



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 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

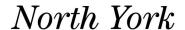
Phone: 416-217-2077

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 summited 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