

Seniors' Caregiver Handbook

Section 8

Services that can be Available in the Home

When chores become difficult for seniors, there are services available so they may stay in their own home as long as possible.

They are:

- Banking
- Bathing
- Fire Information - working smoke and CO detectors and fire prevention inspection
- Foot Care
- Friendly visiting, adult day care
- Gardening
- Home safety assessment
- Housekeeping
- Lawn cutting
- Lifeline Programs
- Meals on Wheels
- Recreation, outings
- Shopping - groceries, clothing
- Snow shovelling
- Telephone Reassurance
- Telephone Security Checks
- Transportation and Escort Service

Call POINT Community Information Service 416-487-2427
for information on In-Home Services and referrals
to appropriate community services or visit ww.pointinc.org.

Organizations Providing the Services

Alzheimer's Society of Ontario	416-967-5900
AJHS (The Anne Johnston Health Station)	416-486-8666
Arthritis Society – Ontario	416-979-8366
Association of Ontario Health Centres	416-236-2539

Seniors' Caregiver Handbook

CCAC - Community Care Access Centre	416-506-9888
Canadian Cancer Society – Ontario	416-488-5400
Canadian Hearing Society – Toronto	416-964-9595
Canadian National Institute for the Blind	416-486-2500
Canadian Red Cross Society	416-236-3046
COTA (Community Occupational Therapists)	416-785-8797
Heart & Stroke Foundation of Ontario	416-489-7100
Homemaker's and Nurses Services	416-392-8545
National Pensioners & Senior Citizens Federation	416-251-7042
Red Cross	416-480-2500
Red Cross Equipment Rentals	416-224-2202
SAINTS (Student Assistance in North Toronto for Seniors)	416-481-6284
Shoppers Drug Mart - Free Delivery at Every Store	1-800-363-1020
Shoppers Home Health Care - Assistive Devices	1-800-363-1020
SPRINT (Senior People Resources in North Toronto)	416-481-6411
St. Elizabeth Health Care (Nurses)	416-498-8600
Telehealth Ontario	1-866-797-0000
Toronto Human Society - can refer to pet emergency clinics	416-392-2273
Toronto Ride - available through SPRINT or	416-481-6411

Seniors' Caregiver Handbook

VHA Visiting Homemakers' Association	416-489-2500
VON (Victorian Order of Nurses)	416-499-2009
Yorkminster Meals on Wheels	416-482-0549

Emergencies

If a person falls, leave them where they are and phone for help. Do not lift or move them. Reassure them that you are in control and are seeking assistance. Falls Prevention programs are given by Public Health, COTA, and CCAC. Speak to the doctor and health care team about whom should be called for what type of emergency. Keep a list of the appropriate doctors and their telephone numbers by the telephone.

An emergency first aid course or family health care program would be useful to take so you would feel more comfortable in an emergency situation.

Do not call 911 if someone has died a natural expected death at home. Instead call the family doctor who can tell you what you should do next.

Emergency Numbers	Water and Sewer	416-392-7737
	(Emergency - 24 hrs.)	
	Water mains & sewer lines	416-392-8211
	Hydro	416-599-0735
	Enbridge Consumers Gas	416-447-4911
	Emergency Health (24 hrs.)	416-392-7149
	No or low heat	416-392-7149
	Ambulance, Emergency, Fire, Police (24 hr).	911
	Non-Emergency Ambulance	416-808-2222
	Poison Information Centre	416-598-5900
	Medvisits - doctors on call	416-631-3000
	Doctors Housecall Service	416-631-3000
	Distress Centre	416-598-1121

Seniors' Caregiver Handbook

For information not listed, please call the:

POINT Community Information Service
Monday-Friday – 9:00 am – 5:00 pm 416-487-2427
Multilingual Information 24 hour service 211
Social services and counselling referrals – www.211toronto.ca
City of Toronto resources 24 hr., 7 days a week 311
Non-emergency city services, programs and information
TTY service for hearing impaired is also available.
Email: 311@toronto.ca or call

Your Notes - Section 8

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