

# Provincial Resources to Support Persons Living with Dementia and Care Partners

- Ontario -

August 2022

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## 1. Driving and Transportation

### Driving information

- At age 80 years, drivers are required to attend a license renewal session every two years. Renewal sessions involve a vision test, a 45-minute interactive group education session, an in-class screening exercise and a driving record review. Call 1-800-396-4233 or 416-235-3579 or [click here](#) for more information.
- The 55 Alive Driver Refresher Course is offered by the **Canada Safety Council**. Call 613-739-1535, contact them via email at [csc@safety-council.org](mailto:csc@safety-council.org) or [click here](#) to visit their website.

### Transportation options

- **GO Transit** (serving the greater **Toronto and Hamilton** area) offers a 55% discount to those 65 years and over with a Presto card. [Click here](#) to learn more or call 1-888-GET-ON-GO/1-888-438-6646 for more information.
- **Driving Miss Daisy** is a senior driving service with multiple locations across **Ontario**. Call 1-877-613-2479, or [click here](#) for more information.
- **The Canadian Red Cross**, Ontario Division offers transportation services to those in need in most **Ontario communities**. [Click here](#) for more information.
- **211 Ontario** offers region transportation options. [Click here](#) for more information or call 211 or 1-877-330-3213.

## 2. Home and Community Support

### Home, community care and long-term care

- **Home and Community Care Support Services (HCCSS)** is program with the Ontario government. Services involve nursing care, therapy, dietitian services, social work, healthcare supplies, as well as long-term care facilities. Case managers can answer questions. Call 310-2222 or 1-866-532-3161. To find regional contact numbers [click here](#), or visit their website [here](#).
- The **Ontario Community Support Program** refers isolated seniors to community programs. Call 1-877-330-3213 or 211, [click here](#) for more information.

## Meal delivery services

- **Meals on Wheels Ontario** provides hot meals across several regions. Call 1-416-256-3013 or 1-800-267-OCSA for more information [click here](#).

## Other services

- **Seniors Safety Line** is a 24/7 confidential and free resource operating in over 200 languages for seniors in Ontario. Call 1-866-299-1011 for more information.

### 3. Exercise Programs

- Find a class through the **Senior's Info Line** at 1-888-910-1999.
- For a full list of local health and community services across Ontario, [click here](#).

On the map of Ontario, click on your local region, then click "Seniors". Next under the category "Your Health" then click "Fall Prevention Programs". A list of all programs in your region will then be listed along with addresses and phone numbers. If you are having difficulty, [click here](#) to watch this video for instructions.

- **Stand UP!** focuses on building balance, strength and flexibility among older adults who are concerned about their balance or who have had a fall. Call your regional public health unit for more information. Contact the NE Regional Coordinator SOYF, NE LHIN, by email at [wendy.carew@lhins.on.ca](mailto:wendy.carew@lhins.on.ca) or call 705-840-1610.
- **Stay On Your Feet Sudbury Manitoulin**, call 1-705-674-4330, toll-free at 1-855-674-4330 or email [stayonyourfeet@phsd.ca](mailto:stayonyourfeet@phsd.ca).
- The **YMCA** has locations across Ontario offering senior exercise programs, [click here](#) for more information.
  - YMCA of Central East Ontario
  - YMCA of Eastern Ontario
  - YMCA of Greater Toronto
  - YMCA of Hamilton/Burlington/Brantford
  - YMCA of Niagara
  - YMCA of North Bay
  - YMCA of Northeastern Ontario | North Bay and Sudbury
  - YMCA of Northeastern Ontario | Timmins
  - YMCA of Northumberland
  - YMCA of Oakville
  - YMCA of Owen Sound Grey Bruce



- YMCA of Sault Ste. Marie
  - YMCA of Simcoe/Muskoka
  - YMCA of Southwestern Ontario
  - YMCA of Sudbury
  - YMCA of Three Rivers | Cambridge & Kitchener-Waterloo
  - YMCA of Three Rivers | Guelph
  - YMCA of Three Rivers | Stratford-Perth
  - YMCA-YWCA of the National Capital Region
- **Minds in Motion®** by the Alzheimer Society. Call 1-800-879-3226 to find a program location in your region. [Click here](#) for more information.

#### 4. Cognitive Training Programs

- **Minds in Motion®** by the Alzheimer Society helps people living with any form of early-stage dementia with gentle exercise, social activities, and cognitive stimulation. Call 1-416-847-8905 or [click here](#) to visit their website for more information. Some local chapters offer the program via Zoom.
- **Memory Work Out** – a workbook for cognitive training for people with early-stage dementia and Alzheimer, [click here](#) for more information.
- **Hello Brain** – cognitive training delivered online or via an app, [click here](#) for more information.
- **First Link** by the Alzheimer Society can help you connect to programs in your community. [Click here](#) to refer to the provincial Alzheimer Society contact information or call 1-800-263-3367 for assistance.

