

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 System

HEALTHY AGEING AND GERIATRICS

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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.

ABRIGO CENTRE



1645 Dufferin St. Toronto, ON M6H 3L9



t: 416-534-3434



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

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

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

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

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

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

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

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

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

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/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

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

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, 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



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 for additional resources for older adults, families and caregivers.