forms, visit your local ServiceOntario offices or call your local member of provincial parliament (MPP).

Service Ontario Locations

For assistance with provincial programs visit your local Service Ontario office.

Burlington 1250 Brant St, Unit 9
..... 3455 Fairview St, Unit 5
Georgetown
..... 280 Guelph St, 1st Floor
Milton2800 High Point Dr, Suite 200
.....55 Ontario St S, Unit C20
Oakville 105 Cross Ave, Unit A9
.....760 Pacific Rd, Unit 29
.... 220 North Service Rd W, Suite P5030
.....2460 Winston Churchill Blvd
(inside Staples)

For more information on federal and provincial financial support programs see “Income Sources for Older Adults” brochure. To get a copy, call 311 or visit www.halton.ca

Regional Programs

Emergency Assistance

Halton Region provides emergency/ short-term assistance for shelter, dental care, eye care, medical aids, hearing aids, transportation, funerals and rent arrears to those who qualify.

.....Call 311 or TTY 905-827-9833
.....visit www.halton.ca

Halton Accessibility Repair Program (HARP)

The Halton Accessibility Repair Program is a component of Ontario Priorities Housing Initiative Ontario Program. HARP provides financial assistance to eligible Halton homeowners in the form of a combined grant and forgivable loan, up to a maximum of \$10,000.

Older Adult Property Tax Deferral Program

The Older Adult Property Tax Deferral Program supports older adults who need financial help to continue living in their own homes. The program, developed by Halton Region in partnership with the local municipalities, enables older adults (65 years old and older) with a total income below the Assisted Income

Government Programs | Financial Aid

Threshold to defer their annual property tax payments. The Assisted Income Threshold is assessed annually and as of January 2023, the income threshold is \$69,500. For more information call 311 or visit www.halton.ca

Local Municipalities

City of Burlington 905-335-7750

www.burlington.ca

Town of Halton Hills 905-873-2601

www.haltonhills.ca

Town of Milton 905-878-7252,
ext. 2193

www.milton.ca

Town of Oakville 905-338-4222

www.oakville.ca

Local Municipalities may also offer property tax grants or rebates to older adults.

Help with your Taxes

Learn About your Taxes

Free online course to help you file a basic form.

www.canada.ca/en/services/taxes.html

Under “Personal income tax” and “Learn about your taxes.”

Refer also to “A Guide to Programs and Services for Seniors” (see back page for information).

Free income tax clinics

Clinics are held in various locations. Contact your local Halton Information Providers (HIP). See page 5 for more information

www.seniors.hipinfo.ca

CRA – Simple File (Automatic Filing)

This free service is offered by the Canada Revenue Agency (CRA) to eligible individuals with a lower income and a simple tax situation to file personal income tax and benefit return. Filing may be completed online, by phone or on paper.

For more information go to www.canada.ca – search Simple File

Other Financial Information

Halton Consumer Credit Counselling Services

Operated by Thrive Counselling, this program provides money management planning, budgeting advice and counselling concerning credit and debt matters (fees may apply).

Burlington 905-637-5256

Oakville 905-845-3811

Toll free..... 1-866-457-0234

www.thrivecounselling.org

Health Care

Many local businesses, such as grocery stores and taxi services, provide discounts to older adults. Special offers are also given to older adults by many credit unions, banks, and trust companies.



Health 811

(Formerly Telehealth Ontario)

Health 811 is a free, secure and confidential service you can call or access online 24 hours a day, seven days a week to get health advice from a registered nurse or find health services or information.

Use Health 811 to:

- Find a Doctor
- Apply for a Health Card
- Check Symptoms
- Find Health and Community Services
- Check coverage for prescriptions and Assistive Devices
- Get information on Vaccines and Immunization
- Find mental Health Support
- Check Wait Times
- and more

Health Care

Hospitals

Halton

Joseph Brant Hospital (Burlington)

..... 905-632-3737

www.josephbranthospital.ca

Halton Healthcare Services

Georgetown Hospital 905-873-0111

Milton District Hospital ... 905-878-2383

Oakville Trafalgar Memorial Hospital

..... 905-845-2571

www.haltonhealthcare.on.ca

Hamilton

Hamilton Health Sciences

Hamilton General Hospital

..... 905-521-2100

St. Peter's Hospital..... 905-777-3837

Juravinski Hospital..... 905-521-2100

Juravinski Cancer Centre

www.jcc.hhsc.ca

..... 905-387-9495

www.hamiltonhealthsciences.ca

St. Joseph's Healthcare Hamilton

Charlton Campus 905-522-1155

King Campus..... 905-522-1155

West 5th Campus 905-522-1155

<https://www.stjoes.ca>

Brampton/Mississauga

William Osler Health System

Brampton Civic Hospital

..... 905-494-2120

Etobicoke General Hospital

..... 415-747-3400 or 905-494-2120

Peel Memorial Hospital

..... 905-494-2120

www.williamoslerhs.ca

Trillium Health Partners

Credit Valley Hospital..... 905-813-2200

Mississauga Hospital..... 905-848-7100

Queensway Health Centre

..... 416-259-6671

www.thp.ca

Ambulance Services - Emergency – Call 911

Be ready to provide location details (address and main cross streets) to the 911 operator.

Paramedics will make sure the patient is transported to the most appropriate hospital for treatment. For example, if the patient is suffering from a stroke, paramedics will transport the patient to a stroke facility.

Health Care

The typical cost for emergency ambulance service is \$45.00

Patient Transfers (non-emergency)

For a list of private transfer services, call211
Or email:info@PatientTransferOntario.ca

For non-emergency patient transfers from home to a healthcare setting (hospice, medical appointments, LTC, etc.) transportation will need to be arranged with a private carrier.

Be sure to compare the provided services and related costs from various providers to find the most suitable supplier.

