



COMMUNITY RESOURCE LIST

Carefirst GAIN Team 416-847-8941

Last updated: September 30, 2020
Carefirst Seniors and Community Services Association
Geriatric Assessment & Intervention Network (GAIN)

COMMUNITY SUPPORT SERVICES

<p>Carefirst COVID-19 Response Team http://carefirstontario.ca/covid-19-community-support-services/ Tel: 416-646-5108</p>	<p>Supports Available:</p> <ul style="list-style-type: none"> • Virtual Social & Wellness Programs • Telephone Security Checks • Virtual Support & Counselling • Meals on Wheels \$\$ • Delivery: Groceries and Medication \$\$ • Transportation for Appointments \$\$
<p>Scarborough Ontario Health Team (OHT) COVID-19 Community Support Tel: 416-735-9372 or 1-888-834-8776</p>	<p>Services for referral may include:</p> <ul style="list-style-type: none"> • Respite Care/Personal Support • Transportation to medical appointments • Grocery Shopping/Medication Delivery • Case Management/Care Coordination • Meals on Wheels
<p>Warden Woods COVID-19 All in One Support Line Tel: 647-327-0206 Monday to Friday 10am – 2:30pm</p>	<p>Supports Available:</p> <ul style="list-style-type: none"> • Food safety • Senior Care • Harm Reduction • Crisis Support • Mental Health Support etc.

MENTAL HEALTH SUPPORT

<p>ConnexOntario https://www.connexontario.ca Tel: 1-866-531-2600</p>	<p>Ontario’s mental health, addictions and problem gambling help line, which can provide contact information for local mental health and addictions services and supports, including crisis lines.</p>
<p>Togetherall (formerly Big WhiteWall) https://togetherall.com/en-ca/</p>	<p>Peer-to-peer platform to connect with others experiencing similar feelings, plus there are trained professionals on hand, 24/7. All members are anonymous to each other within the community.</p> <p>Tools and courses to help you look after yourself, along with plenty of resources to explore.</p>
<p>Beacon iCBT https://info.mindbeacon.com/btn542?hs</p>	<p>Digital Cognitive Behavioural Therapy, currently free during the COVID-19 Pandemic and funded by the Government of Ontario.</p>

BounceBack	<p>BounceBack is a free, guided self-help program that's effective in helping people aged 15 and up who are experiencing mild-to-moderate anxiety or depression, or may be feeling low, stressed, worried, irritable or angry.</p> <p>Participants receive telephone coaching, skill-building workbooks and online videos to help them overcome these symptoms and gain new skills to regain positive mental health. To receive telephone coaching support, clients must either be referred by their primary care provider (family doctor, nurse practitioner) or psychiatrist, or they may self-refer as long as they're connected with a primary care provider. For those who are not quite ready for coaching, our online videos can provide helpful tips.</p>
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COVID-19 RESOURCES

<p>COVID Alert Mobile App Download at: https://covid-19.ontario.ca/covidalert</p>	<p>COVID Alert will not:</p> <ul style="list-style-type: none"> • collect, store or access any personal data, or health information • tell you if you're currently near someone who's tested positive • tell you about outbreaks in your city or neighbourhood
<p>COVID-19 Ontario website https://covid-19.ontario.ca/</p>	<p>Get the latest case data and updates, learn how to protect yourself and others and get advice on what to do next if you think you might have COVID-19.</p>

PUBLIC HEALTH UNITS

Toronto Public Health	416-338-7600
York Public Health	1-800-361-5653
Durham Public Health	1-800-841-2729
Peel Public Health	905-799-7700

FINDING A NEW PRIMARY CARE PROVIDER

<p>Health Care Connect http://www.health.gov.on.ca/en/ms/healthcareconnect/pro/ Central: 1-888-470-2222</p>	<p>Unattached patients can call or go online to ontario.ca/healthcareconnect to register with the program. To successfully register, unattached patients must have a valid</p>
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Central East: 1-800-263-3877 Toronto Central: 1-866-243-0061	OHIP card and complete a health questionnaire to determine their need for family health care services. Priority is given to individuals who have greater health needs.
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HOUSE CALL/VIRTUAL DOCTORS

