

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
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Information



**Sinai
Health**

Healthy Ageing
and Geriatrics

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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

 300 Silver Star Blvd., Suite 209 Scarborough, ON,
M1W 0G2
9893 Leslie St., Richmond Hill, ON, L4S 1P2



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

 2 Gower St. Toronto, ON, M4B 1E2



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 1L2

 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
f: 416-502-2382



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 Chinese-speaking older adults.

HERITAGE NURSING HOME

 1195 Queen St. E Toronto, ON M4M 1L6

 t: 416-461-8185

 www.heritagenursinghome.com

SERVICES OFFERED:




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 Home for the Aged
36 D'Arcy St. Toronto, ON M5T 1J7

 t: 416-977-3762 ext. 5620 f: 416-977-3231

 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

 2 Buchan Court Toronto, ON M2J 5A3

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