Pharmacies

To find a Pharmacy in your area Call 211
Or search the website: www.211ontario.ca

Residents of Halton Hills, Milton and Oakville can also:

- Contact Ontario Health atHome by dialing..... 310-2222
- Or search the Mississauga Halton Healthline webpage<https://www.mississaugahaltonhealthline.ca/>

In addition to dispensing prescription medications, Pharmacies provide additional services including:

- Safe disposal of sharps and unused medications
- An annual MedsCheck appointment to review all of your prescription, over-the- counter
- Alternative medications with a pharmacist
- Prescribing certain medications for the treatment of minor specific ailments such as
- Uncomplicated urinary tract infection, pink eye, insect and tick bites, hemorrhoids, yeast
- Infection, cold sores, acne, etc.
- Providing vaccination services

Health Care

For information on drug coverage consult the “Coverage of Drug Costs” Fast Fact brochure. To get a copy, call 311 or visit www.halton.ca



Finding a Doctor

Health 811 (formerly TeleHealth Ontario)
.....811

www.health811.ontario.ca

Central Registry (Halton Hills, Milton, and Oakville)905-281-4443 Ext. 122

Select “Supports for Daily Living”

www.centralregistry.ca

Care Finders
www.carefinders.ca

Doc Maps
www.docmaps.ca

Walk-in Clinics

Visit<http://www.211ontario.ca>
Call211

Going to a walk-in clinic may negatively affect your family doctor. Your doctor might face reduced funding if you frequently use walk-ins, and some might remove you as a patient if they offer their own after-hours care. This has the potential to strain the doctor-patient relationship and disrupt continuity of care your doctor provides.

It is recommended that you check with your doctor before using a walk-in clinic.

Urgent Care Clinics

In Ontario, choose an **Emergency Room (ER)** for life-threatening or severe, sudden conditions (e.g., chest pain, stroke, major trauma). Choose an **Urgent Care Centre (UCC)** for unexpected, non-life-threatening issues requiring same-day care (e.g., sprains, minor cuts/burns, infections) to avoid long ER wait times.

An urgent care clinic provides same-day, walk-in medical services for unexpected, non-life-threatening illnesses and injuries that require prompt attention but not an emergency room visit. Staffed by qualified clinicians, these centers treat

Health Care

sprains, minor broken bones, infections, cuts, and fevers, often offering on-site X-rays and lab services. No referrals are required.

To find an Urgent Care Clinic and hours of operation in your area contact call 211

Or search the 211 website at <http://www.211ontario.ca>

Immunization Information

Call 311 or visit www.halton.ca

Be sure to coordinate immunization records with your doctor.

Ontario Health atHome (OHAH)

Ontario Health atHome helps patients, their families and caregivers when they need services, support and guidance to:

- Remain safely at home with the support of health and other care professionals
- Return home from hospital and recover at home
- Find a family doctor or nurse practitioner
- Find community services that support healthy, independent living

- Transition to long-term care or supportive housing
- Die with dignity in the setting of their choice

For more information visit www.ontariohealthathome.ca

Burlington 905-639-5228
Toll free..... 1-800-810-0000
Halton Hills, Milton and Oakville
..... 905-855-9090
Toll free..... 1-877-336-9090

Sexual Health Clinics

Call 311 or visit www.halton.ca

Suicide Crisis Helpline

Help available 24/7 365 days a year.
Call or text988
For more information.....www.988.ca



Home and Community Support Programs

Adult Day Programs

Provide therapeutic and recreational activities for older adults, adults with disabilities and relief to caregivers.

Referral Information:

To attend an Adult Day Program a referral must be completed by Ontario Health atHome (OHAH):

Hamilton Niagara Haldimand Brant
OHAH (Burlington)
..... 1-800-810-0000
Central Registry – Mississauga Halton
OHAH (Oakville, Milton and Halton
Hills.....905-281-4443 Ext. 122

Program Information:

Acclaim Health Adult Day Programs

Burlington..... 905-827-8800
Oakville 905-827-8800
Toll free..... 1-800-387-7127
www.acclaimhealth.ca

Halton Region Adult Day Programs

Milton Place, Friends Landing, Milton
..... Call 311
Silver Creek Place, Georgetown
..... Call 311
www.halton.ca

Seniors Life Enhancement Centres Adult Day Program

Oakville 905-279-9061
www.slec.ca

Wellness House Adult Day Program

Burlington 905-632-5358
www.josephbranthospital.ca
(Search Wellness House)

Attendant Care

Halton Outreach Attendant Services - March of Dimes Canada

Trained outreach attendants provide personal care and prepare meals to eligible individuals as available.

Burlington/North Halton
..... 905-631-9683
Toll free..... 1-866-631-9683
Oakville 905-845-7412
www.marchofdimes.ca
(search Attendant Services)

Dementia Supports

Acclaim Health

Acclaim Health has the Halton Dementia Guide available which provides

Home and Community Support Programs

information about dementia services available in Halton Region.
..... 905-827-8800
[www.acclaimhealth.ca/
HaltonDementiaGuide-Spring23_web](http://www.acclaimhealth.ca/HaltonDementiaGuide-Spring23_web)

Alzheimer Society

The Alzheimer Society of Halton is part of a network of Alzheimer Societies operating across Ontario dedicated to supporting families living with dementia. Services include dementia education, counseling, support services and health and wellness activities.

Halton..... 1-800-565-4614
www.alzda.ca

Dental Care

Ontario Seniors Dental Care Program (OSDCP)

The Ontario Seniors Dental Care Program (OSDCP) provides free, routine dental services for low-income seniors who are 65+ years of age.

For questions about eligibility, how to apply or how to access services in Halton, please call 311.

Canadian Dental Care Plan (CDCP)

The Canadian Dental Care Plan (CDCP) is a federal program designed to make dental care more affordable to eligible Canadians.

To apply contact 1-833-537-4342 or go to www.canada.ca/dental

Under certain eligibility criteria you may qualify for benefits under both the provincial and federal Dental Care programs.

Exercise and Falls Prevention Programs

Seniors aged 65 and older can join free classes to help maintain balance and strength or prevent falls.

