

COMMUNITY SERVICES DIRECTORY FOR VIETNAMESE SPEAKING OLDER ADULTS

DANH MỤC CÁC VỤ CỘNG ĐỒNG DÀNH CHO NGƯỜI CAO NIÊN NÓI TIẾNG VIỆT

INFORMATION FOR OLDER ADULTS, FAMILIES,
AND CAREGIVERS



THIS DIRECTORY HAS INFORMATION ON:



Social
Services



Community
Organizations



Health
Services



Additional
Services Contact
Information



Sinai Health System

HEALTHY AGEING AND GERIATRICS

TABLE OF CONTENTS



SOCIAL SERVICES

3



ADULT DAY PROGRAMS

5



HEALTH SERVICES

7



ADDITIONAL SERVICES

9

SOCIAL SERVICES



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

VIETNAMESE ASSOCIATION, TORONTO



1364 Dundas St. W., Toronto, ON M6J 1Y2



t: 416-536-3611



www.vatoronto.ca

SERVICES OFFERED:



Social Services

- Offers referrals to community services, support in completing forms and access to government income assistance programs.

THE VIETNAMESE WOMEN'S ASSOCIATION OF TORONTO



1756 St. Clair Ave. W., Toronto, ON M6N 1B7



t: 647-723-2165



www.vwat.org

SERVICES OFFERED:



Social Services

- Offers referrals to and information about community resources.



WEST NEIGHBOURHOOD HOUSE



248 Ossington Ave., Toronto, ON M6J 3A2



t: 416-532-4828



www.westnh.org

SERVICES OFFERED:



Social Services

- Offers a home support program that provides essential services to assist with activities of daily living.

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

ADULT DAY PROGRAMS



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

NORTHWOOD NEIGHBOURHOOD SERVICES



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



t: 416-748-0788



www.northw.ca

SERVICES OFFERED:



Adult Day Programs

- Offers a Vietnamese program that provides older adults with the opportunity to socialize in a safe environment. Activities include games, dancing, and celebrating holidays and cultural events.

THE VIETNAMESE WOMEN'S ASSOCIATION OF TORONTO



1756 St. Clair Ave. W., Toronto, ON M6N 1B7



t: 647-723-2165



www.vwat.org

SERVICES OFFERED:



Adult Day Programs

- Offers fitness and cooking classes, as well as neighbourhood walks.



WEST NEIGHBOURHOOD HOUSE



248 Ossington Ave., Toronto, ON M6J 3A2



t: 416-532-4828



www.westnh.org

SERVICES OFFERED:



Adult Day Programs

- Offers multilingual programming, including arts and crafts, yoga, memory games and gardening.

HEALTH SERVICES



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

FIND A VIETNAMESE-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 Vietnamese 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 VIETNAMESE-SPEAKING OPTOMETRIST

Go to collegeoptom.on.ca, click on Find an Optometrist. Enter Vietnamese 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

HONG FOOK MENTAL HEALTH ASSOCIATION

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

 t: 416-493-4242  www.hongfook.ca


SERVICES OFFERED:



Health Services

- Provides support, resources and counselling for individuals experiencing a mental illness.
- Supports individuals living with mental health issues to live independently.

ASIAN COMMUNITY AIDS SERVICES

 260 Spadina Ave., Suite 410, Toronto, ON M5T 2E4

 t: 416-963-4300  www.acas.org

SERVICES OFFERED:



Health Services

- Provides safer sex education and services to the East and Southeast Asian communities.
- Provides support services to individuals living with HIV/AIDS and the LGBTQ community.

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.