

# COMMUNITY SERVICES DIRECTORY FOR VIETNAMESE SPEAKING OLDER ADULTS

## DANH MỤC CÁC DỊCH 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**

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 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](http://www.vatoronto.ca)

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#### SERVICES OFFERED:


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##### 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](http://www.vwat.org)

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#### SERVICES OFFERED:

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##### 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](http://www.westnh.org)

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### SERVICES OFFERED:

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#### **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)

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### SERVICES OFFERED:

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#### **Social Services**

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



# ADULT DAY PROGRAMS

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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](http://www.northw.ca)

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### SERVICES OFFERED:

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#### 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](http://www.vwat.org)

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### SERVICES OFFERED:

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#### 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](http://www.westnh.org)

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### SERVICES OFFERED:

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#### **Adult Day Programs**

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



## HEALTH SERVICES

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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](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 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](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 VIETNAMESE-SPEAKING OPTOMETRIST

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

## HONG FOOK MENTAL HEALTH ASSOCIATION



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



t: 416-493-4242



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

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### SERVICES OFFERED:

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#### 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](http://www.acas.org)

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### SERVICES OFFERED:

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