For information on exercise and fall prevention classes and locations in your community call 811 or contact your local Ontario Health atHome office:

Hamilton Niagara Haldimad Brant
(Burlington) 1-800-810-0000
Mississauga Halton (Oakville, Milton
and Halton Hills) 1-877-336-9090

Home and Community Support Programs

Caregiver Supports

Often those providing care for a spouse, friend, parent or other relative may put their own health at risk. A growing number of organizations are dedicated to supporting caregivers offering online resources and training, in person support groups and crisis support.

Acclaim Health

Caregiver education and support groups 1-800-387-7127

Halton Regional Police Services Older Adult Liaison Team

A specialized unit that provides outreach and support to seniors and their caregivers by connecting them with community resources.

Halton Regional Police Services
..... 905-825-4747 Ext. 5598

Crisis Outreach and Support Team (COAST)

Provides residents of Halton with immediate outreach and support during a mental health crisis.

Toll free 1-877-825-9011
www.halton.cmha.ca

Health 811 (formerly Telehealth Ontario)

Connect with a registered nurse day or night for free, secure and confidential health advice..... Call 811
www.health811.ontario.ca

The Mississauga Halton Regional Learning Centre

Provides online and in-person education for caregivers and families.
..... 905-829-7006
www.regionalllearningcentre.ca

Ontario Caregiver Organization

An online resource offering a wide range of resources including a 24/7 phone helpline, counselling, peer support, podcasts, webinars, videos, caregiver tools and helpful links.

..... 1-833-416-2273
www.ontariocaregiver.ca

Caregiver Exchange

An online resource for caregivers that provides access to short videos and articles related to caregiving.

Home and Community Support Programs

Carechannel by Saint Elizabeth Foundation

An online portal with free resources to help caregivers.

<https://carechannel.elizz.com>

For additional information on Caregiver support consult the “Information for Caregivers” Fast Fact brochure. To get a copy, call 311 or visit www.halton.ca



Respite Care for Family Caregivers

From time to time, caregivers need a break to take care of their own needs. Respite care is a term used to describe the provision of a short-term professional replacement caregiver. Respite care can be provided at home or in a LTC facility.

Acclaim Health

Offers a variety of respite services for individuals caring for loved ones with dementia, including in-home visits from trained volunteers, adult day programs,

and overnight respite services. Some of these services may require a fee.

.....905 827-8800
or toll free at 1-800 387-7127

www.acclaimhealth.ca

Caregiver ReCharge Services (Halton Hills, Oakville, Milton)

Caregiver ReCharge allows clients to remain in the comfort and security of their own home while caregivers take a break, whether it is for a few hours, a day, or a weekend. Professional caregivers provide in-home non-medical assistance to clients with personal care, exercises, meals, medication reminders, light housekeeping, safety & risk monitoring and companionship.

.....905-281-4443 Ext. 122

[www.centralregistry.ca/
caregiver-recharge](http://www.centralregistry.ca/caregiver-recharge)

Ontario Health atHome (OHAH) formerly Home and Community Support Services

Ontario Health atHome provides in-home assessments to determine eligibility for caregiver respite services.

Home and Community Support Programs

To contact a Care Coordinator:

Burlington..... 1-800-810-0000
Oakville, Milton, Halton Hills
..... 1-877-336-9090

Caregiver Financial Support

Service Canada provides a variety of benefits to support caregivers. The different benefits are noted below.

Service Canada..... 1-800-622-6232

Employment Insurance Benefits

Employment Insurance (EI) offers financial support for caregivers through caregiving benefits.

www.canada.ca/ei

Canada Caregiver Tax Credit

You may be able to claim the Canada Caregiver Tax Credit if you support your spouse or common-law partner (or a close relative) with a physical or mental impairment.

www.canada.ca/CRA

(Search Canada Caregiver Credit)

Canada Caregiver Recognition Benefit (Veterans Affairs)

This benefit offers financial support to informal caregivers providing support to veterans.

www.veterans.gc.ca

(Search Caregiver Recognition Benefit)

The Home & Vehicle Modification® Program

The Home & Vehicle Modification® Program provides funding for basic home and/or vehicle modifications to enable adults with disabilities that restrict mobility to continue living safely in their homes, avoid job loss and participate in their communities.

Ontario March of Dimes toll free
1-877-369-4867

www.marchofdimes.ca/hvmp



Home and Community Support Programs

Food and Meal Programs

To find out about Meal Programs in your area call 311.

Central Registry (Halton Hills, Milton, and Oakville)

Get help in accessing food support including Congregate Dining, Meal Delivery and Food Banks.

.....905-281-4443 Ext. 122

www.centralregistry.ca/food-support-programs

Food for Life

The Food for Life website offers an easy way to search for community meals, food banks, community frig, snack programs and food programs in your area.

..... 905-635-1106

www.foodforlife.ca

Meals-on-Wheels

Volunteers provide home delivery of nutritious hot lunches and/or frozen pre-packaged meals at a reasonable cost.

Canadian Red Cross

Burlington 905-637-5664
www.redcross.ca

Links2Care

Acton & Georgetown 905-873-6502

www.links2care.ca

Milton Meals-on-Wheels

..... 905-878-6699

www.miltonmow.com

Oakville Meals-on-Wheels

..... 905-842-1411

www.oakvillemealsonwheels.com

Friendship Luncheon – Town of Oakville

Town of Oakville

..... 905-815-5960

Offering a hot meal, chair exercises, and a social afternoon at Town of Oakville Recreation Centres. Registration is required. For eligibility and availability please call 905 815-5960.

Sir John Colborne Centre

1565 Old Lakeshore Road
Wednesdays 11:00 am – 2:30 pm

Trafalgar Park Community Centre

133 Rebecca Street
Tuesdays 11:00 am – 2:00 pm

Iroquois Ridge Older Adult Centre

1051 Glenashton Drive
Thursdays 11:00 am – 2:00 pm

Home and Community Support Programs

Community Meals- Kerr Street Mission (Oakville)

Currently offering 5 meals each week out of their Oakville location.

