

# COMMUNITY SERVICES DIRECTORY FOR CHINESE SPEAKING OLDER ADULTS

说汉语老年人的社区服务指南

INFORMATION FOR OLDER ADULTS, FAMILIES,  
AND CAREGIVERS



THIS DIRECTORY HAS INFORMATION ON:



Social  
Services



Community  
Organizations



Housing and  
Support Services



Health  
Services



Additional  
Services Contact  
Information



**Sinai Health System**

HEALTHY AGEING AND GERIATRICS

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## ADULT DAY PROGRAMS

The following Adult Day Program provides recreational programs and opportunities for Chinese-speaking older adults to socialize and stay active through physical activity. Many day programs have a variety of staff that include activity coordinators, social workers and nurses.

### CAREFIRST SENIORS



300 Silver Star Blvd., Suite 209 Scarborough, ON, M1W 0G2  
9893 Leslie St., Richmond Hill, ON, L4S 1P2



t: 416-502-2323  
f: 416-502-2382



[www.carefirstseniors.com](http://www.carefirstseniors.com)

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#### SERVICES OFFERED:

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##### Adult Day Programs

- Social and recreational activities, crafts, games music, coordination and stimulation activities, outings

### HARMONY HALL CENTRE FOR SENIORS



2 Gower St. Toronto, ON, M4B 1E2



t: 416-752-0101



[www.call-a-service.com](http://www.call-a-service.com)

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#### SERVICES OFFERED:

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##### Adult Day Programs

- Recreational activities including choir, Mandarin class, Qigong exercise, Mahjong games, karaoke, tai chi and yoga.



## NEIGHBOURHOOD LINK SUPPORT SERVICES



3036 Danforth Ave. Toronto, ON M4C 1N2



t: 416-691-7407



[www.neighbourhoodlink.org](http://www.neighbourhoodlink.org)

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### SERVICES OFFERED:

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#### Adult Day Programs

- Pui Hong Chinese Seniors' Program includes activities and recreational programs in Cantonese and Mandarin

## NORTHWOOD NEIGHBOURHOOD SERVICES



1860 Wilson Ave., Suite 400 Toronto, ON M9M 3A7



t: 416-748-0788



[www.northw.ca](http://www.northw.ca)

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### SERVICES OFFERED:

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#### Adult Day Programs

- Chinese program every Tuesday at Driftwood Community Centre includes wellness workshops and cultural events.

## ST. JOHN'S MCNICOLL CENTRE



1038 McNicoll Ave. Toronto, ON M1W 2J6



t: 416-756-2255



[www.english.vintagegarden.ca](http://www.english.vintagegarden.ca)

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### SERVICES OFFERED:

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#### Adult Day Programs

- Programs for Chinese older adults include Chinese Knot Art, Cantonese Opera, Tai Chi.



## ST. PAUL'S L'AMOREAUX CENTRE



3333 Finch Ave. E. Scarborough, ON, M1W 2R9



t: 416-493-3333



[www.splc.ca](http://www.splc.ca)

### SERVICES OFFERED:



#### Adult Day Programs

- Chinese Day Program includes exercise, games and conversation in Cantonese and Mandarin.

## WEST NEIGHBOURHOOD HOUSE



248 Ossington Avenue Toronto, ON M6J 3A2



t: 416-532-4828



[www.westnh.org](http://www.westnh.org)

### SERVICES OFFERED:



#### Adult Day Programs

- Social and recreational activities, crafts, games, music, coordination and stimulation activities, outings.

## WOODGREEN COMMUNITY SERVICES



815 Danforth Ave, Suite 100 Toronto, ON, M4J 1L2



t: 416-645-6000  
ext. 1100



[www.woodgreen.org](http://www.woodgreen.org)

### SERVICES OFFERED:



#### Adult Day Programs

- Seniors day program for Chinese-speaking older adults with dementia includes social and recreational activities and a meal.



## YEE HONG CENTRE FOR GERIATRIC CARE



60 Scottfield Drive Toronto, ON M1S 5T7  
2780 Bur Oak Ave., Markham, ON L6B 1C9



416-321-3000



[www.yeehong.com](http://www.yeehong.com)

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### SERVICES OFFERED:

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#### **Adult Day Programs**

- Active Senior Outreach Program includes Chinese painting, calligraphy, opera, tai chi, and folk dance.



## SOCIAL SERVICES

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The organizations listed below offer referrals to social and other services such as counselling, and support to Chinese-speaking older adults seeking help or general information.

### CAREFIRST SENIORS



300 Silver Star Blvd. Scarborough, ON, M1W 0G2



t: 416-502-2323

f: 416-502-2382



[www.carefirstseniors.com](http://www.carefirstseniors.com)

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#### SERVICES OFFERED:

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##### Social Services

- Offers a range of support services including Chinese elder abuse prevention, information about and referral to other services, and health education.

### CHINESE FAMILY SERVICES OF ONTARIO



3330 Midland Ave., Suite 229 Toronto, ON M1V 5E7



t: 416-979-8299



[www.chinesefamilyso.com](http://www.chinesefamilyso.com)

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#### SERVICES OFFERED:

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##### Social Services

- Mental health and family counselling, and referrals to other community social services.

