## COMMUNITY SERVICES DIRECTORY FOR PORTUGUESE SPEAKING OLDER ADULTS

# DIRETÓRIO DE SERVIÇOS COMUNITÁRIOS PARA ADULTOS MAIS VELHOS QUE FALAM PORTUGUÊS

## INFORMATION FOR OLDER ADULTS, FAMILIES, AND CAREGIVERS



### THIS DIRECTORY HAS INFORMATION ON:



Social Services



Community Organizations



Housing and Support Services



Health Services



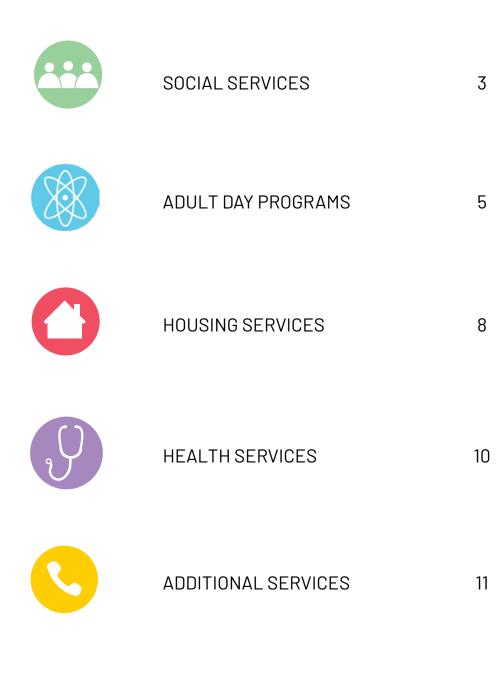
Additional Services Contact Information



ADULT DAY PROGRAMS

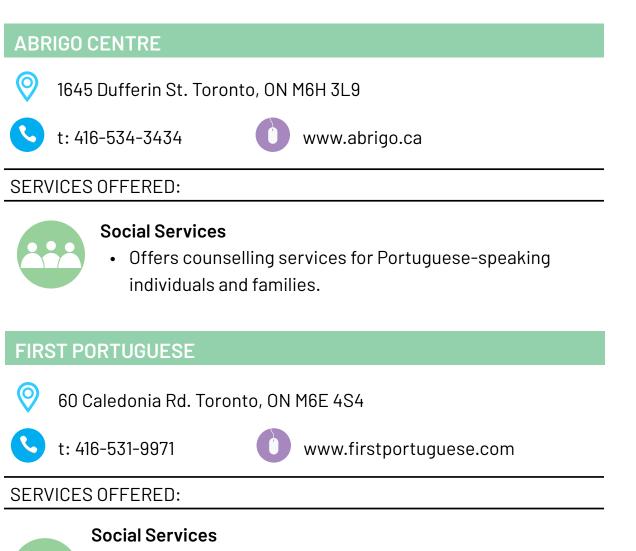
HOUSING SERVICES

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## SOCIAL SERVICES

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



• Offers assistance completing official forms, such as Portuguese and Canadian passport applications, applying for Canadian citizenship, and completing income tax forms.

#### **RECONNECT COMMUNITY HEALTH SERVICES**



2562 Eglinton Ave. W., Suite 202 Toronto, ON M6M 1T4

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t: 416-787-2114



www.reconnect.on.ca

SERVICES OFFERED:



#### **Social Services**

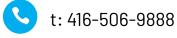
Offers home help, respite care, case management,

supportive housing and transportation services for older adults.

#### TORONTO CENTRAL LOCAL HEALTH INTEGRATION NETWORK



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





www.healthcareathome.ca/torontocentral

#### SERVICES OFFERED:



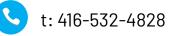
#### **Social Services**

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

#### WEST NEIGHBOURHOOD HOUSE



248 Ossington Ave. Toronto, ON M6J 3A2



www.westnh.org

#### SERVICES OFFERED:



#### **Social Services**

• Provides essential services to assist with activities of daily living, including meals on wheels.

## ADULT DAY PROGRAMS

The following Adult Day Programs provide recreational programs and opportunities for Portuguese-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.



#### Offers programs with service in Portuguese, including exercise classes, guest speakers, arts and crafts and dancing.

**ADULT DAY PROGRAMS** 

#### **FIRST PORTUGUESE**



60 Caledonia Rd. Toronto, ON M6E 4S4





t: 416-531-9971

www.firstportuguese.org

#### SERVICES OFFERED:



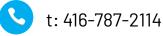
#### **Adult Day Programs**

Social and recreational programs for older adults in the Portuguese community.

#### **RECONNECT COMMUNITY HEALTH SERVICES**



2562 Eglinton Ave. W., Suite 202 Toronto, ON M6M 1T4



www.reconnect.on.ca

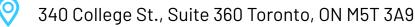
#### SERVICES OFFERED:



#### **Adult Day Programs**

· Hosts The Portuguese Club which offers social dining, exercise classes, and educational workshops.