Kerr Street Mission

..... 905-845-7485

Community & Lunch Program- Wellington Square United Church (Burlington)

Every Friday, The Hub is open from 10:00am to 2:30pm, offering snacks, hot and cold drinks & a safe, caring space to connect.

Wellington Square United Church

..... (905) 634-1849

www.wsquare.ca/community-food-program

Community Meals-St.Christopher's Anglican Church (Burlington)

Every Thursday at noon lunch is offered to seniors in the Great Hall.

St. Christopher's Anglican Church

..... 905-634-1809

www.stcb.ca/open-doors/clothing-food

Congregate Dining- Links2Care (Halton Hills)

Enjoy a warm meal and good company right in your own building! Meal dates and sign-up sheets are posted in each participating senior's residence.

..... 905-873-6502

www.links2care.ca

(Search – Meal Programs)

Food for Life

Food for Life collects surplus perishable food from food suppliers and grocery stores and redistributes fresh, nutritious food to clients that are often not able to afford fresh food. Contact Food for Life for times and locations near you

..... 905-635-1106

www.foodforlife.ca

Foot Care

Ontario Health atHome

Contact your local Ontario Health atHome for information about in-home foot care.

Burlington 1-800-810-0000

Oakville, Milton, Halton Hills

..... 1-877-336-9090

Home and Community Support Programs

Oakville Trafalgar Memorial Hospital Foot Care and Orthotic Centre

Offering a broad range of foot care
services for a fee.

461 North Service Road W, unit 27B,
Oakville 905-338-4669

www.oakvillehospitalfootcare.ca

Acclaim Health

Offers the services of a registered foot
care nurse in home or at their 4155
Fairview St. Burlington location for a fee.

Apply online or call **905-827-8800** or
toll-free at **1-800-387-7127** and ask to
set up a foot care appointment.

www.acclaimhealth.ca/foot-care

Assistive Devices (assessment, rental or purchase)

Ontario Health atHome

Contact your local Ontario Health
atHome for information regarding
available assistive devices.

Burlington 1-800-810-0000

Oakville, Milton, Halton Hills

..... 1-877-336-9090

www.ontariohealthathome.ca

Home Maintenance & Repair

Links2Care

Offers a referral service that connects
seniors aged 65+ with handypersons
who can complete a range of small
home indoor and outdoor repairs.
These services are available for a fee
and can be scheduled for one time or
ongoing service.

..... 905-844-0252

www.links2care.ca

In-home Services

Services can include nursing, personal
care, physiotherapy, occupational
therapy, and respite care.

Ontario Health atHome

Contact your local Ontario Health
atHome for information regarding
available assistive devices.

Burlington 1-800-810-0000

Home and Community Support Programs

Oakville, Milton, Halton Hills
..... 1-877-336-9090

www.ontariohealthathome.ca

Assisted Living Supports

Some residential settings provide more intensive supports for older adults and adults with disabilities through the Assisted Living (Burlington) or Supports for Daily Living Services (Halton Hills, Milton, Oakville).

Halton Region publishes a booklet titled "Housing Information for Older Adults in Halton" with additional helpful information.

To request a copy, call 311 or go to <http://www.halton.ca/>

(Search Housing Information for Older Adults)

Assisted Living

Ontario Health atHome (OHAH)
Burlington 1-800-810-0000

Supportive Housing- Burlington

AbleLiving 905-692-4465

Supportive Housing- Georgetown

Halton Healthcare 905-873-8765

Supports for Daily Living Services

Central Registry
www.centralregistry.ca

Halton Hills, Milton and Oakville
..... 905-281-4443 Ext. 122

Supportive Housing- Acton

Links2care 905-844-0252

Hospice Care

Carpenter Hospice

..... 905-631-9994

www.thecarpenterhospice.com

Ian Anderson House

..... 905-337-8004

www.ianandersonhouse.com

Palliative and End of Life Care

Ontario Health atHome

Burlington 1-800-810-0000

Oakville, Milton, Halton Hills
..... 1-877-336-9090

www.ontariohealthathome.ca

Home and Community Support Programs

Acclaim Health

Offers Palliative Care Resources,
Support Groups, Volunteer Visiting and
Consultations

Toll free..... 905-827-8800
www.acclaimhealth.ca

Phone Reassurance & Volunteer Visiting

Acclaim Health

Friendly Visiting and Tele-Touch
(volunteer phone calls)

Toll free..... 905-827-8800
www.acclaimhealth.ca

Links2Care

Phone Assurance Program, Friendly
Visiting 905-844-0252
www.links2care.ca

Distress Centre of Halton

Distress Support

Burlington 905-681-1488
Halton Hills/Milton..... 905-877-1211
Oakville 905-849-4541

Telecheck

.....905-849-4559 Ext. 104
www.dchalton.ca



Housing and Utilities

Emergency Housing

If you are facing homelessness or eviction, call 311.

Housing Options

For comprehensive housing information, refer to OAAC’s “Housing Information for Older Adults in Halton” at www.halton.ca or call 311 to request a copy.

Utilities Financial Support

Ontario Electrical Support Program (OESP)

If you’re the customer of an electricity utility and your household size and income meet certain levels, you may qualify for a reduction on your electricity bill through the OESP.

The OESP will reduce the cost of your household electricity by applying a monthly credit directly to your bill.

Toll free..... 1-855-532-1616
TTY..... 1-800-855-1155
www.ontarioelectricitysupport.ca

Low Income Energy Assistance Program (LEAP)

If you are behind on your electricity or natural gas bill and face having your service disconnected, you may qualify for emergency financial help.

..... 1-877-632-2727
..... 416-314-2455
<https://www.oeb.ca/consumer-information-and-protection>

Home Renovation Savings Program

The Energy Affordability Program provides support to income-eligible electricity consumers to improve home efficiency and comfort.

..... 1-844-770-3148
www.saveonenergy.ca/For-Your-Home



Legal | Advisory | Advocacy

Legal Services

Call 311 to request OAAC’s “Wills/Powers of Attorney” Fast Facts brochure.

Call 311 to request
OAAC’s “Wills/Powers
of Attorney” Fast Facts
brochure.



