

Quebec

Aging in Place Resources

Health Resources

1. [Info-Santé 811](https://www.quebec.ca/en/health/finding-a-resource/info-sante-811) <https://www.quebec.ca/en/health/finding-a-resource/info-sante-811>

A free and confidential telephone consultation service with a nurse for non-urgent health issues. The nurse will assess, provide guidance, and referral to the appropriate resource. Available in English or French.

2. [Info-Social 811](https://www.quebec.ca/en/health/finding-a-resource/info-social-811) <https://www.quebec.ca/en/health/finding-a-resource/info-social-811>

A free and confidential telephone consultation service with a social worker for assistance with psycho-social issues. Available 24 hours a day, and you can call for yourself or on behalf of a family member or friend.

3. [Optometric Services \(65+\)](https://www.ramq.gouv.qc.ca/en/citizens/health-insurance/optometric-services) <https://www.ramq.gouv.qc.ca/en/citizens/health-insurance/optometric-services>

Optometric services for seniors (65+) covered under the provincial health insurance plan. Includes eye examinations, eyeglass prescriptions, and specialist referrals.

4. [Prescription Drug Insurance](https://www.ramq.gouv.qc.ca/sites/default/files/documents/depl-assurance-medicaments-retraite-en_1.pdf)

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Information on the Public Prescription Drug Insurance Plan, applicable when individuals turn 65. Allows for private or combined public-private coverage.

5. [Resources for Seniors](https://amiquebec.org/seniors/) <https://amiquebec.org/seniors/>

Resources for seniors, including mental health support.

6. [4Korners](https://4korners.org/programs/) <https://4korners.org/programs/>

A nonprofit organization offering a Senior Wellness Center, caregiver information sessions, and mental and physical health services for English speakers in the Laurentians

7. [CLSC](https://www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc/) (Local Community Service Centre)

<https://www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc/>

Provides health and social services, including rehabilitation, public health activities, and contact information for CLSC locations by region.

8. [Quebec 211](https://www.211qc.ca/en/) <https://www.211qc.ca/en/>

A directory of resources available for a wide range of topics, filterable and searchable for easy access.

9. [Programs and Services for Seniors](https://www.quebec.ca/en/family-and-support-for-individuals/seniors) <https://www.quebec.ca/en/family-and-support-for-individuals/seniors>

Health, social, home help, housing, transportation, legal, and financial programs and services available to seniors in Quebec.

10. [West Island Seniors Resource Guide](https://crcinfo.ca/wp-content/uploads/2021/10/Seniors-Resource-Guide-2020.pdf) <https://crcinfo.ca/wp-content/uploads/2021/10/Seniors-Resource-Guide-2020.pdf>

An extensive guide to resources for mental and physical health, education, community support, financial assistance, and legal resources.

11. [Alzheimer's Society Montreal](https://alzheimermontreal.ca/en/i-live-with-alzheimers/) <https://alzheimermontreal.ca/en/i-live-with-alzheimers/>

Offers educational resources, counseling, and support for families dealing with Alzheimer's.

Directory of resources offering health and social services, home care, and confidential phone help lines for seniors in Quebec.

Home and Residential Resources

1. [Financial Assistance Program for Domestic Help](https://www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help)

<https://www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help>

Provides reduced hourly rates for home help services for eligible individuals. Application required.

2. [Domestic Help Social Economy Businesses](https://www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help/social-economy-businesses)

<https://www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help/social-economy-businesses>

A list of businesses providing domestic help at reduced rates for approved subsidies.

3. [Home Care Services](https://www.ciuss-ouestmtl.gouv.qc.ca/en/) <https://www.ciuss-ouestmtl.gouv.qc.ca/en/>

Home care services, including medical, nursing, rehabilitation, home help, palliative care, and caregiver support. Professional assessment will determine the care level.

4. [Residential Adaptation Assistance Program](http://www.habitation.gouv.qc.ca/english/detail_du_programme_english/programme/residential_adaptation_assistance_program.html)

http://www.habitation.gouv.qc.ca/english/detail_du_programme_english/programme/residential_adaptation_assistance_program.html

Financial assistance for home owners to renovate homes for individuals with disabilities.

5. [Long-Term Care Homes](https://residences-quebec.ca/en/retirement-homes/5~long-term-care-homes)

<https://residences-quebec.ca/en/retirement-homes/5~long-term-care-homes>

A directory of long-term care facilities offering 24-hour nursing care. Some are publicly funded, others are private.

6. [Regroupement Québécois des Résidences pour Aînés](https://www.rqra.qc.ca/) <https://www.rqra.qc.ca/>

Directory of private residences for seniors across Quebec.

7. [Popote Roulante](https://www.popoteroulante.org/services.php) (Meals on Wheels) <https://www.popoteroulante.org/services.php>

Hot, frozen, and mashed meals delivered to the homes of seniors at minimal prices. Referral required by CLSC.

8. [La Cantine Pour Tous](https://commander.lacantinepourtous.org/livraison) <https://commander.lacantinepourtous.org/livraison>

Frozen meal delivery with a subsidized pricing program available upon contacting the organization.

