

Ontario Seniors Resource Guide

Health

1. **211 Ontario** <https://211ontario.ca/>

211 is a helpline that connects people to the social services, programs, and community supports they need. It includes resources available in Ontario with descriptions and can be accessed by phone or online, using filters to find services in your home area.

2. **Finding a Doctor or Nurse Practitioner**

www.ontario.ca/page/find-family-doctor-or-nurse-practitioner

How to find a medical professional.

3. **Telehealth Ontario**

www.ontario.ca/page/get-medical-advice-telehealth-ontario

Non-urgent no fee medical advice over the phone from a registered nurse.

4. **Mental Health Support**

www.ontario.ca/page/find-mental-health-support

Learn about available mental health supports and how to get help.

5. **Guide to Programs and Services for Seniors in Ontario**

<https://files.ontario.ca/msaa-guide-to-programs-services-for-seniors-web-en-2022-03-16.pdf>

Health and well-being section (page 42) covering ODB, dental, ADP, mental health, fall prevention, and more.

6. [Geriatric Assessment and Intervention Clinic \(GAIN\)](#)

www.shn.ca/seniors-health/gain-clinic/

A network of coordinated healthcare services for frail older adults.

Referral: Regional (Scarborough)

7. [Lakeridge Health](#)

www.lakeridgehealth.on.ca/en/ourservices/geriatricclinic.asp

Comprehensive acute, ambulatory, and long-term care services.

Referral: Regional (Oshawa)

8. [Geriatric Assessment Intervention Network \(GAIN\) Peterborough](#)

www.prhc.on.ca/healthcare-services/seniors-care/geriatric-assessment-intervention-network/

Geriatric assessment, memory and mobility evaluations, caregiver support.

Regional (Peterborough)

9. [Ontario Health at Home](#)

<https://ontariohealthathome.ca/>

Assessment of patient care needs, delivery of in-home and community-based services to support health and well-being, and access and referrals to other community services, and management of Ontario's long-term care home placement process.

10. [Advance Care Planning](#) www.advancecareplanning.ca/resource/ontario/

Decision-making, goals of care, healthcare consent tools.

11. [Dental Care for Low-Income Seniors](#)

www.ontario.ca/page/dental-care-low-income-seniors

Dental care for low-income seniors.

12. **[Health Care in Ontario](http://www.ontario.ca/page/health-care-ontario)** www.ontario.ca/page/health-care-ontario

Information on OHIP, mental health services, vaccines, cancer care, and clinics.

13. **[Smoking Cessation](http://www.ontario.ca/page/support-quit-smoking)** www.ontario.ca/page/support-quit-smoking

Resources, tips, and support for quitting smoking.

14. **[Vaccines for Adults](http://www.ontario.ca/page/vaccines-adults)** www.ontario.ca/page/vaccines-adults

Immunization information and schedules for adults.

15. **[WoodGreen COSS](http://www.woodgreen.org/programs/crisis-outreach-service-for-seniors)**

www.woodgreen.org/programs/crisis-outreach-service-for-seniors

On-call crisis intervention for adults 65+ with dementia, addictions, or mental illness.

16. **[Connex Ontario](http://www.connexontario.ca/en-ca/)** www.connexontario.ca/en-ca/

Addiction and mental health services available 24/7 in Ontario. Contact: 1-866-531-2600

17. **[Ministry of Long-Term Care](https://www.ontario.ca/page/ministry-long-term-care)**

<https://www.ontario.ca/page/ministry-long-term-care>

Information on homecare, long-term care, retirement homes, and respite services.

Referral: Call ServiceOntario INFOline at 1-866-532-3161

Home

1. **[Assistive Devices Program \(ADP\)](http://www.ontario.ca/page/assistive-devices-program)** www.ontario.ca/page/assistive-devices-program

ADP covers 75% of the cost of equipment and supplies. Need to qualify and complete an application form.

2. [Ontario Renovates Program](#)

www.toronto.ca/community-people/employment-social-support/housing-support/financial-support-for-homeowners/toronto-renovates-homeowners-program/

Helps with needed repairs to homes for low-income seniors. Fees: Income-based.

3. [Housing Options - LTC & Retirement Homes](#)

www.ontario.ca/page/seniors-find-place-to-live

Information on long-term care homes and retirement homes.

Referral: Not needed, but some forms may require completion by a health provider.

4. [Long-term Care Home Finder](#)

www.ontario.ca/page/long-term-care-ontario

Information and help with applications for long-term care homes.

5. [Guide to Programs and Services for Seniors in Ontario](#)

<https://www.ontario.ca/files/2024-11/msaa-guide-to-programs-services-for-seniors-fall-en-2024-11-27.pdf>

Section on housing, home adaptation, financial assistance, housing options, emergency rentals.

6. [The Safe Living Guide](#)

www.canada.ca/en/public-health/services/health-promotion/aging-seniors/publications/publications-general-public/safe-living-guide-a-guide-home-safety-seniors.html

Educational resource on home safety for seniors.

9. [Protect Yourself Against Fraud](#)

www.canada.ca/en/revenue-agency/corporate/security/protect-yourself-against-fraud.html

Tips and guidance to protect against fraud.

Transportation

1. [Seniors: Get Around](#) www.ontario.ca/page/seniors-get-around

Information about license renewal at age 80 and accessible parking permits.

2. [McMaster Optimal Aging Portal](#)

www.mcmasteroptimalaging.org/age-well/mobility-and-transport

Blog posts on smart technologies for safe driving.

3. [Wheel Trans](#) www.ttc.ca/wheel-trans

Accessible transit services.

Portion of the application must be completed by a medical professional.

4. [Circle of Care - iRide](#)

www.circleofcare.com/transportation/

Subsidized transportation for older adults or those with mobility issues.

5. [Toronto Ride](#) www.torontoride.ca

Door-to-door transportation for seniors (55+) and adults with disabilities.

Finances

1. **Seniors: Plan for the Future** www.ontario.ca/page/seniors-plan-for-the-future

Estate planning, wills, and power of attorney.

2. **Retirement Planning**

www.getsmarteraboutmoney.ca/plan-manage/retirement-planning/

Information on RRIFs, annuities, pensions, and retirement.

3. **Prescription Drug Coverage** www.ontario.ca/page/get-coverage-prescription-drugs

Information on the Seniors Co-Payment program.

Social

1. **Ontario Seniors Games Association** <https://osga55plus.ca/>

Friendly competitions for Ontarians 55+ in a variety of sports. Fees vary by sport.

2. **Volunteering in Ontario** www.ontario.ca/page/volunteering-ontario

Find volunteer opportunities in Ontario.

3. **Seniors: Connect with Your Community**

www.ontario.ca/page/seniors-connect-your-community

Information on Active Living Centres, community centres, and libraries.

4. **A Friendly Voice** <https://afriendlyvoice.ca/>

Free, confidential “warm line” for seniors 55+ who want to chat with a caring person.
Contact: 613-692-9992 or 1-855-892-9992 (24-Hours)