

Scarborough Seniors Services



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Bereavement Support

Scarborough Centre for Healthy Communities

416-642-9445 x4420 <https://www.schcontario.ca/schc-bereavement-care.html>

Carefirst Seniors

Offer bereavement services for the Chinese community
416-502-2323
<https://carefirstontario.ca/services/bereavement/>

Bereaved Families of Ontario – Toronto Chapter

(416) 440-0290; <http://www.bfotoronto.ca/>

Crisis Numbers

Distress Centre 416-408-4357. 24-hour telephone support, 365 days, for emotional distress, suicide prevention.

Gerstein Crisis Centre 416-929-5200

Telephone support, counseling, community visits.

Mobile Crisis Program 416-495-2891

Crisis intervention in community, home or place of choice.

Senior's Crisis Access Line 416-619-5001

Mon-Fri 10-9:30, Sat and Sun 10-6. Covering an area from Hwy. 401 to Lake Ontario; Warden to Islington.

Assaulted Women's Helpline

416-863-0511 or 1-866-863-0511

24 hours a day 365 days a year. Over 200 languages

Seniors Safety Line

Ontario Network for the Prevention of Elder Abuse

Toll free 1-866-299-1011

24/7 hotline to assist abused and at-risk seniors. Service available in more than 150 languages

Medical Agencies/Services

Alzheimer Society of Toronto

20 Eglinton Avenue West, 16th Floor

<http://alz.to/> 416-322-6560

March of Dimes

416-425-3463 / 1-800-263-3463

<https://www.marchofdimes.ca>

Services for people with physical disabilities. Assistive devices program, stroke services, recreation programs

Canadian Hearing Society

271 Spadina Road, 1-866-518-0000; <http://www.chs.ca/>

Parkinson Society of Canada

416-227-9700; www.parkinson.ca

Canadian Cancer Society

1-888-939-3333; <http://www.cancer.ca>

Canadian National Institute for the Blind

www.cnib.ca; Bayview/Eglinton Office: (416) 486-2500

Emergency Response Systems

Philips Lifeline

1-866-970-6536 <http://www.lifeline.ca>

Direct Alert 1-877-792-1709 <https://directalert.ca/>

First Call 1-800-361-5550 <http://www.firstcallhelp.ca/>

General Info & Referral

211 Toronto

211 Toll free; TTY Toll free 1-888-340-100; 211central.ca
Information about community programs and social services

Seniors' Infoline 416-314-7511 / Toll free 1-866-299-1011
Referral to community resources

Toronto Seniors helpline

416-217-2077

Single point of access for seniors and caregivers to receive information and access to community, home, and crisis services

Central East Local Health Integration Network

To find out what in-home supports are available, call 416-750-2444

LHIN provides in-home personal care, home safety assessments, physiotherapy, and counselling, amongst other services

Transportation

Wheeltrans

Wheel-Trans provides door-to-door accessible transit service for persons with physical disabilities using accessible buses, contracted accessible taxi minivans and sedan taxis. 416-393-4111, or wttcs@ttc.ca, Mon-Fri, 8-4

Toronto RIDE

Toronto Ride provides door-to-door, assisted transportation to seniors 55+ and adults with disabilities who are not eligible for Wheel-Trans.

admin@torontoride.ca

Tel.: 416-481-5250

Scarborough RIDE

416-847-4146

The Transportation program provides transportation to and from medical appointments.

Senior Person Living Connected

416-493-3333

Catchment area and prices on website

Transcare Community Services

416.750.9885 Toll-Free: 1.866.393.2079

Low cost and senior-friendly transportation and escort services to medical appointments, other therapeutic programs and grocery shopping

https://www.tcare.ca/services_transportation.php

Meal Delivery

Meals usually range from \$5-6++ per meal

Hot and frozen meals are available

Transcare Community Services

Call 416-646-3574 and ask for Meals on Wheels.

There are Canadian and Chinese meals available.

Senior Person Living Connected

416-493-3333

Variety of culturally appropriate meals available.

