COMMUNITY SERVICES DIRECTORY FOR 2SLGBTQIA+ OLDER ADULTS

Two-Spirit, Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual, + other ways individuals express gender & sexuality outside heteronormativity and the gender binary

INFORMATION FOR OLDER ADULTS, FAMILIES, AND CAREGIVERS



THIS DIRECTORY HAS INFORMATION ON:



Social Services



Adult Day Programs



Housing and Support Services



Health Services



Additional Services



Healthy Ageing and Geriatrics

TABLE OF CONTENTS



SOCIAL SERVICES

3



ADULT DAY PROGRAMS

5



HOUSING SERVICES

7



HEALTH SERVICES

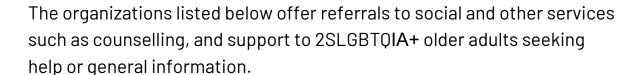
9



ADDITIONAL SERVICES

12

SOCIAL SERVICES



PRIME TIMERS



473 Church St., Suite 115, Toronto, ON M4Y 2C5



https://chapters.theprimetimersww.com/toronto/

SERVICES OFFERED:



Social Services

 Offers social, educational and recreational activities for gay and bi-sexual older men.

RAINBOW HEALTH ONTARIO



333 Sherbourne St., Toronto, ON M5A 2S5



t: 416-324-4100



www.rainbowhealthontario.ca

SERVICES OFFERED:

Social Services



- Improves access to services and promotes the health of Ontario's 2SLGBTQIA+ community through training, policy and research.
- Rainbow Health Ontario Resource database provides reliable and up-to-date health resources for the 2SLGBTQIA+ community, service providers and others.





SUNSHINE CENTRE FOR SENIORS



460 Jarvis St., Toronto, ON M4Y 2X8



t: 416-924-8558



www.sunshinecentres.com

SERVICES OFFERED:

Social Services



- Offers Rainbow Bridges program, which connects 2SLGBTQIA+ older adults and youth over a hot meal, workshops and art projects.
- Offers Seniors' Space twice a week for older adults to connect through activities.

HOME AND COMMUNITY CARE SUPPORT SERVICES TORONTO CENTRAL



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.

ADULT DAY PROGRAMS

The following Adult Day Programs provide recreational programs and opportunities for 2SLGBTQIA+ 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.

THE 519



519 Church St., Toronto, ON M4Y 2C9



t: 416-392-6874



www.the519.org

SERVICES OFFERED:



Adult Day Programs

 Book club programs for gay, bisexual and trans men, and for lesbian, bisexual and trans women, as well as a weekly dropin program for older 2SLGBTQIA+ adults.

BENDALE ACRES



2920 Lawrence Ave. E., Scarborough, ON M1P 2T8



t: 416-397-7000



https://www.toronto.ca/community-people/children-parenting/seniors-services/seniors-recreation-and-employment/adult-day-programs/

SERVICES OFFERED:



Adult Day Programs

 Offers social activities designed to meet the diverse needs of the members attending the program.





SPRINT SENIOR CARE



140 Merton St., 2nd Floor, Toronto, ON M4S 1A1



t: 416-481-6411



www.sprintseniorcare.org

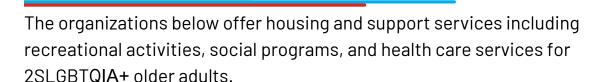
SERVICES OFFERED:



Adult Day Programs

• Offers 2SLGBTQIA+ community conversations and support groups for 2SLGBTQIA+ individuals.

HOUSING SERVICES



CAREFREE LODGE



306 Finch Ave. E., North York, ON M2N 4S5



t: 416-397-1500



https://www.toronto.ca/community-people/housing-shelter/rental-housing-tenant-information/finding-housing/long-term-care-homes/carefree-lodge/

SERVICES OFFERED:



Housing Services

 2SLGBTQIA+ friendly long-term care home offering physiotherapy, dental care, nursing and social work services.

FUDGER HOUSE



419 Sherbourne St., Toronto, ON M4X 1K6



t: 416-392-5252



https://www.toronto.ca/community-people/housing-shelter/rental-housing-tenant-information/finding-housing/long-term-care-homes/fudger-house/

SERVICES OFFERED:



Housing Services

 Offers nursing, medical, social work, rehabilitation and other services in an 2SLGBTQIA+ friendly environment.



