# COMMUNITY SERVICES DIRECTORY FOR CHINESE SPEAKING OLDER ADULTS

## 说汉语老年人的社区服务指南

## INFORMATION FOR OLDER ADULTS, FAMILIES, AND CAREGIVERS



#### THIS DIRECTORY HAS INFORMATION ON:



Social Services



Community Organizations



Housing and Support Services



Health Services



Additional Services Contact Information



Healthy Ageing and Geriatrics

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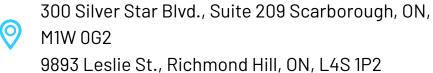
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## **ADULT DAY PROGRAMS**

The following Adult Day Program provides recreational programs and opportunities for Chinese-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.

## **CAREFIRST SENIORS**



t: 416-502-2323

f: 416-502-2382



www.carefirstseniors.com

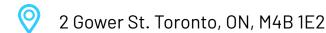
#### SERVICES OFFERED:



### **Adult Day Programs**

• Social and recreational activities, crafts, games music, coordination and stimulation activities, outings

## HARMONY HALL CENTRE FOR SENIORS



t: 416-752-0101



www.call-a-service.com

#### SERVICES OFFERED:



## **Adult Day Programs**

 Recreational activities including choir, Mandarin class, Qigong exercise, Mahjong games, karaoke, tai chi and yoga.





## **NEIGHBOURHOOD LINK SUPPORT SERVICES**



3036 Danforth Ave. Toronto, ON M4C 1N2



t: 416-691-7407



www.neighbourhoodlink.org

#### SERVICES OFFERED:



#### **Adult Day Programs**

 Pui Hong Chinese Seniors' Program includes activities and recreational programs in Cantonese and Mandarin

## **NORTHWOOD NEIGHBOURHOOD SERVICES**



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



t: 416-748-0788



www.northw.ca

#### **SERVICES OFFERED:**



#### **Adult Day Programs**

 Chinese program every Tuesday at Driftwood Community Centre includes wellness workshops and cultural events.

## ST. JOHN'S MCNICOLL CENTRE



1038 McNicoll Ave. Toronto, ON M1W 2J6



t: 416-756-2255



www.english.vintagegarden.ca

#### SERVICES OFFERED:



## **Adult Day Programs**

 Programs for Chinese older adults include Chinese Knot Art, Cantonese Opera, Tai Chi.

#### ST. PAUL'S L'AMOREAUX CENTRE



3333 Finch Ave. E. Scarborough, ON, M1W 2R9



t: 416-493-3333



www.splc.ca

#### SERVICES OFFERED:



#### **Adult Day Programs**

· Chinese Day Program includes exercise, games and conversation in Cantonese and Mandarin.

#### **WEST NEIGHBOURHOOD HOUSE**



248 Ossington Avenue Toronto, ON M6J 3A2



t: 416-532-4828



www.westnh.org

#### SERVICES OFFERED:



## **Adult Day Programs**

 Social and recreational activities, crafts, games, music, coordination and stimulation activities, outings.

## **WOODGREEN COMMUNITY SERVICES**



815 Danforth Ave, Suite 100 Toronto, ON, M4J IL2



t: 416-645-6000 ext. 1100



www.woodgreen.org

#### SERVICES OFFERED:



#### **Adult Day Programs**

· Seniors day program for Chinese-speaking older adults with dementia includes social and recreational activities and a meal.





## YEE HONG CENTRE FOR GERIATRIC CARE



60 Scottfield Drive Toronto, ON M1S 5T7 2780 Bur Oak Ave., Markham, ON L6B 1C9



416-321-3000



www.yeehong.com

#### **SERVICES OFFERED:**



#### **Adult Day Programs**

• Active Senior Outreach Program includes Chinese painting, calligraphy, opera, tai chi, and folk dance.

## **SOCIAL SERVICES**

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

#### **CAREFIRST SENIORS**



300 Silver Star Blvd. Scarborough, ON, M1W 0G2



t: 416-502-2323





www.carefirstseniors.com

#### SERVICES OFFERED:



#### **Social Services**

 Offers a range of support services including Chinese elder abuse prevention, information about and referral to other services, and health education.

## **CHINESE FAMILY SERVICES OF ONTARIO**



3330 Midland Ave., Suite 229 Toronto, ON M1V 5E7



t: 416-979-8299



www.chinesefamilyso.com

#### SERVICES OFFERED:



#### Social Services

 Mental health and family counselling, and referrals to other community social services.



## HONG FOOK MENTAL HEALTH ASSOCIATION



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



t: 416-493-4242

f: 416-595-6332



www.hongfook.ca

#### SERVICES OFFERED:



#### **Social Services**

 Offers counselling, case management, assessment, consultation, psycho-educational workshops and support groups.

## TORONTO CENTRAL COMMUNITY CARE ACCESS CENTRE



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.

#### YEE HONG CENTRE FOR GERIATRIC CARE



60 Scottfield Drive Toronto, ON M1S 5T7



t: 416-321-3000



www.yeehong.com

#### SERVICES OFFERED:



#### **Social Services**

 Services include information about and referral to community resources, as well as assistance with activities of daily living.

## **HOUSING SERVICES**

The organizations below offer housing and support services including recreational activities, social programs, and health care services for Chinesespeaking older adults.

#### HERITAGE NURSING HOME



1195 Queen St. E Toronto, ON M4M 1L6



t: 416-461-8185



www.heritagenursinghome.com

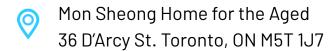
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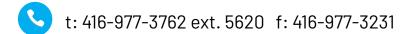


#### **Housing Services**

- Offers 24-hour on-call physician, supervision and nursing, and weekly physician visits
- Assistance with activities of daily living (bathing, dressing, eating and mobility)
- Treatment and medication administration
- Supervision for residents with Alzheimer's or dementia
- Culturally based recreational activities such as Mahjong, Cantonese opera and Dim Sum parties
- Chinese Anglican Church Services

## MON SHEONG FOUNDATION





Mon Sheong Scarborough Long-Term Care Centre 2030 McNicoll Ave Toronto, ON M1V 5P4

t: 416-291-3898 f: 416-297-8322 www.monsheong.org

#### SERVICES OFFERED:



#### **Housing Services**

 24-hour culturally appropriate nursing services, long-term and short-term stay programs, and Chinese meals.

## NORTH YORK GENERAL HOSPITAL SENIORS' HEALTH CENTRE



t: 416-756-0066 www.nygh.on.ca

#### SERVICES OFFERED:



#### **Housing Services**

- Residents have access to seven physicians affiliated with North York General Hospital who visit weekly
- Chinese tea program, bi-monthly Chinese discussion groups, and celebration of Chinese cultural events

## FIND A CHINESE-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 Cantonese or Mandarin 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 CHINESE-SPEAKING OPTOMETRIST

Go to collegeoptom.on.ca, click on Find an Optometrist.Enter Chinese, Cantonese or Mandarin 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

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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.