#### ST. STEPHEN'S COMMUNITY HOUSE



t: 416-925-2103 ext. 3110



www.sschto.ca

#### SERVICES OFFERED:

#### **Adult Day Programs**



 Offers culturally sensitive programs for frail Portuguese older adults with mild dementia, as well as relief for caregivers.

#### WEST NEIGHBOURHOOD HOUSE



248 Ossington Avenue Toronto, ON M6J 3A2



t: 416-532-4828



www.westnh.org

#### SERVICES OFFERED:



#### **Adult Day Programs**

• Multilingual programming with service in Portuguese including arts and crafts, games, and assistance with personal care.

#### WEST TORONTO SUPPORT SERVICES

💡 1709 Bloor St. W., 2nd Floor Toronto, ON, M6P 4E5



t: 416-653-3535



www.wtss.org

#### SERVICES OFFERED:



#### **Adult Day Programs**

• Provides activities, such as day trips, for adults who are cognitively impaired, frail and/or physically disabled.

#### YORK FAIRBANK CENTRE FOR SENIORS



2213 Dufferin St. Toronto, ON, M6E 2S2



t: 416-651-8300

#### SERVICES OFFERED:



#### Adult Day Programs

• Portuguese-speaking women's group and other activities.

## HOUSING SERVICES

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

#### **CASTLEVIEW WYCHWOOD TOWERS**



351 Christie St. Toronto, ON M6J 363



t: 416-392-5700

https://www1.toronto.ca/wps/portal/conte ntonly?vgnextoid=78cd3293dc3ef310VgnVC M10000071d60f89RCRD

#### SERVICES OFFERED:



#### **Housing Services**

• Offers nursing, rehabilitation, and social work services to a resident population which includes Portuguese speakers.

#### MAYNARD NURSING HOME



28 Halton St. Toronto, ON M6J 1R3



t: 416-533-5198



www.maynardnursinghome.com

#### SERVICES OFFERED:



#### **Housing Services**

• Offers culturally appropriate programs and services for residents who speak Portuguese and are of Portuguese descent.

#### ST. HILDA'S SENIOR COMMUNITY CENTRE



2339 Dufferin St. Toronto, ON M6E 4Z5



t: 416-781-6621

#### SERVICES OFFERED:

#### **Housing Services**



- Bachelor and one-bedroom suites with option for 24-hour nursing care, medication assistance and 24-hour access to wellness centre.
- Respite care is also available for older adults and caregivers.

#### **TERRA NOVA SENIOR CITIZENS BUILDING**

1289 Dundas St. W. Toronto, ON M6J 3S2



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t: 416-588-3847

#### SERVICES OFFERED:



#### **Housing Services**

• Offers bachelor and one-bedroom apartments, as well as social and recreational programs for older adults in a Portuguese-speaking environment.

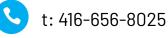


The organizations below offer health services including primary health care, mental health services, and counselling.

#### DAVENPORT-PERTH NEIGHBOURHOOD AND COMMUNITY HEALTH CENTRE



1900 Davenport Rd. Toronto, ON M6N 1B7



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www.dpnchc.com

#### SERVICES OFFERED:



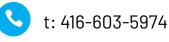
#### **Health Services**

• Offers health education to increase the ability of community members to positively affect their own health outcomes.

#### UHN PORTUGUESE MENTAL HEALTH AND ADDICTION SERVICES



Toronto Western Hospital, East Wing, 9th Floor 399 Bathurst St. Toronto, ON M5T 2S8





www.uhn.ca/MCC/PatientsFamilies/ Clinics\_Tests/Portuguese\_Addiction\_ Services

#### SERVICES OFFERED:



#### **Health Services**

• Provides mental health and addiction services to patients who speak Portuguese, but not English.

ADDITIONAL CONTACT SERVICES

**HEALTH SERVICES** 

#### FIND A PORTUGUESE-SPEAKING DOCTOR

Go to cpso.on.ca, and select "Find a Doctor" under the Public Information and Services Tab at the top. You will see a form, select Portuguese for the language of service and select all terms you would like to search for, such as location. Click "Submit" at the bottom of the page.



www.cpso.on.ca

#### **FIND A DENTIST**

Go to 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

#### FIND A PORTUGUESE-SPEAKING OPTOMETRIST

Go to collegeoptom.on.ca, click on Find an Optometrist. Enter Portuguese for language of service and your location and press Search.



www.collegeoptom.on.ca

#### **FIND A PHARMACY**

Go to ocpinfo.ca, click on Public, then click Find a Pharmacy. Enter your location and press Search.



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

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# We would like to thank the following for their support of our Education Resources to Support Healthy Ageing Initiative:



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Visit **www.sinaigeriatrics.ca/healtheducation** for additional resources for older adults, families and caregivers.