

COMMUNITY SERVICES DIRECTORY FOR SPANISH SPEAKING OLDER ADULTS

DIRECTORIO DE SERVICIOS COMUNITARIOS PARA ANCIANOS HISPANOHABLANTES

INFORMATION FOR OLDER ADULTS, FAMILIES,
AND CAREGIVERS



THIS DIRECTORY HAS INFORMATION ON:



Social
Services



Community
Organizations



Health
Services



Additional
Services Contact
Information



**Sinai
Health**

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 Spanish-speaking older adults seeking help or general information.

ALL-CARE



11685 Yonge St., Suite A205, Richmond Hill, ON L4E 0K7



t: 905-770-9450
f: 905-770-2674



www.all-care.ca

SERVICES OFFERED:



Social Services

- Offers a range of support services including nursing visits, home support, respite care, home safety evaluations and light housekeeping and meal preparation.

BAYCREST



3560 Bathurst St., Toronto, ON M6A 2E1



t: 416-785-2500



www.baycrest.org

SERVICES OFFERED:



Social Services

- Weekly telephone calls and emails, as well as access to a social worker for information, referral or counselling upon request



CENTRE FOR SPANISH SPEAKING PEOPLES



2141 Jane St., 2nd Floor, Toronto, ON M3M 1A2



t: 416-833-8545



www.spanishservices.ca

SERVICES OFFERED:



Social Services

- Offers support in filling out official documents and applications.

PARKDALE GOLDEN AGE FOUNDATION



27 Roncesvalles Ave., Suite 401, Toronto, ON M6R 2K4



t: 416-536-5534



www.pgaf.ca

SERVICES OFFERED:



Social Services

- Offers respite care, friendly visiting, homemaking assistance and telephone assurance checks.

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 assistance with banking, shopping and errands, as well as light housekeeping, laundry and meal preparation.

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

- Offers personal care, medication monitoring, light housekeeping and meal preparation, as well as safety checks and monitoring services.



ADULT DAY PROGRAMS

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

CENTRE FOR SPANISH SPEAKING PEOPLES



2141 Jane St., 2nd Floor, Toronto, ON M3M 1A2



t: 416-833-8545



www.spanishservices.org

SERVICES OFFERED:



Adult Day Programs

- Seniors Program includes physical exercises with the ZUMBA group, arts and crafts, English classes and computer courses.

COSTI IMMIGRANT SERVICES



Sheridan Mall
1600 Wilson Ave., Suite 114, Toronto, ON M3L 1B2



t: 416-244-0480

f: 416-244-0379



www.costi.org

SERVICES OFFERED:




Adult Day Programs


- Encuentro Latino is a weekly meeting group for Spanish-speaking older adults to discuss health issues, social activities, safety issues and their experiences as newcomers.



CULTURE LINK

 2340 Dundas St. W., Suite 301, Toronto, ON M6P 4A9

 t: 416-588-6288

 www.culturelink.ca


SERVICES OFFERED:


Adult Day Programs



- Offers Internet literacy classes, English classes, computer literacy classes and social events for older adults to mingle and strengthen their community networks.

DAVENPORT-PERTH NEIGHBOURHOOD AND COMMUNITY HEALTH CENTRE

 1875 Sheppard Ave. W., Toronto, OJN M3L 1Y6

 t: 416-915-0997

 www.dpnchc.com


SERVICES OFFERED:


Adult Day Programs



- Offers exercise classes, guest speakers, arts and crafts, dancing, English and computer lessons.

MANANTIAL NEIGHBOURHOOD SERVICES INC.

 1875 Sheppard Ave. W., Toronto, ON M3L 1Y6

 t: 416-915-0997

 www.manantial.ca

SERVICES OFFERED:


Adult Day Programs





- Offers exercise and educational classes for older adults.



OASIS DUFFERIN COMMUNITY CENTRE

 1219 Dufferin St., Toronto, ON M6H 4C2

 t: 416-536-4431

 www.oasisdufferin.org

SERVICES OFFERED:




Adult Day Programs

- Oasis Spanish Senior Group offers a brief educational workshop, lunch and social time for Spanish-speaking older adults.

PARKDALE GOLDEN AGE FOUNDATION

 27 Rocesvalles Ave., Suite 401, Toronto, ON M6R 2K4

 t: 416-536-5534

 www.pgaf.ca


SERVICES OFFERED:





Adult Day Programs

- Elderly Persons' Centre offers social and recreational activities, crafts, day trips and health information sessions.

RECONNECT COMMUNITY HEALTH SERVICES

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

 t: 416-787-2114

 www.reconnect.on.ca

SERVICES OFFERED:





Adult Day Programs


- Offers Montessori-based activities and programs that reflect an individual's interests, culture and functional abilities.
- Offers a Spanish program on Saturdays.



SENIOR ADULT SERVICES IN THE ANNEX

 341 Bloor St. W., 2nd Floor, Toronto, ON M5S 1W8

 t: 416-923-8909

 www.sasannex.com


SERVICES OFFERED:




Adult Day Programs

- Offers the Latin Quarter Luncheon for Spanish speakers on Tuesdays from noon to 1:30 p.m.

WEST NEIGHBOURHOOD HOUSE

 248 Ossington Ave., Toronto, ON M6J 3A2

 t: 416-532-4828

 www.westnh.org


SERVICES OFFERED:




Adult Day Programs

- Offers Alzheimer Day Program for individuals who are isolated and vulnerable due to Alzheimer's or another dementia.

YORK WEST ACTIVE LIVING CENTRE

 1901 Weston Rd., Toronto, ON M9N 3P5

 t: 416-245-4395

 www.ywalc.ca

SERVICES OFFERED:



Adult Day Programs

- Offers Centro Esperanza, a group for Spanish-speaking older adults to improve their English and computer skills.



FIND A SPANISH-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 Spanish 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

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 SPANISH-SPEAKING OPTOMETRIST

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



ADDITIONAL CONTACT SERVICES

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.