Halton's Older Adults Social Supports Services List

Prepared by Connection in Action, promoting social connection opportunities for adults 55+ living in Halton.
Call us at (905) 844-2299

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Connection in Action

Halton's Older Adults Social Supports	Phone Number
Information	
Halton Region Services (call to find, pay, register, report or request services and general information from Halton Region)	311 or (905) 825-6000 TTY: (905) 827-9833
211 Ontario (24hr line for social services and programs in Ontario)	211 or 1(877) 330-3213 TTY: 1 (855) 405-7446
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
Health 811 (24hr line for non-urgent health care information)	811 TTY: 1 (866) 797-0007
Halton Region Paramedic Services	1 (800) 668-7821
Mental Health Crisis Supports	
988 Canada's Suicide Crisis Hotline (24hrs)	988
Senior Safety Line, *Elder Abuse Prevention Ontario* (24hr crisis and support line)	1 (866) 299-1011
Crisis Outreach and Support Team (COAST)	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

Elder Abuse Prevention Ontario (no fee, call for elder abuse prevention information, supports, and resources)	1 (877) 916-6728
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, workshops, etc.)	(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 mental health and addiction services)	1 (866) 531-2600
Distress Centre Halton (no fee, 24hr crisis line, 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, Social Connections

Connection in Action (905) 844-2299

(55+, no fee, M-F 8:30am – 4:00pm, call for information about programs and services, resources, and referrals)

Friendly Visiting and Calling (in-person visits & phone calls with isolated older adults)

Friendly Visiting & **Tele-Touch,** *Acclaim Health* . . . . . (905) 827-8800
(65+, no fee)

Links2Care . . . . . (905) 844-0252
(65+ & adults with disabilities, no fee)

TeleCheck, *Distress Centre Halton* . . . . . (905) 849-4559 x 104
(any age, no fee)

Memory Visiting, *Acclaim Health* . . . . . (905) 827-8800
(18+, no fee, for people experiencing early to mid-stages of memory impairment due to dementia, stroke or injury)

Sisters Circle, *Seniors Forum Canada* (647) 922-5925

(55+ women, no fee, women of diverse ethnic backgrounds, religion, culture, and race to learn, socialize in active aging activities)

Alzheimer Society (289) 837-2310

(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)

Bob Rumball Canadian Centre of Excellence for the Deaf (416) 899-8758

(wide range of services for Deaf, Hard of Hearing and Deafened Seniors along the continuum of care) 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 Supports	
Caregiver Support Groups	
Acclaim Health . . . . . (for caregivers of persons with dementia)	1 (800) 387-7127
Home Caregiver Support Program, ***St John Ambulance*** . . . (no fee, for caregivers of persons suffering from chronic or terminal illnesses)	(905) 469-9325
Ontario Caregiver Online Support Group . . . . . (no fee, for people who provide physical and emotional support to a family member, partner, friend or neighbour)	1 (888) 877-1626
The Regional Learning Centre (no fee, education for caregivers)	(905) 829-7006

Recreation and Libraries

Seniors' 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

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	(905) 825-6000 x 7990
Burlington's Seniors' Advisory Committee	(905) 335-7600 x 7458
Oakville's Seniors Working Action Group (SWAG)	(905) 466-6212
Halton Seniors Advocacy Group	(905) 319-7345
Partnering Aldershot Seniors Committee	(905) 516-5157

Newcomers and Immigrants

HMC Connections (905) 842-2486
(settlement services, conversation groups, and more)

Centre for Skills Development (settlement services) 1 (888) 315-5521

Seniors Engagement and Empowerment Program, *Achev* (905) 875-3851 x 5005
(no fee, for immigrant, racialized, low-income seniors, social isolation and loneliness, elder abuse, and more)

In-Home Supports

Ontario Health atHome formerly Home and Community Care, LHIN, and CCAC
(coordinating home and community care, long-term care placement, and help finding community services) 1 (877) 336-9090 TTY: 711

Home Help, *Links2Care* (905) 844-0252
(65+ & adults with disabilities, fee, light cleaning, meal prep, grocery shopping, and more)

Home Maintenance & Repair Referral Program, *Links2Care* (905) 844-0252
(65+ & adults with disabilities, fee, referrals to reliable home maintenance handypersons)

Meal Supports

Meals on Wheels (fee)

Burlington, *Canadian Red Cross* . . . . . (905) 637-5664

Halton Hills, *Links2Care* . . . . . (905) 873-6502

Milton . . . . . (905) 878-6699

Oakville . . . . . (905) 842-1411

Volunteer

Volunteer Halton (905) 632-1975 x 2

Contact organizations directly by calling them or by checking out their website

This document has been prepared by Connection in Action.

Connection in Action is an information and referral hub for adults aged 55+ living in Halton who want to increase their social connections, social networks, and friendships.

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

Our services are offered free of cost.

Contact us for more information and learn about services not offered in this list. Contact us to get connected to social activities, programs, and services in your area.

Phone: (905) 844-2299

Email: Hello@ConnectionInAction.ca

Website: www.ConnectionInAction.ca

Visit Halton Seniors' Services Directory for additional listings: **seniors.hipinfo.ca**

Connection in Action
Social Supports for Older Adults

Community Safety & Well-Being in Halton

Links2Care

Acclaim Health