



Halton Older Adult Social Supports Service List

Prepared by Connection in Action, an initiative of Community Safety & Well-Being in Halton.

Connection in Action supports adults aged 55+ who live in Halton by providing information on opportunities to increase social connections.

Connection in Action also supports communities across Halton by raising awareness about issues impacting older adults through our LITE (Loneliness, Isolation to Empowerment) Education.

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(905) 844-2299

Hello@ConnectionInAction.ca

www.ConnectionInAction.ca

Community
Safety &
Well-Being
in Halton



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Halton Older Adult Social Supports

Phone Number

Information

Halton Region Services

(call for regional and municipal information ex. flu clinic, garbage pick-up, housing and financial assistance, etc.)

311 or
(905) 825-6000

Ontario

(call for provincial community and social resources across Ontario)

211

Non-emergency

Halton Region Police Service

(905) 825-4777

Fire Departments

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

Halton Region Paramedic Services

1 (800) 668-7821

Mental Health Crisis Supports

Senior Safety Line, *Elder Abuse Prevention Ontario*

(24hr crisis and support line)

1 (866) 299-1011

Crisis Outreach and Support Team (COAST), *Canadian Mental Health Association (CMHA)*

1 (877) 825-9011

Halton Women's Place (24hr crisis and support line, shelter)

North Halton	(905) 878-8555
South Halton	(905) 332-7892

Sexual Assault and Violence Intervention Services of Halton (SAVIS) (24hr crisis line)

(905) 875-1555

Mental Health and Elder Abuse Supports

Canadian Mental Health Association (CMHA) Halton Region Branch	(905) 693-4270 or 1 (877) 693-4270
Women's Centre of Halton (no fee, counselling, peer support, life skills coaching, and more)	(905) 847-9104
Ontario Caregiver Helpline (no fee, 24hr line for resources and referrals)	1 (833) 416-2273
Connex Ontario (no fee, 24hr line for information on mental health, addiction, and problem gambling)	1 (866) 531-2600
Distress Centre Halton (no fee, 24hr line for crisis, loneliness, emotional stress, bereavement, and more)	
Burlington	(905) 681-1488
Halton Hills / Milton	(905) 877-1211
Oakville	(905) 849-4541
Seniors Forum Canada (55+, no fee, volunteer counsellors provide support to socially isolated seniors)	(647) 922-5925

Social Supports

<p>Connection in Action (55+, no fee, M-F 8:30am – 4:00pm, call for information, resources, and referrals)</p>	(905) 844-2299
<p>Friendly Visiting and Calling (in-person visits & phone calls with isolated older adults)</p>	
<p>Friendly Visiting & Tele-Touch, Acclaim Health (65+, no fee)</p>	(905) 827-8800
<p>Links2Care (65+ & adults with disabilities, no fee)</p>	(905) 844-0252
<p>TeleCheck, Distress Centre Halton (any age, no fee)</p>	(905) 849-4559 x 104
<p>Phone-A-Friend, Town of Oakville (50+, no fee)</p>	(905) 845-6601 dial 0
<p>Connect & Share, March of Dimes Canada (no fee, adults with a disability are matched with a virtual volunteer)</p>	1 (877) 427-6990
<p>Memory Visiting, Acclaim Health (18+, no fee, for people experiencing early to mid-stages of memory impairment due to dementia, stroke or injury)</p>	(905) 827-8800
<p>Sisters Circle, Seniors Forum Canada (55+ women, no fee, women of diverse ethnic backgrounds, religion, culture, and race to learn, socialize in active aging activities)</p>	(647) 922-5925
<p>Alzheimer Society (any age, no fee with one program exception, range of health, wellness, and social programs for those living with early to mid-stage dementia and their guest)</p>	(289) 837-2310
<p>Bob Rumball Canadian Centre of Excellence for the Deaf (wide range of services for Deaf, Hard of Hearing and Deafened Seniors along the continuum of care)</p>	(416) 899-8758 Email: HDSCC@bobrumball.org

Support Groups (no fee)

ALS Society of Canada	1 (800) 267-4257
Alzheimer Society (peer and caregiver support)	(289) 837-2310
Arthritis Society	1 (800) 321-1433
Canadian Diabetes Association	1 (800) 226-8464
Canadian National Institute for the Blind (CNIB)	1 (800) 563-2642
Parkinson Canada	1 (800) 565-3000

Bereavement Support Groups

Bereaved Families of Ontario (tele-support and groups) ...	(905) 848-4337
Acclaim Health	1 (800) 387-7127

Caregiver Support Groups

Acclaim Health	1 (800) 387-7127
(for caregivers of persons with dementia)	
After Stroke Community Conversation, March of Dimes ..	1 (800) 263-3463
(no fee, virtual, for survivors and caregivers)	
Home Caregiver Support Program, St John Ambulance ..	(905) 469-9325
(no fee, for caregivers of persons suffering from chronic or terminal illnesses)	
Ontario Caregiver Online Support Group	1 (888) 877-1626
(no fee, for people who provide physical and emotional support to a family member, partner, friend or neighbour)	

Recreation and Libraries

Senior Centres (fee)

Burlington Seniors Centre (55+)	(905) 335-7888
Hillsview Active Living Centre, Acton (50+)	(519) 853-5951
Hillsview Active Living Centre, Georgetown (50+)	(905) 877-6444
Milton Seniors Activity Centre (55+)	(905) 875-1681
Oakville Seniors Centres (50+)	(905) 845-6601 x 3976

TelePALS, City of Burlington

(no-fee, phone-in adult recreation discussion program)

(905) 335-7738 x 4662

Without Walls (WOW), Town of Oakville

(50+, no fee, 30 to 60-minute multi-person phone conversations)

(905) 845-6601 x 3979

Seniors Fitness Program, Seniors Forum Canada

(55+, no fee, on-line, one-hour sessions, all abilities, diverse ethnic backgrounds, religion, culture, and race)

(647) 922-5925

Public Libraries

Burlington	(905) 639-3611
Halton Hills	(905) 873-2681
Milton	(905) 875-2665
Oakville	(905) 815-2042

Seniors' Associations and Committees

Halton's Older Adult Advisory Committee

311

Halton Age-Friendly Network

(905) 878-1720

Halton Seniors Advocacy Group

(905) 319-7345

Seniors Working Action Group (SWAG) (Oakville)

(905) 466-6212

Newcomers and Immigrants

HMC Connections (settlement services, older adult conversation group, wellness, and more)	(905) 842-2486
Centre for Skills Development (settlement services)	1 (888) 315-5521
Seniors Engagement and Empowerment Program, <i>Achev</i> (no fee, for immigrant, racialized, low-income seniors, social isolation and loneliness, elder abuse, and more)	(905) 875-3851 x 5005

In-Home Supports

Home and Community Care Support Services (formerly known as CCAC or LHIN)

Oakville, Milton, Halton Hills	(905) 855-9090
Burlington	(905) 639-5228

Home Help, <i>Links2Care</i> (65+ & adults with disabilities, fee, light cleaning, meal prep, grocery shopping, and more)	(905) 844-0252
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Home Maintenance & Repair Referral Program, <i>Links2Care</i> (65+ & adults with disabilities, fee, referrals to reliable home maintenance handypersons)	(905) 844-0252
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Meal Supports

Meals on Wheels (fee)

Burlington, <i>Canadian Red Cross</i>	(905) 637-5664
Halton Hills, <i>Links2Care</i>	(905) 873-6502
Milton	(905) 878-6699
Oakville	(905) 842-1411

Volunteer

Volunteer Halton	(905) 632-1975 x 2
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Contact organizations directly by calling them or by checking out their website