



Older Adult 55+ Community Resources Chart

Community Information Lines

| Resource | Number(s) | Website |
|---|--|--|
| 211 Ontario | 211 | www.211ontario.ca |
| Ministry for Seniors and Accessibility | Telephone: 1-888-910-1999 TTY: 1-800-387-5559 | www.ontario.ca/page/ministry-seniors-accessibility |
| Community Care Access Centre – Central East | Telephone: (905) 430-3308 Toll Free: 1-800-263-3877 TTY Line: 1-877-743-7939 | www.healthcareathome.ca |
| Central East Health Line | Phone: (905) 430-3308 TTY: 1-877-743-7939 | www.centraleasthealthline.ca |
| Information Durham | Phone: (905) 434-4636 (905) 436-7377 Toll Free: 1-866-463-6910 | http://seniors.durham.cioc.ca/ |

Transportation

| Resource | Number(s) | Website |
|--|---|---|
| Service Ontario: Accessible Parking Permit | Telephone: 416-235-2999 TTY: 416-325-3408 | www.ontario.ca/page/get-accessible-parking-permit |
| Community Care Durham Transportation | (905) 837-0017 | www.communitycaredurham.on.ca |
| DriveTest | 1-800-489-8450 | www.drivetest.ca |
| Durham Region Transit | Toll Free: 1-866-247-0055 | www.durhamregiontransit.com |
| Durham Region Transit – Specialized Services | (905) 571-1222 | www.durhamregiontransit.com/en/routes-and-schedules/on-demand-specialized.aspx |
| GO Transit | 1-888-438-6646 | https://www.gotransit.com/ |
| Senior Driver's Licence Renewal Program | 1-800-396-4233 or 416-235-3579 | http://www.mto.gov.on.ca/english/driver/senior-driver-licence-renewal-program.shtml |
| Taxi Services | Bell Taxi – (905) 668-8888 Circle taxi – (905) 668-6666 Lincoln Taxi – (905) 427-1000 | |

Housing

| Resource | Number(s) | Website |
|--|--|---|
| Durham Region Non-Profit Housing Corporation | (905) 686-1278 | www.durham-housing.com |
| Landlord and Tenant Board | 1-888-332-3234 | www.sjto.gov.on.ca/ltb/ |
| Community Care Access Centre | (905) 430-3308 | www.healthcareathome.ca |
| Cooperative Housing Federation of Canada | Telephone: 416-366-1711 Toll-Free: 1-800-268-2537 | www.chfcanada.coop |
| Ajax Municipal Housing Corporation | 905-683-9269 | www.amhchousing.ca |
| Durham Region – Housing Services Division | Telephone: (905) 668-7711 Toll Free: 1-800-372-1102 | www.durham.ca |
| Retirement Residences | <p>Chartwell 1-855-461-0685</p> <p>Amica 416-487-2020</p> <p>Lynde Creek Manor Retirement (905) 470-4000</p> <p>Atria Retirement- The Court at Brooklin and The Court at Pringle Creek (905) 665-4837 and 289-274-6713</p> <p>Village of Taunton Mills (905) 666-3156</p> <p>Revera (905) 239-0262</p> | <p>https://chartwell.com/</p> <p>www.amica.ca/</p> <p>https://www.espritlifestyle.com/locations/lynde-creek-manor/</p> <p>https://www.atriaretirement.ca/retirement-communities/</p> <p>http://www.schlegelvillages.com/taunton-mills-whitby</p> <p>www.reveraliving.com</p> |

Day Programs

| Resource | Number(s) | Website |
|--------------------------------------|--|---|
| Ajax Seniors Friendship Club | (905) 686-1573 | www.ajax.ca/55plus ajaxseniorsclub@gmail.com |
| Pickering and Village Seniors Centre | (905) 683-8460 | www.ajax.ca/55plus |
| PROBUS Club | | https://www.ajaxprobus.com/ http://www.durhamwestprobus.org/ |
| Rouge Hill Seniors Club | (905) 420-4660 ext. 6103 | www.pickering.ca/en/living/adults55.aspx |
| South Pickering Seniors' Club | (905) 420-5049 | www.pickering.ca/en/living/adults55.aspx |
| Community Care Durham Day Program | (905) 420-5010 ext. 223 | https://communitycaredurham.on.ca/support-education/adult-day-program/ |
| Whitby Seniors Activity Centre | (905) 668-1424 | www.whitby.ca/en/residents/whitbyseniorsactivitycentre.asp |
| Oshawa Senior Citizens Centre | (905) 576-6712 | www.oscc.ca |
| Abilities Centre | (905) 665-8500 | www.abilitiescentre.org |
| The Lighthouse Retreat | (905) 426-3300 or 416-899-8744 | www.thelighthouseretreat.ca/index.html |
| Hillside Estates Adult Day Program | Telephone: (905) 666-6197 Toll-Free: 1-800-372-1102 | https://www.durham.ca/en/living-here/adult-day-programs.aspx |