9. [Ready to Eat Meals](https://ressourcescommunautaires.org/services/) <https://ressourcescommunautaires.org/services/>

Provides two meals per week for citizens over 55, with free meals available for those in need.

10. [Home Adaptation \(SAAQ\)](https://saaq.gouv.qc.ca/en/persons-mobility-impairment/home-adaptation) <https://saaq.gouv.qc.ca/en/persons-mobility-impairment/home-adaptation>

Costs for home adaptation after a traffic accident may be reimbursed if approved by SAAQ.

Transportation Resources

1. [Ambulance Transportation](https://www.quebec.ca/en/health/health-system-and-services/pre-hospital-emergency-services/cost-ambulance-transportation) <https://www.quebec.ca/en/health/health-system-and-services/pre-hospital-emergency-services/cost-ambulance-transportation>

Free transportation to the hospital for individuals over 65 with a medical condition requiring hospital care.

2. [State of Health and Driver's Licenses](https://saaq.gouv.qc.ca/en/drivers-licences/state-health-licence) <https://saaq.gouv.qc.ca/en/drivers-licences/state-health-licence>

Seniors 75+ must complete a Self-Declaration Medical Information form to continue driving. Medical exams and vision tests are required starting at age 80.

3. [Paratransit](https://www.quebec.ca/en/transports/paratransit/paratransit-eligibility) <https://www.quebec.ca/en/transports/paratransit/paratransit-eligibility>

Public transit services for persons with mobility impairments.

4. [Adapting a Vehicle for Mobility Impairments](https://saaq.gouv.qc.ca/en/persons-mobility-impairment/purchasing-adaptating-vehicle) <https://saaq.gouv.qc.ca/en/persons-mobility-impairment/purchasing-adaptating-vehicle>

Information on vehicle adaptations for those with mobility impairments, including reimbursement programs.

5. [Obtaining a Disabled Parking Permit](https://saaq.gouv.qc.ca/en/persons-mobility-impairment/obtaining-disabled-parking-permit) <https://saaq.gouv.qc.ca/en/persons-mobility-impairment/obtaining-disabled-parking-permit>

Application process for obtaining a disabled parking permit.

6. [Coopé Régions](https://accordailles.org/cooperegions/) <https://accordailles.org/cooperegions/>

For individuals aged 50+ who live outside Montreal and require assistance with transportation to medical appointments.

Financial Resources

1. [Grant for Seniors to Offset a Municipal Tax Increase](https://www.revenuquebec.ca/en/citizens/tax-credits/grant-for-seniors-to-offset-a-municipal-tax-increase/)

<https://www.revenuquebec.ca/en/citizens/tax-credits/grant-for-seniors-to-offset-a-municipal-tax-increase/>

Grant available to seniors aged 65+ to help offset municipal tax increases.

2. [Senior Assistance Tax Credit](https://www.revenuquebec.ca/en/citizens/tax-credits/senior-assistance-tax-credit/) <https://www.revenuquebec.ca/en/citizens/tax-credits/senior-assistance-tax-credit/>

Up to \$800 credit for seniors over 70 with limited income.

3. [Non-Refundable Tax Credit](https://www.revenuquebec.ca/en/citizens/tax-credits/age-amount-amount-for-a-person-living-alone-and-amount-for-retirement-income/) <https://www.revenuquebec.ca/en/citizens/tax-credits/age-amount-amount-for-a-person-living-alone-and-amount-for-retirement-income/>

Non-refundable tax credit for seniors aged 65+.

4. [Severe and Prolonged Impairment Tax Credit](https://www.revenuquebec.ca/en/citizens/tax-credits/amount-for-a-severe-and-prolonged-impairment-in-mental-or-physical-functions/)

<https://www.revenuquebec.ca/en/citizens/tax-credits/amount-for-a-severe-and-prolonged-impairment-in-mental-or-physical-functions/>

Tax credit for those with severe and prolonged physical or mental impairments.

5. [Independent Living Tax Credit for Seniors](https://www.revenuquebec.ca/en/citizens/tax-credits/independent-living-tax-credit-for-seniors/)

<https://www.revenuquebec.ca/en/citizens/tax-credits/independent-living-tax-credit-for-seniors/>

Refundable tax credit for seniors aged 70+ who need special equipment to continue living independently.

Social Support Resources

1. [NOVA West Island](https://www.novawi.org/what-we-do) <https://www.novawi.org/what-we-do>

Offers free or low-cost services, including in-home respite care, day centres, and virtual contact for seniors to reduce isolation.

2. [Alzheimer Group Inc.](https://www.agiteam.org/services) <https://www.agiteam.org/services>

Activities and support services for individuals living with dementia and their families.

3. [Elder Abuse Help Line](https://www.aideabusaines.ca/en/about/) <https://www.aideabusaines.ca/en/about/>

Confidential support and information on elder mistreatment and crisis intervention.

4. [Tel-Écoute](https://tel-ecoute.org/services/) and Tel-Aînés <https://tel-ecoute.org/services/>

Free, confidential listening services for seniors 60+ to combat isolation and provide bereavement support.