KIPLING ACRES



2233 Kipling Ave., Etobicoke,. ON M9W 4L3



t: 416-392-2300



https://www.toronto.ca/community-people/housing-shelter/rental-housing-tenant-information/finding-housing/long-term-care-homes/kipling-acres/

SERVICES OFFERED:



Housing Services

 Offers a long-term and short-term stay respite program in a 2SLGBTQIA+ postive environment.

TRUE DAVIDSON ACRES



200 Dawes Rd., Toronto, ON M4C 5M8



t: 416-397-0400



https://www.toronto.ca/community-people/housing-shelter/long-term-care-homes/true-davidson-acres/

SERVICES OFFERED:



Housing Services

 Offers nursing, medical, rehabilitation and social work services in an 2SLGBTQIA+ friendly environment and partners with the 519 to deliver programs.

THE WELLESLEY CENTRAL RESIDENCES



490 Sherbourne St., Toronto, ON M4X 1K9



t: 416-925-9871 ext. 4902

SERVICES OFFERED:



Housing Services

 A housing complex for people living with HIV/AIDS, which celebrates the 2SLGBTQIA+ community.

HEALTH SERVICES



The organizations below offer health services including primary health care, counselling and HIV/AIDS services.

HASSLE FREE CLINIC



60 Gerrard St. E., 2nd Floor, Toronto, ON M5B 1G3



t: 416-922-0566



www.hasslefreeclinic.org

SERVICES OFFERED:



Health Services

 Offers a range of services, such as a trans clinic for women and men, HIV+ and STI information and counselling, as well as other health services.

SHERBOURNE HEALTH CENTRE



353 Sherbourne St., Toronto, ON M5A 2S5



t: 416-324-4180



www.sherbourne.on.ca

SERVICES OFFERED:



Health Services

 Offers a range of services, such as primary health services to 2SLGBTQIA+ individuals, as well as HIV/AIDS services.



IMMUNODEFICIENCY CLINIC



585 University Ave., Toronto, ON M5G 2N2



t: 416-340-4890



www.hivclinic.ca

SERVICES OFFERED:



Health Services

 Offers assistance on finding treatment, prescription renewals, and consultations with medical specialists, pharmacists, social workers, dietitians, psychiatrists and occupational therapists.

TWO SPIRIT OF THE FIRST NATIONS



145 Front St. E., Suite 105, Toronto, ON M5A 1E3



t: 416-944-9300



www.2spirits.com

SERVICES OFFERED:



Health Services

 Offers counselling and advocacy for individuals, family, friends, and partners affected by HIV, as well as educational and palliative care services.

FIND A 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, enter 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 AN OPTOMETRIST

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



ADDITIONAL SERVICES

Numbers to call for assistance with finding a program or service for older adults living in Toronto.

211

Information and referral to meal programs, health services, housing, transportation, home supports, government benefits and more. Calls answered 24/7, in 150+ languages



Dial 211 TTY: 1-888-622-4651



www.211toronto.ca

CITY OF TORONTO - 311

Information about any City of Toronto program, service and or facility including recreation programs, social services, transportation, health services, housing and more.

Calls answered 24/7, in 180+ languages



Dial 311

TTY: 416-338-0TTY (0889)



www.toronto.ca



HOME AND COMMUNITY CARE SUPPORT SERVICES

Information about Ontario government-funded health supports at home and applications for long-term care homes. Assistance in navigating and referral to community health and support services.

Available in 150+ languages



t: 310-2222 (no area code)



www.healthcareathome.ca

TORONTO SENIORS HELPLINE

Connects seniors to health and community support services and provides crisis outreach. French and English speaking social workers, with interpretive services for 150+ languages.

Monday - Friday 9 am - 8 pm; Weekends 10 am - 6 pm



t: 416-217-2077



www.torontoseniorshelpline.ca

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. The Ministry for Seniors and Accessibility supported this initiative with funding through its Seniors Community Grant Program.

Author: Sinai Health and University Health Network Healthy Ageing and Geriatrics Program

Modified: 06/2021

Visit **www.sinaigeriatrics.ca/healtheducation** for additional resources for older adults, families and caregivers.