Halton Community Legal Services

..... 905-875-2069
www.haltonlegal.ca

Advisory/Advocacy

Advocacy Centre for the Elderly (ACE)

..... 416-598-2656
www.advocacycentreelderly.org

Burlington Seniors’ Advisory Committee

..... 905-335-7698
www.burlington.ca

CARP (Canadian Association of Retired Persons) - Halton Chapter

..... 905-319-7345
www.haltonseniorsadvocacygroup.ca

Canadian Caregiver Coalition

24/7 Helpline 1-833-416-2273
www.ontariocaregivercoalition.ca

Community Development Halton

..... 905-632-1975
Toll free..... 1-855-395-8807
www.cdhalton.ca

Concerned Friends of Ontario Citizens in Care Facilities Inc

www.concernedfriends.ca

Halton Region – Advisory Committees

Call 311 or visit www.halton.ca

Halton Regional Police Service Older Adults Liaison Team

..... 905-825-4747 ext.5598
www.haltonpolice.ca

Office of the Ontario Ombudsman

Toll free..... 1-800-263-1830
www.ombudsman.on.ca

Legal | Advisory | Advocacy

AdvantAge Ontario Advancing Senior Care

..... 905-851-8821
www.advantageontario.org

Ontario Society of Senior Citizens Organizations

..... 416-785-8570
www.ossco.org

Ontario Retirement Communities Association (ORCA)

Toll free..... 1-888-263-5556
www.orcaretirement.com

Ontario Ministry of for Seniors and Accessibility

Toll free..... 1-866-515-2025
www.ontario.ca/page/ministry-seniors-accessibility

Seniors Working Action Group (SWAG) Oakville

..... 905-466-6212
www.oakville.ca

United Senior Citizens of Ontario

Toll free..... 1-888-320-2222
www.uscont.ca

Tenant Advice

Canadian Centre for Housing Rights

Toll free..... 1-800-263-1139
www.housingrightscanada.com

Landlord and Tenant Board

Toll free..... 1-888-332-3234
www.tribunalsontario.ca/lrb

Ontario Human Rights System

Human Rights Tribunal of Ontario

Toll free..... 1-866-598-0322
TTY..... 1-800-855-0511
<https://tribunalsontario.ca/hrto>

Ontario Human Rights Commission

Toll free..... 1-800-387-9080
TTY..... 1-800-308-5561
www.ohrc.on.ca

Mental Health | Safety | Addictions

Mental Health

For general information.....311

Suicide Crisis Helpline

A safe space to talk, 24 hours
a day, every day of the year.

Call or text **988**

Crisis Outreach and Support Team (COAST)

Provides residents of Halton immediate
outreach and support during a mental
health crisis.

Toll free..... 1-877-825-9011

Canadian Mental Health Association (CMHA)- Halton

Promotes Mental Health for all through
support, treatment, & learning and
provides services for a continuum of
community-based mental health and
wellness care.

Canadian Mental Health Association
Halton 1-877-693-4270

www.halton.cmha.ca

Distress Centre Halton

Provides free, confidential 24/7
telephone support for crises, loneliness,
and emotional stress. Immediate crisis
support is available via phone in:

Burlington 905-681-1488

Halton Hills/Milton..... 905-877-1211

Oakville 905-849-4541

www.dchalton.ca

Distress Centre Halton Telecheck Service

TeleCheck offers telephone support and
friendly social connections to individuals
experiencing isolation, and emotional
and mental health concerns.

.....905-849-4559 Ext. 104

Halton Geriatric Mental Health Outreach Program

Outpatient and Outreach Program)

Burlington 905-681-8233

Toll free..... 1-866-429-7677

www.stjoes.ca

(Search – Seniors Mental Health

Halton Healthcare Services Geriatric Assessment Clinic

..... 905-338-4362

Mental Health | Safety | Addictions

Mental Health Program - Older Adults

..... 905-845-2571, ext. 4800

Mobile Crisis Rapid Response Team

Provided by Halton Regional Police Services in partnership with St. Joseph’s Healthcare and Halton Healthcare. This team of police officers, psychologists and mental health professionals are trained and equipped to defuse or de-escalate crisis situations.

- Halton Regional Police Services- Mental Health Emergency911
- Halton Regional Police Services-Non-Emergency Line 905-825-4777

Joseph Brant Hospital Outpatient/ Geriatric Psychiatry Clinic

..... 905-632-3737
www.josephbranthospital.ca

North Halton Mental Health Clinic

- Acton 519-853-9741
 - Georgetown 905-338-4123
 - Milton 905-693-4240
- www.haltonhealthcare.on.ca

Schizophrenia– Institute for Advancement of Mental Health

..... 855-449-9949
www.iamentalhealth.ca

Safety

Vulnerable Person Registry

The Halton Regional Police Service (HRPS) Vulnerable Person Registry is a service that allows a family member or caregiver to provide information to police about a person which can help during an emergency. Details such as physical description, habits, or specific needs can help police locate or interact with the person.

- Halton Regional Police Services 905-825-4777
- www.haltonpolice.ca
(Search Vulnerable Person Registry)



Mental Health | Safety | Addictions

Wellness Check

The Halton Regional Police Service (HRPS) Crisis Outreach and Support Team (COAST) provides Halton residents, aged 16 and over, experiencing a mental health crisis with immediate outreach and support. Anyone can call the COAST crisis line which is answered by a trained mental health crisis worker 24-hours-a-day, seven days a week. For immediate safety risks, call 911.