Exercise and Falls Prevention

| Resource | Number(s) | Website |
|---------------------------------------|--|---|
| Exercise and Falls Prevention Program | Westney Gardens– 1-844-573-8372 Harwood Manor - (905) 427-2888 The Lighthouse Retreat - (905) 426-3300 | www.communitycaredurham.on.ca |
| Smart In-Home Exercise Program | (905) 571-3151 | https://www.von.ca/en/service/seniors-maintaining-active-roles-together-smart |

Home and Caregiver Support

| Resource | Number(s) | Website |
|--|---|---|
| Geriatric Assessment and Intervention Network – G.A.I.N. | Carea Community Health Centre (905) 723-0036 ext. 1409 Lakeridge Health Oshawa (905) 576-8711 ext. 34832 | http://seniorscarenetwork.ca/programs-initiatives/programs/geriatric-assessment-and-intervention-network/ |
| Community Care Durham Home Services | (905) 837-0017 | www.communitycaredurham.on.ca |
| Long-Term Emergency Avoidance Plan – L.E.A.P. | (905) 837-0017 | www.communitycaredurham.on.ca |
| Home At Last – H.A.L. | (905) 837-0017 | www.communitycaredurham.on.ca |
| Durham Doctor House Call Services | (905) 619-6641 | www.durhamdoctorshousecallservice.com |
| VON Durham Hospice Services | (905) 240-4522 | www.durhamhospice.org |

| | | |
|------------------------------|----------------------------------|---|
| HomeWell Seniors Care | 1-888-898-0216 | www.homewellseniorcare.ca |
| We Care Home Health Services | 1-866-729-3227 | www.cbi.ca/web/we-care-home-health-services |
| The Lighthouse Retreat | (905) 426-3300 | http://www.thelighthouseretreat.ca/senior-services.html |
| Homebound Wellness Centre | (905) 426-3323 or (416) 899-8744 | http://www.homeboundwellnesscentre.com/service |
| Seniors for Seniors | (905) 434-5115 | https://seniorsforseniors.ca/oshawa-home-care |

Health Organizations

| Resource | Number(s) | Website |
|--|----------------|---|
| Alcoholics Anonymous | (905) 728-1020 | www.aadurham.org |
| Alzheimer's Society – Durham Region Branch | (905) 576-2567 | www.alzheimer.ca |
| ALS Canada | 416-497-2267 | www.als.ca |
| Arthritis Society of Canada | 1-800-321-1433 | www.arthritis.ca |
| Assistive Devices Program | 1-800-268-6021 | www.health.gov.on.ca |
| Autism Ontario - Durham Region Branch | 416-246-9592 | https://www.autismontario.com/ |

| | | |
|---|---|--|
| Canadian Cancer Society | Telephone: 1-888-939-3333 TTY: 1-866-786-3934 Local: 416-961-7223 | www.cancer.ca |
| Canadian Diabetes Association | 1-800-BANTING (226-8464) | www.diabetes.ca |
| Canadian Hearing Society | Telephone: 1-866-518-0000 TTY: 1-877-215-9530 | www.chs.ca |
| Canadian Liver Foundation | Telephone: 416-491-3353 Toll Free: 1-800-563-5483 | www.liver.ca |
| Canadian National Institute for the Blind | Telephone: 1-800-563-2642 | www.cnib.ca |
| Crohn's and Colitis Canada | Telephone: 416-920-5035 Toll Free: 1-800-387-1479 | www.crohnsandcolitis.ca |
| Durham Deaf Services | (905) 579-3328 | www.durhamdeaf.org |
| Canadian Heart and Stroke Foundation | 1-888-473-4636 | www.heartandstroke.ca |
| The Kidney Foundation of Canada | 1-800-387-4474 | www.kidney.ca/ontario |
| The Lung Association | 1-888-344-5864 | www.lungontario.ca |
| Multiple Sclerosis Society of Canada | 1-905-626-8654 | www.mssociety.ca |

| | | |
|-------------------------------|--|---|
| Muscular Dystrophy Canada | Toll Free: 1-800-567-2873 ext. 1121 Telephone: 416-488-2699 | www.muscle.ca |
| Ostomy Canada Society | 1-888-969-9698 | www.ostomycanada.ca |
| Osteoporosis Canada | 1-800-463-6842 | www.osteoporosis.ca |
| Parkinson's Canada | 1-800-565-3000 | www.parkinson.ca |
| Carion Fenn Foundation | 289-923-8170 | http://www.carionfenn.org/ |
| Carea Community Health Centre | (905) 428-1212 | https://www.careachc.ca/ |