Catchment area: West of Markham Rd to East of Bayview;

North of Lawrence Avenue to South of Denison St

Heart to Home Meals

1-866-494-4333

Scarborough Centre for Healthy Communities

416-847-4124

Home Maintenance

The fees vary depending on need:

Warden Woods Community Centre

Andrea, Home Support Coordinator at 416-694-1138 ext 138

Transcare 416-750-9885

Scarborough Centre for Healthy Communities

416-847-4134

In- Home Personal Care

Central East Local Health Integration Network

To find out what in-home supports are available, call 416-750-2444

LHIN provides in-home personal care, home safety assessments, physiotherapy, and counselling, amongst other services

For additional support, or if you do not qualify, you can hire private care

Fees are approx. \$17-20 / hour; minimum hours:

Scarborough Centre for Healthy Communities

416-847-4122

Senior Person Living Connected

416-493-3333

Catchment area and prices on website

CareFirst Seniors

416-502-2323

Languages: Chinese and English

Transcare Community Services

416-750-9885. www.tcare.ca

Warden Woods Community Centre

Andrea, Home Support Coordinator at 416-694-1138 ext 138

In- Home Foot Care

CBI Health

1-877-219-7773

SE Health

1-866-443-6073

Dental Services

Free Dental Care for seniors 65+, run by Toronto Public Health, based on financial need:

Scarborough Civic Centre 160 Borough Dr, 416 338-7442

The Hub 2660 Eglinton Ave E, 416 338-3764

TAIBU Community Health Centre

Unit 1, 27 Tapscott Rd, 416 338-5400

Low Cost Dental Facilities:

George Brown College, Wave Dental Clinic

51 Dockside Drive, 3rd Floor, 416-415-4547

Volunteer Urban Dental Clinic

3000 Lawrence Ave. East, Building A, 2nd Floor, 416-289-4349

Faculty of Dentistry, University of Toronto

101 Elm Street, 416-979-4927, Open September to June

Housing

Community agencies that can assist with housing applications in Scarborough:

Agincourt Community Services
416-321-6912

Scarborough Housing Help Centre
416-285-8070

Scarborough Centre for Healthy Communities
416-847-4143

Toronto Rent Bank

416-285-8070 - Scarborough Housing Help
The Toronto Rent Bank provides limited, interest free loans and to seniors, individuals, and families facing imminent eviction for rental arrears. The maximum loan is two months' rent.

Tenant hotline

416-921-9494 torontotenants.org

LHIN- Local Health Integration Network

To apply for long-term care, call: 416-750-2444

Community Centres

Birkdale Community Centre

1299 Ellesmere Rd,
Toronto M1P 2Y2
416-396-4069
Ellesmere/Brimley

Scarborough Centre for Healthy Communities

629 Markham Road
Scarborough M1H 2A4
416-847-4136
416-847-4135
Lawrence/Markham
There are programs available
for Tamil Seniors

Stephen Leacock Community Centre

2500 Birchmount Rd
Toronto M1T 2M5
416 396-4184
Birchmount / Huntingwood

West Scarborough Neighbourhood Community Centre

313 Pharmacy Avenue,
Toronto, ON M1L 3E7
(416) 755 9215
Pharmacy / Danforth
Offers congregate dining,
seniors club and Italian seniors
club.

Birchmount Bluffs Neighbourhood Community Centre

93 Birchmount Road Toronto,
Ontario, M1N 3J7
416-396-4310
Birchmount/Kingston Rd

Senior Person Living Connected

3333 Finch Ave. East
Scarborough, ON
M1W 2R9
416-493-3333
Services in English,
Cantonese, Greek, Mandarin
and Tamil

Carefirst Seniors and Community Services

300 Silver Star Blvd,
Scarborough, ON, M1V 0G2
416- 502-2323
Midland/McNicoll
Many programs for Chinese
seniors

Yee Hong Centre

2 locations:
2311 McNicoll Avenue,
Scarborough
Midland/McNicoll
60 Scottfield Drive,
Scarborough
416-321-3000 ext. 5610
Finch/Middlefield
Services for Chinese seniors