COAST 1-877-825-9011

Substance Abuse and Addiction

Al-Anon Family Groups Head Quarters

..... 1-613-723-8484
www.al-anon.org

Al-Anon/Alateen Meeting Line

..... 1-888-425-2666
www.al-anon.alateen.org

Alcoholics Anonymous

Halton Service Office
..... 905-845-5900
Burlington 905-631-8784

Halton Hills/Milton/Oakville

..... 905-845-5900

Toronto.....416-487-723

www.aa.org

ADAPT

Burlington!..... 905-639-6537

Georgetown 905-873-2993

Milton 905-693-4250

Oakville 905-639-6537

www.haltonadapt.org

Hope Place Centres

Men's "Live-In" Treatment Centre

Toll free..... 1-877-761-6357

Women's "Live-In" Treatment Centre

24 hours 1-877-761-6357

www.hopeplacecentres.org

Gambling

ADAPT Halton

..... 905-639-6537

Toll free..... 1-877-517-2237

www.haltonadapt.org

Thrive Counselling

..... 905-845-3811

www.thrivecounselling.org

Mental Health | Safety | Addictions

Gamblers Anonymous

Toll free Helpline..... 1-855-222-5542

Burlington 905-912-9175

Other locations 416-366-7613

www.gatoronto.ca

Smoking Cessation

Talk to your pharmacist or family doctor about quitting smoking. They can help you find the right support.

The Centre of Addiction and Mental Health STOP Program offers free nicotine patches, gum, and counselling to help you quit.

.....1-800-463-2338 ext. 34455 ADAPT

..... 1-866-783-7073

or self-enroll at www.stoponthenet.ca

Free, confidential health advice and quit support 24/7811

Toll free..... 1-866-797-0007

Indigenous Quit Smoking and Vaping Support

Talk Tobacco 1-833-998-8255

www.smokershelpline.ca



Newcomer Services

Halton Region Government Services

Free, multilingual assistance is available to Halton Region residents.
.....311

HMC Connections

Halton Multicultural Council (HMC) offers settlement, employment supports, crisis assistance, English language training, interpretation and translation services and a wide variety of programs to welcome and support newcomers in Halton Region.

Programs for older adults include English Conversation Circle and social groups.

- Head Office: North Oakville**
..... 905-842-2486
..... 380 Dundas St. E. Unit D-11
- Burlington** 905-842-2486
..... Burlington Centre,
777 Guelph Line, Unit 204
- Milton** 905-842-2486
.....55 Ontario St. S, Unit C-11
- Georgetown** 905-873-6502
..... 360 Guelph St., Unit 33
- www.hmcconnections.com

Citizenship and Immigration Canada (CIC)

Federal department screens and approves immigrants, foreign students, visitors and temporary workers. Also helps settle refugees and assists newcomers adapt to Canadian society and become Canadian citizens. Monday to Friday 8 am to 4 pm.

- Toll free..... 1-888-242-2100
TTY..... 1-888-576-8502
www.cic.gc.ca

Achēv

Achēv is a leading charitable organization that delivers employment, settlement, language, women, youth and technology solutions services.

Newcomer Information Centres

- Multilingual staff provide free one-on-one information and referral services to assist immigrants with all their settlement needs and help facilitate a smooth transition to life in Canada.
- Achēv – Oakville**
.....690 Dorval Drive, Suite 100
..... 905-875-3851

Newcomer Services

Newcomer Information Centre Online

Offers updated information and referrals related to employment and settlement in Ontario. Topics include social isolation/loneliness, volunteerism promotion, and expanding awareness of elder abuse and financial abuse.
www.achev.ca

The YMCA GTA Newcomer Information Centre

This information and referral service offers online and in person support to newcomers in the GTA. They specialize in providing free, relevant and up-to-date settlement information for

Permanent Residents, Convention Refugees, and newcomers, to help them navigate their new lives in Canada.
.....416 741-8714
www.newcomersincanada.ca

Seniors Engagement and Empowerment Program (SEEN)

This program supports immigrant, racialized, and low-income older adults. Issues addressed include social isolation/loneliness, volunteerism promotion, and expanding awareness of elder abuse and financial abuse and fraud.
.....905-875-385
Toll free..... 1-800-668-1179



Newcomer Services

Halton Newcomer Information Pod

A comprehensive online resource for newcomers to Canada available in over 20 languages. Links to topics such as Healthcare, Housing, Settlement services, Financial Assistance, Education, Employment, Emergency/Crisis, etc.

<https://newcomers.hipinfo.ca>

Settlement.Org

An online resource for individuals interested in immigrating to Ontario offering information on Housing, Health, Employment, Education, Legal services, etc. Information offered in 40 different languages.

www.settlement.org



Recreation

Municipal Recreation Departments

For a complete listing of all recreation facilities in your community, please contact your local Recreation Department using the information listed below.

- Burlington 905-335-7738
<https://www.burlington.ca/en/recreation/recreation.aspx>
- Halton Hills 905-873-2601
<https://www.haltonhills.ca/en/explore-and-play/recreation-programs.aspx>
- Milton 905-878-7252, Ext. 2440
<https://www.milton.ca/en/arts-and-recreation/recreation.aspx>
- Oakville 905-815-2000
<https://www.oakville.ca/parks-recreation-culture/programs-activities/>

Conservation Areas

- Conservation Halton
..... 905-336-1158
www.conservationhalton.ca

Public Libraries

Special services may include large print, talking books, learning opportunities, literacy and career support, and home delivery.

- Acton Public Library
..... 905-873-2681
www.hhpl.on.ca
- Burlington Public Library
..... 905-639-3611
www.bpl.on.ca
- Georgetown Public Library
..... 905-873-2681
www.hhpl.on.ca
- Milton Public Library
..... 905-875-2665
www.mpl.on.ca
- Oakville Public Library
..... 905-815-2042
www.opl.on.ca

Recreation

Older Adult Recreation Centres

Burlington Seniors Centre

..... 905-335-7888

Toll free..... 1-877-213-3609

Halton Hills - Hillview Active Living Centre

Acton 519-853-5951

Georgetown 905-877-6444

Milton Senior Activity Centre

..... 905-875-1681

Oakville Older Adult Centres:

Iroquois Ridge Older Adults Centre

..... 905-845-6601, Ext. 3745

Queen Elizabeth Park CCC Older

Adult Centre 905-815-5979

River Oaks Mature Adults Club

..... 905-338-4186

Sir John Colborne Recreation Centre

for Seniors 905-815-5960

Sixteen Mile Sports Complex

..... 905-815-6177

Trafalgar Park Older Adult Centre

..... 905-338-4406

Mall Walks

Contact your local Halton Information Providers (see page 5)

seniors.hipinfo.ca

Service Clubs

Service clubs offer a variety of opportunities to socialize and volunteer.