## HONG FOOK MENTAL HEALTH ASSOCIATION



130 Dundas St. W., 3rd Floor Toronto, ON M5G 1C3



t: 416-493-4242

f: 416-595-6332



[www.hongfook.ca](http://www.hongfook.ca)

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### SERVICES OFFERED:

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#### Social Services

- Offers counselling, case management, assessment, consultation, psycho-educational workshops and support groups.

## TORONTO CENTRAL LOCAL HEALTH INTEGRATION NETWORK



250 Dundas St. W., Suite 305 Toronto, ON M5T 2Z5



t: 416-506-9888



[www.healthcareathome.ca/torontocentral](http://www.healthcareathome.ca/torontocentral)

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### SERVICES OFFERED:

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#### Social Services

- Connects clients with a broad range of supports including home, community and long-term care services.

## YEE HONG CENTRE FOR GERIATRIC CARE



60 Scottfield Drive Toronto, ON M1S 5T7



t: 416-321-3000



[www.yeehong.com](http://www.yeehong.com)

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### SERVICES OFFERED:

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#### Social Services

- Services include information about and referral to community resources, as well as assistance with activities of daily living.





# HOUSING SERVICES



The organizations below offer housing and support services including recreational activities, social programs, and health care services for Chinese-speaking older adults.

## HERITAGE NURSING HOME



1195 Queen St. E Toronto, ON M4M 1L6



t: 416-461-8185



[www.heritagenursinghome.com](http://www.heritagenursinghome.com)

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### SERVICES OFFERED:


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#### Housing Services


- Offers 24-hour on-call physician, supervision and nursing, and weekly physician visits
- Assistance with activities of daily living (bathing, dressing, eating and mobility)
- Treatment and medication administration
- Supervision for residents with Alzheimer's or dementia
- Culturally based recreational activities such as Mahjong, Cantonese opera and Dim Sum parties
- Chinese Anglican Church Services

## MON SHEONG FOUNDATION

 Mon Sheong Home for the Aged  
36 D'Arcy St. Toronto, ON M5T 1J7

 t: 416-977-3762 ext. 5620 f: 416-977-3231

 Mon Sheong Scarborough Long-Term Care Centre  
2030 McNicoll Ave Toronto, ON M1V 5P4

 t: 416-291-3898  
f: 416-297-8322  [www.monsheong.org](http://www.monsheong.org)

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### SERVICES OFFERED:

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#### Housing Services

- 24-hour culturally appropriate nursing services, long-term and short-term stay programs, and Chinese meals.

## NORTH YORK GENERAL HOSPITAL SENIORS' HEALTH CENTRE

 2 Buchan Court Toronto, ON M2J 5A3

 t: 416-756-0066  [www.nygh.on.ca](http://www.nygh.on.ca)

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### SERVICES OFFERED:

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#### Housing Services

- Residents have access to seven physicians affiliated with North York General Hospital who visit weekly
- Chinese tea program, bi-monthly Chinese discussion groups, and celebration of Chinese cultural events



## FIND A CHINESE-SPEAKING DOCTOR

Go to [cpso.on.ca](http://cpso.on.ca), and select “Find a Doctor” under the Public Information and Services Tab at the top. You will see a form, select Cantonese or Mandarin for language of service, and enter other terms you would like to search for, such as location. Click “Submit” at the bottom of the page.



[www.cpso.on.ca/Public-Information-Services/Find-a-Doctor](http://www.cpso.on.ca/Public-Information-Services/Find-a-Doctor)

## FIND A DENTIST

Go to [rcdso.org](http://rcdso.org), click on Find a Dentist, then click Search a Dentist. Enter as many search terms as you wish (such as city and specialty) and press Search.



[www.rcdso.org](http://www.rcdso.org)

## FIND A CHINESE-SPEAKING OPTOMETRIST

Go to [collegeoptom.on.ca](http://collegeoptom.on.ca), click on Find an Optometrist. Enter Chinese, Cantonese or Mandarin for language of service and your location and press Search.



[www.collegeoptom.on.ca](http://www.collegeoptom.on.ca)

## FIND A PHARMACY

Go to [ocpinfo.ca](http://ocpinfo.ca), click on Public, then click Find a Pharmacy. Enter your location and press Search.



[www.ocpinfo.com](http://www.ocpinfo.com)

## TORONTO SENIORS HELPLINE

The Toronto Seniors Helpline is a single phone line that streamlines access to community, homecare and crisis services for older adults, their caregivers and their health care providers, and operated through Woodgreen Community Services.



t: 416-217-2077



This information is to be used for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis or treatment. Please consult your health care provider for advice about a specific medical condition. A single copy of these materials may be reprinted for non-commercial personal use only.

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Visit [www.sinaigeriatrics.ca/healtheducation](http://www.sinaigeriatrics.ca/healtheducation) for additional resources for older adults, families and caregivers.