#### 5. Power Of Attorney

- Planning for Power of Attorney resources from the Alzheimer Society. Call 1-800-936-6033 for more information, or [click here](#) to visit their website.
- The Ontario government has a complete outline of power of attorney with free downloadable kits. [Click here](#) to visit this resource.
- Community Legal Education Ontario (CLEO) offers a guided pathway to preparing a power of attorney. [Click here](#) for more information or write to them at:
  - Community Legal Education  
Ontario/Éducation juridique communautaire Ontario



180 Dundas St. West, Suite 506  
Toronto, Ontario M5G 1Z8

## 6. Support Groups

- For an extensive list of services for caregivers in Ontario, [click here](#).
- **Carers Program**, Reitman Centre, Mount Sinai Hospital, call 1-416-586-4800 (ext. 5882).
- **Dementia Helpline** (Baycrest) 1-416-439-0744 (ext. 2236).
- **The Ontario Caregivers Helpline** is available 24 hours, 7 days per week at 1-833-416-2273 or [click here](#) to visit their website and sign up for their newsletters.
- **Western Ottawa Community Resource Centre** offers weekly virtual (online) caregiver support groups. [Click here](#) for more information.
- **Alzheimer Society** of Ontario offers support groups through regional chapters. For example, in the York region call 1-905-726-3477 or email [info@alzheimer-york.ca](mailto:info@alzheimer-york.ca). There are a LARGE variety of virtual support groups using Zoom. If you have trouble with Zoom the support group can help.

### **NEW - Teen Caregiver Support Group**

Fourth Monday of the month, 5 to 6 p.m.  
Contact: Jessica Maltese at 647-244-0391 or  
[jmaltese@alzheimer-york.com](mailto:jmaltese@alzheimer-york.com)

### **NEW - Young Adult Caregiver Support Group**

Third Thursday of the month, 7:30 to 8:30 p.m.  
Contact: Angela Owen-Johnston at 647-962-3976 or  
[ajohnsto@alzheimer-york.com](mailto:ajohnsto@alzheimer-york.com)

### **NEW - Long-Term Care Caregivers Support Group**

First Wednesday of the month, 11 a.m. to 12:30 p.m.  
Contact: Rebecca Wardlaw at 647-808-7094 or  
[rwardlaw@alzheimer-york.com](mailto:rwardlaw@alzheimer-york.com)

### **NEW - Long-Term Care Caregivers Support Group**

Fourth Tuesday of the month, 2:30 to 4 p.m.  
Contact: Rebecca Wardlaw at 647-808-7094 or  
[rwardlaw@alzheimer-york.com](mailto:rwardlaw@alzheimer-york.com)



**Young-onset (diagnosed younger than 65)**

Second Tuesday of the month, 1 to 2:30 pm

Contact Hemal at [hjoshi@alzheimer-york.com](mailto:hjoshi@alzheimer-york.com)

**Spouses only**

Third Monday of the month, 1 to 2:30 p.m.

Contact Ellen at [ehouser@alzheimer-york.com](mailto:ehouser@alzheimer-york.com)

**Cantonese-Speaking Caregivers**

Fourth Tuesday of the month, 1 to 2:30 p.m.

Contact Arie at [ayeung@alzheimer-york.com](mailto:ayeung@alzheimer-york.com)

**Mandarin-Speaking Caregivers**

Third Tuesday of the month, 1 to 2:30 p.m.

Contact Arie at [ayeung@alzheimer-york.com](mailto:ayeung@alzheimer-york.com)

**Russian-Speaking Caregivers**

Third Wednesday of the month, 11:30 a.m. to 1 p.m.

Contact Inna at [isorotskin@alzheimer-york.com](mailto:isorotskin@alzheimer-york.com)

**Farsi-Speaking Caregivers**

Second Wednesday of the month, 6 to 7:30 p.m.

Contact Sarah at [ssarvari@alzheimer-york.com](mailto:ssarvari@alzheimer-york.com)

**Keswick**

Third Tuesday of the month, 1 to 2:30 p.m.

Contact Stacey at [smendonca@alzheimer-york.com](mailto:smendonca@alzheimer-york.com)

**Aurora**

First Thursday of the month, 7 to 8:30 pm

Contact Angela at [ajohnston@alzheimer-york.com](mailto:ajohnston@alzheimer-york.com)

**Thornhill**

third Wednesday of the month, 7 to 8:30 p.m.

Contact Andrea at [aubell@alzheimer-york.com](mailto:aubell@alzheimer-york.com)

**Stouffville**

fourth Monday of each month, 1:30 to 3 p.m.

Contact Cassandra at [ccalbert@alzheimer-york.com](mailto:ccalbert@alzheimer-york.com)

**Markham**

First and Third Wednesday of the month, 1:30 to 3 p.m.

Contact Rebecca at [wardlaw@alzheimer-york.com](mailto:wardlaw@alzheimer-york.com)



- The Regional Municipality of **York**: Paramedic & Senior's Services, Community and Health Services in partnership with the Alzheimer Society of York Region, also offers family support groups.

**Keswick on the phone**

Third Wednesday of the month, 1 to 2:30 p.m.

Contact Stacey at [smendonca@alzheimer-york.com](mailto:smendonca@alzheimer-york.com)

**Maple**

First Thursday of the month, 9:30 to 11 a.m.

Contact Jessica at [jmaltese@alzheimer-york.com](mailto:jmaltese@alzheimer-york.com)

- In **Markham** area - Mosaic Home Care Services & Community Resource Centre, 2900 Steeles Ave. E. Suite 218, Markham ON For details including upcoming sessions call 905-597-7000 or email: [info@mosaichomecare.com](mailto:info@mosaichomecare.com)

**7. Alzheimer Society - Provincial and Regional Chapters**

**Alzheimer Society of Ontario**

20 Eglinton Ave. W., 16<sup>th</sup> floor

Toronto, ON M4R 1K8

Tel: (416) 967-5900

Toll-free: 1-800-879-4226 (Ontario only)

Fax: (416) 967-3826

Email: [staff@alzheimeront.org](mailto:staff@alzheimeront.org)

Web: [www.alzheimer.ca/on](http://www.alzheimer.ca/on)