Call your local Halton Information Providers (HIP). See page 5.

seniors.hipinfo.ca

Volunteering

Community Development Halton/ Volunteer Halton

South Halton..... 905-632-1975

Toll free..... 1-855-395-8807

www.volunteerhalton.ca

YMCA

Burlington

..... 905-632-5000

www.ymcahbb.ca

Oakville

..... 905-845-3417

www.ymcaof oakville.org

Support Groups

Programs listed may provide any or all of the following services:

- General information/resources; self-help peer support groups; support groups supported by professional staff; and/or personal or family counselling.

To find more support groups contact your local Halton Information Providers. See page 5 for more information.

2SLGBTQIA+

Pride Halton

www.pridehalton.com

Amyotrophic Lateral Sclerosis (ALS) Society

ALS Society of Canada

..... 1-800-267-4257

www.als.ca

Alzheimer's, Dementia and Related Diseases

Acclaim Health Resource Centre and Support Groups

..... 1-800-387-7127

Alzheimer Society of Brant, Haldimand Norfolk, Hamilton and Halton

..... 289-837-2310

www.alzhh.ca

Aphasia

Halton-Peel Community Aphasia Programs

..... 905-875-8474

www.h-pcap.com

Arthritis

Arthritis Society Halton East and Peel Region-Mississauga

..... 1-800-321-1433 x3307

www.arthritis.ca/on

Bereavement

Acclaim Health Bereavement Services

..... 905-827-8800

www.acclaimhealth.ca

Support Groups

Bereaved Families of Ontario Halton/Peel

..... 905-848-4337
www.bereavedfamilies.ca

Thrive Counselling

..... 905-845-3811
www.thrivecounselling.org

SAVIS (Sexual Assault and Violence Intervention Services of Halton)

..... 905-875-1555
www.savisofhalton.org

The Women's Centre (Peer Counselling)

Milton 289-878-1943
Oakville 905-847-5520
www.thewomenscentreofhalton.com

Blindness and Vision Impairment

*enVISION offers a peer support group
for persons who are blind and partially
sighted. To register for the Oakville or
Hamilton/ Burlington chapter, contact
the CNIB.*

Canadian National Institute for the Blind (CNIB) Helpline

Toll free..... 1-800-563-2642
www.cnib.ca

Cancer

Canadian Breast Cancer Network

Toll free..... 1-800-685-8820
www.cbcn.ca

Canadian Cancer Society

..... 1-888-939-3333
www.cancer.ca

Cancer Assistance Services of Halton Hills

..... 905-702-8886
www.cancerassistance.org

Juravinski Cancer Centre

..... 905-387-9495
www.jcc.hhsc.ca

Melanoma Network of Canada Oakville Support group

..... 905-901-5121

Support Groups

Prostate Cancer Canada Support Groups

Burlington and Hamilton
..... 905-332-7804
Mississauga and Oakville
..... 905-847-8801
North Halton 905-458-6650
Toll free..... 1-888-255-0333

www.prostatecancersupport.ca

Wellspring Centres

Oakville 905-257-1988
Toll Free 1-877-499-9904

www.wellspring.ca

Diabetes

Diabetes Association Info Line

Toll free..... 1-800-226-8464

www.diabetes.ca

Halton Diabetes Program

..... 905-338-4437

www.haltonhealthcare.on.ca

Diogenes Syndrome (Hoarding)

Wesley Hoarding Outreach Team

..... 905-528-5629

hoarding@wesley.ca

Seniors Mental Health Outreach Program (SMHOP) by St. Joseph's Healthcare

..... 905-681-8233

Toll Free..... 1-866-429-7677

Hearing

Canadian Hearing Services

Education, tests, equipment sales and
counselling

Toll Free..... 1-866 518-0000

www.chs.ca

Canadian Hard of Hearing Association Hamilton Branch

..... 289-780-2442

www.chha.ca

Ontario Association of the Deaf

..... 416-413-9191

www.deafontario.ca

Support Groups

Heart and Stroke

Halton Region – Heart Health

Call 311 or visit www.halton.ca

Heart and Stroke Foundation

Burlington, Milton and Oakville

..... 905-634-7732

Halton Hills 905-451-0021

www.heartandstroke.on.ca

Oakville Stokers

..... 905-842-8791

www.oakvillestokers.com

After Stroke (March of Dimes)

Toll Free..... 1-888-540-6666

www.afterstroke.ca

Stroke Recovery Burlington

Toll free..... 1-800-263-3463, ext. 7772

www.srcburlington.net

Regional Stroke Centres/ Secondary Prevention Clinics

Trillium Health Partners

..... 905-848-7100

Hamilton General Hospital

..... 905-521-2100

Huntington Society of Canada

Toll free..... 1-800-998-7398

www.huntingtonsociety.ca

Ontario Problem Gambling Help Line

Toll free..... 1-888-230-3505

www.problemgambling.ca

Hospice Care

Carpenter Hospice

..... 905-631-9994

www.thecarpenterhospice.com

Ian Anderson House (hospice)

..... 905-337-8004

www.ianandersonhouse.com

Kidney Foundation

Ontario Branch

Toll free..... 1-800-387-4474

www.kidney.ca

Support Groups

Liver Foundation

Toll free..... 1-800-563-5483
www.liver.ca

Lung Association

Toll free..... 1-888-566-5864
www.lung.ca

Lupus Ontario

Toll free..... 1-877-240-1099
www.lupusontario.org

Multiple Sclerosis

Multiple Sclerosis Society

Toll free..... 1-800-268-7582
www.mssociety.ca

Osteoporosis

Bone Research and Education Centre

..... 905-844-5677
www.boneresearch.ca

Osteoporosis Canada

Toll free..... 1-800-463-6842
www.osteoporosis.ca

Ostomy

Ostomy Canada Society

Toll free..... 1-888-969-9698
www.ostomycanada.ca

Parkinson

Parkinson Canada

Toll free..... 1-800-565-3000
Support line..... 1-888-664-1974
www.parkinson.ca



Transportation

Parking Permits

Accessible Parking Permits

Call your local Service Ontario Office to obtain forms and information regarding accessible parking permits.

