

# 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



**Sinai  
Health**

Healthy Ageing  
and Geriatrics

# TABLE OF CONTENTS



SOCIAL SERVICES

3



ADULT DAY PROGRAMS

5



HOUSING SERVICES

8



HEALTH SERVICES

10



ADDITIONAL SERVICES

11



# 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.

## ABRIGO CENTRE



1645 Dufferin St. Toronto, ON M6H 3L9



t: 416-534-3434



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

---

### SERVICES OFFERED:

---



#### Social Services

- Offers counselling services for Portuguese-speaking individuals and families.

## FIRST PORTUGUESE



60 Caledonia Rd. Toronto, ON M6E 4S4



t: 416-531-9971



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

---

### SERVICES OFFERED:

---



#### Social Services

- 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



t: 416-787-2114



[www.reconnect.on.ca](http://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



t: 416-506-9888



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



t: 416-532-4828



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

## ABRIGO CENTRE

 1645 Dufferin St. Toronto, ON, M6H 3L9

 t: 416-534-3434  
f: 416-534-8026

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

---

### SERVICES OFFERED:


---


#### Adult Day Programs



- Portuguese-speaking Seniors' Recreation and Education Program offers field trips, information sessions and exercise classes.

## DAVENPORT-PERTH NEIGHBOURHOOD AND COMMUNITY HEALTH CENTRE

 1900 Davenport Rd. Toronto, ON, M6N 1B7

 t: 416-656-8025

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

---

### SERVICES OFFERED:

---

#### Adult Day Programs



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



## FIRST PORTUGUESE



60 Caledonia Rd. Toronto, ON M6E 4S4



t: 416-531-9971



[www.firstportuguese.org](http://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



t: 416-787-2114



[www.reconnect.on.ca](http://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



340 College St., Suite 360 Toronto, ON M5T 3A9



t: 416-925-2103 ext. 3110



[www.sscto.ca](http://www.sscto.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](http://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](http://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/contentonly?vgnextoid=78cd3293dc3ef310VgnVCM10000071d60f89RCRD>


### 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](http://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

 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.



## HEALTH SERVICES

---

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



t: 416-656-8025



[www.dpnchc.com](http://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



t: 416-603-5974



[www.uhn.ca/MCC/PatientsFamilies/  
Clinics\\_Tests/Portuguese\\_Addiction\\_  
Services](http://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.

## FIND A PORTUGUESE-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 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](http://www.cpso.on.ca)

## 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 PORTUGUESE-SPEAKING OPTOMETRIST

Go to [collegeoptom.on.ca](http://collegeoptom.on.ca), click on Find an Optometrist. Enter Portuguese 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.

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



**The Ben and  
Hilda Katz  
Foundation**

Mon Sheong Foundation and the Ben and Hilda Katz Foundation have generously provided funding to support printing and translation of our Education Resources to Support Healthy Ageing.

Author: Healthy Ageing and Geriatrics Program, Sinai Health System  
Modified: 10/2020

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