



North York

Family Health Team

240 Duncan Mill Road, Suite 707, Toronto, ON M3B 3S6

Tel: 416.494.3003 Fax: 416.494.8525

List of Useful Resources for Seniors

Advance Care Planning

Interactive Workbook:

<https://advancecareplanningontario.ca/acp/acp-workbook>

Print version/ hard copy:

Please email nav.dhillon@hpco.ca or call 1-800-349-3111 extension 231 with your name, mailing address (maximum of 2 copies provided for free).

Office of the Public Guardian and Trustee

595 Bay Street, Suite 800,

Toronto, ON, M5G 2M6

Tel.: (416) 327-6683

Toll Free: 1-800-366-0335

Fax: (416) 314-2642

<http://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/index.php>

Capacity Assessment questions & answers:

<https://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/capacityoffice.php>

Power of Attorney information:

<http://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/incapacity/poa.php>

Toronto Seniors Helpline

Phone: 416-217-2077

Long Distance: 1-877-621-2077

Monday-Friday: 9AM-8PM

Saturday-Sunday-Statutory Holidays: 9AM-6PM

(Crisis outreach services for seniors, phone counseling transportation, programs, homemaking, personal care and more).



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Advocacy Centre for the Elderly (ACE)

Phone: 416-598-2656
1-855-598-2656

The Advocacy Centre for the Elderly is a community based legal clinic for low income senior citizens.

The Ontario Caregiver Organization

Call Helpline for 24/7 support for caregiver information, resources and support.
1-833-416-2273 (CARE)

AFTER HOURS TELEPHONE RESOURCES

- [Gerstein](#): 416-929-5200 open 24/7, 365 days/year
- [Distress Centre](#): 408-HELP (408-4357)

Dying With Dignity Canada

55 Eglinton Ave. E, Suite 802
Toronto, ON, M4P 1G8,
Phone: 416-486-3998
Toll free: 1-800-495-6156
Fax: 416-486-5562
<https://www.dyingwithdignity.ca/>



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Retirement Homes

Directory /listing of retirement homes in the GTA and Ontario Region.

<https://www.senioropolis.com/>

Senior Care Connect

<https://www.seniorcareconnect.ca/>

416-645-9960

Offers assistance in finding home care services & products.

Long Term Care Homes

Ontario Long Term Care Association

Long term care home locator

Applications must be submitted through LHIN Home and Community Care

www.oltca.com or visit <http://healthcareathome.ca/> (310-2222)

Movers

Affordable movers for recipients of Old Age Security, Ontario Works and Ontario Disability Support Program

905-997-0514

<http://www.communityservicemovers.com/>

Will and Estate Planning

Find a Lawyer or Paralegal- Law Society of Ontario

www.lso.ca

General Inquiries

- Toll-free: 1-800-668-7380
- General line: 416-947-3300