Mental Health

| Resource | Number(s) | Website |
|--|---|---|
| Canadian Mental Health Association – Durham Branch | 1-844-436-8760, (905) 436-8760 | https://cmhadurham.ca/ |
| Centre for Addiction and Mental Health | 416-535-8501 | www.camh.ca |
| Durham Mental Health Services | Telephone: (905) 666-0831 Toll Free: 1-855-888-DMHS (3647) | www.dmhs.ca |
| Crisis Access Linkage Link (Crisis Hotline provided by DMHS) | Telephone: (905) 666-0483 Toll-free: 1-800-742-1890 | http://dmhs.ca/news/c-a-l-l-centre-crisis-access-linkage-line/ |

| | | |
|---|--|--|
| Creating Opportunities for Personal Excellence – C.O.P.E. | (905) 837-0017 ext. 229 | www.communitycaredurham.on.ca |
| Ontario Shores – Centre for Mental Health Sciences | Telephone: (905) 430-4055 Toll Free: 1-800-341-6323 | www.ontarioshores.ca |
| Psychogeriatric Community Support Program | Telephone: (905) 666-4836 Toll Free: 1-866-748-0774 | www.communitycaredurham.on.ca |
| Problem Gambling Institute of Ontario | 416 535-8501 ext. 2 | www.problemgambling.ca |

Financial and Legal

| Resource | Number(s) | Website |
|---------------------------------------|---|---|
| Advocacy Centre for the Elderly | Toll Free: 1-855-598-2656 Telephone: 416-598-2656 | www.advocacycentreelderly.org |
| Ontario Securities Commission | Telephone: 1-877-785-1555 TTY: 1-866-827-1295 | www.osc.gov.on.ca |
| Durham Community Legal Clinic | Telephone: (905) 728-7321 Toll Free: 1-888-297-2202 | www.durhamcommunitylegalclinic.ca |
| Ontario.ca – Tax Credits and Benefits | Telephone: 416-326-1234 or 1-800-267-8097 TTY: 416-325-3408 | https://www.ontario.ca/page/tax-credits-and-benefits-people/ |
| Ontario Works | Telephone: (905) 428-7400 | https://www.mcass.gov.on.ca/en/mcass/programs/social/ow/ |

| | | |
|--|--|---|
| | Toll-Free: 1-877-678-6333 | |
| Ontario Disability Support Program (ODSP) | Telephone: (905) 440-1030 Toll-Free: 1-800-722-1196 | https://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/ |
| Government of Canada - Income Security and Financial Assistance Programs | Telephone: 1-800-277-9914 TTY: 1-800-255-4786 | https://www.canada.ca/en/services/benefits/publicpensions.html |

Abuse, Support and Safety

| Resource | Number(s) | Website |
|---|--|--|
| Elder Abuse Ontario | Telephone: 416-916-6728 Senior Safety Line: 1-866-299-1011 | www.elderabuseontario.com |
| Durham Elder Abuse Network – D.E.A.N. | (905) 668-4113 ext. 2460 | www.durhamelderabusenetwork.ca |
| Distress Centre Durham | (905) 430-2522 | www.distresscentredurham.com |
| Canadian Anti-Fraud Centre | 1-888-495-8501 | www.antifraudcentre-centreantifraude.ca |
| Durham Regional Crime Stoppers | 1-800-222-TIPS (8477) | www.durhamregionalcrimestoppers.ca |
| Durham Regional Police – Victim Services Unit | Emergency Telephone: 911 Non-Emergency: (905) 579-1520 Victim Services: (905) 579-1520 ext. 3400 | www.drps.ca |
| PFLAG Durham | (905) 231-0533 | www.pflagdurhamregion.ca |

Newcomers

| Resource | Number(s) | Website |
|---|--|--|
| Welcome Centre Immigration Services | 1 877-761-1155 | www.welcomecentre.ca |
| Welcome Wagon | Toll Free: 1-844-299-2466 Telephone: 416-497-8685 | www.welcomewagon.ca |
| Durham Immigration Portal | Telephone: (905) 668-7711 Toll Free: 1-800-372-1102 | www.durhamimmigration.ca |
| Community Development Council Durham | Toll Free: 1-866-746-3696 Telephone: (905) 686-2661 | www.cdcd.org |

Town of Ajax

| Resource | Number(s) | Website |
|----------------------|----------------|--|
| Special Events | (905) 427-8811 | www.ajax.ca/55plus |
| Recreation Programs | (905) 427-8811 | www.ajax.ca/55plus |
| Seniors Day Programs | (905) 427-8811 | www.ajax.ca/55plus |

Food and Nutrition

| Resource | Number(s) | Website |
|-----------------------|----------------|---|
| Community Care Durham | (905) 837-0017 | http://communitycaredurham.on.ca/ |
| Heart to Home Meals | 1-844-479-2255 | https://www.hearttohomemeals.ca/ |