Burlington	905-639-6691
Georgetown	905-877-5228
Milton	289-627-5555
Oakville	905-337-8751

www.ontario.ca

(Search: Accessible Parking Permit)

Veteran Parking permits

Eligible veterans with a valid municipal veteran parking permit can park for free in municipal parking lots.

Service Burlington	905-335-7600
Service Oakville	905-845-6601

Accessible Rentals/Private Transportation

Car rental providers may offer vehicles with adaptive driving devices.

Specialty rental companies offer wheelchair accessible rentals.

Mobility Medical Transportation

..... 905-617-3737

www.mobilitytransportation.ca

Wheelchair in Motion

Toll free..... 1-888-776-1102

CANES Community Care

Ride Connect (Georgetown, Milton, Oakville)..... 416-743-3892

www.canes.on.ca

Public Transit

Municipal transit companies offer regular bus service as well as specialized transit.

Both Bus and Specialized transit services in Burlington and Oakville are offered FREE to adults age 65+ when they use a PRESTO card.

For schedule, fare or access questions, contact your local transit service.

Burlington Transit

..... 905-639-0550

Burlington Handi-Van

www.burlingtontransit.ca

Transportation

Milton Transit

..... 905-864-4141

Milton Access+ 905-875-5417

www.milton.ca/en/living-in-milton/transit.aspx

Oakville Transit

..... 905-815-2020

Oakville Care-A-Van..... 905-337-9222

www.oakvilletransit.ca

Halton Hills

ActiVan 905-702-6435

www.haltonhills.ca (Search: Transit)

GO Transit

Toll Free..... 1-888-438-6646

www.gotransit.com

VIA Rail

Toll Free..... 1-888-842-7245

www.viarail.ca

Subsidized Passes for Low Income Transit (SPLIT) Pass

The SPLIT Pass program offers eligible low income residents in Halton Hills and Milton residents a subsidy for a portion of their local travel expenses.

When using a Presto card, Burlington and Oakville transit offer free public transit to seniors)

TAXI Scrips (Halton Hills)

This program is available to all registered ACTIVAN members.

A Taxi Scrip coupon book valued at \$20.00 may be purchased for \$12.00 and used with a participating local taxi company.

Users call the participating taxi company directly to arrange service within Halton Hills.

.....905 702-6435

www.haltonhills.ca/en/residents/taxi-scrip-program.aspx

For information on public transit options and fare assistance programs, see "Public Transportation" brochure.

To get a copy, call 311 or visit www.halton.ca



Transportation

Shuttle to Grocery Stores

Some grocery stores offer shuttle or home delivery service.

For more information visit

www.seniors.hipinfo.ca

Volunteer Driving Pools

Canadian Cancer Society – Wheels of Hope

A referral from your health care provider will connect you to volunteers who provide transportation to cancer-related appointments.

..... 888-939-3333

www.cancer.ca (Search: Transportation)

Cancer Assistance Services (Halton Hills)

Volunteers provide rides to cancer-related appointments to residents of Halton Hills.

..... 905-702-8886

www.cancerassistance.org

PRESTO Card

- A PRESTO card can be purchased at Shoppers Drug Mart or any Go or TTC location.
- A Digital PRESTO card can also be purchased online and loaded onto your smartphone (Android or Apple)
- When purchasing, make sure you set your fare type (Senior) to guarantee the discounted fare.
- Use your PRESTO card to enjoy discounts at major attractions, sporting events, restaurants, and theatres.

..... 1-877-378-6123

www.prestocard.ca

OAAC Publications

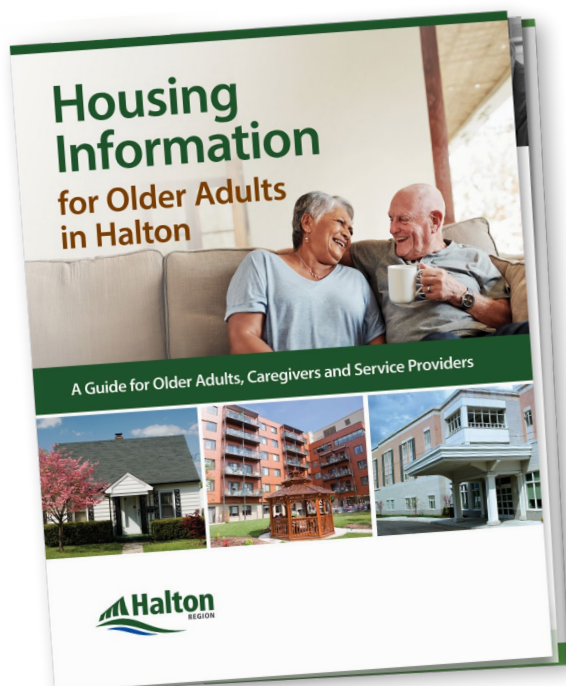
The Older Adult Advisory Committee for Halton Region has created a variety of resources that provide helpful information on a wide range of topics.

To receive your copy of any of this information Call 311 or

Go to halton.ca

Housing Information

A booklet that highlights the many housing options available to older adults in Halton. Included in this resource are tips to improve in-home safety and accessibility and a checklist on factors to consider if you are thinking of moving.



OAAC Fast Facts

Helpful leaflets that provide information on a select topic.

- **Assistive Devices**
- **Coverage of Drug Costs**
- **For Ontario Drivers Age 65+**
- **Government Income Sources for Older Adults**
- **Information for Caregivers**
- **Mobility Scooter Safety Tips**
- **Safe Driving for Older Adults**
- **Storing Food Safely**
- **Public Transportation Choices for Older Adults**
- **Who to Inform When a Death Occurs**
- **Wills/Power of Attorney**