Tulip Health https://tuliphealth.ca/ Tel: 647-326-4285	HOURS OF OPERATION MON – FRI: 9AM – 9PM SAT – SUN: 9AM – 8PM
MedVisit Doctors Housecall Service https://homedoctor.ca/ Tel: 416-631-3000	Doctor house calls for the frail elderly & housebound Our Doctors are on the road from 4pm weeknights, 9am Saturday, Sunday and public holidays. Bookings accepted 8am-Midnight 7 days.
MedHouseCall https://www.medhousecall.ca/	Calling a doctor to your house has never been easier! Book appointments using our mobile app, and: <ul style="list-style-type: none"> • Check availability of doctors • Call a doctor to your house • Get approximate arrival times • Book appointments for family or friends
Dial-A-Doc https://dialadoc.ca/ tel: 637-447-3317	
Ontario Virtual Care Clinic https://seethedoctor.ca/en/	See a Doctor by Video Connect to an on-call doctor today by video or audio during the COVID-19 pandemic Available 8am – midnight for non-urgent health concerns

VIRTUAL PROGRAMS

Seniors Persons Living Connected (SPLC) www.splc.ca 3333 Finch Ave E, Scarborough ON, M1W 2R9 Tel: 416-493-3333 Email: info@splc.ca https://www.youtube.com/user/SPLConthetube/playlists	Gentle Exercise for Seniors Brain Games for Seniors Healthy Eating
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<p>Carefirst Seniors and Community Services www.carefirstontario.ca 300 Silver Star Blvd., Scarborough ON, M1V 0G2 Tel: 416-502-2323</p>	<p>Be Fit at Home Exercise Classes Gentle Steps to Fitness Exercise Classes [Chinese] Leisure Corner [Chinese] Gentle Steps to Fitness [Chinese]</p>
<p>Acclaim Health https://acclaimhealth.ca/ https://www.youtube.com/user/AcclaimHealth/videos</p>	<p>Sing Along Hymn Music Day Program Playlist</p>

MEALS ON WHEELS

<p>TRANSCARE COMMUNITY SUPPORT SERVICES www.tcare.ca 1045 McNicoll Ave. , Scarborough ON ; Tel: 416-646-3574 Fax:416-750-1313 Email: mealsonwheels@tcare.ca</p> <p>*no delivery for statutory holidays *possible cancellation during severe weather conditions. Will be informed in the morning</p>	<p>FOOD OPTIONS</p> <ul style="list-style-type: none"> • Hot meals including meat, potato, pasta, rice, vegetables delivered Monday to Saturday. • *NEW* Sri-Lankan and Indian meals available. Options of lower sodium, vegetarian (prepared 100% vegetarian kitchen), halal meat (certified Halal meat), and meat and fish (regular meat) Hot authentic Asian meals delivered Monday to Friday. <ul style="list-style-type: none"> ○ \$7.50 each hot meal ○ Services offered in Tamil & Singhalese • Hot authentic Asian meals delivered Monday to Friday <ul style="list-style-type: none"> ○ \$6.75/meals includes soup, entrée, and dessert • Frozen meals weekly. Order Tuesday, delivery Thursday. <ul style="list-style-type: none"> ○ \$5.50/entrée; \$1.85/soup or dessert; \$34.95 for package of 7 entrees; \$33.95 for package of 5 entrees plus soup or dessert. • Adjust meals depending on dietary restrictions, varied each day. <i>*some subsidies are available for clients who meet financial criteria.</i> <p>DELIVERY</p> <ul style="list-style-type: none"> • Hot meals delivered daily or customized schedule as per client • Schedule between 11:30am to 1:30pm • Can order more than one meal per delivery (e.g. for lunch and dinner)
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	<ul style="list-style-type: none"> • Portioned container, 2 vegs, mashed potatoes, meat, soup, dessert • Expects somebody to receive food delivery; if none, will contact family for security check • Assistance provided: opening of lid and can bring food inside if poor mobility. Cannot assist with heating up frozen meals <p>PAYMENT</p> <ul style="list-style-type: none"> • Billed monthly for meals in the previous month. • Payment by cheque or money order. Pre-addressed envelope will be enclosed with invoice.
<p>Warden Woods www.wardenwoods.com 74 Fir Valley Ct., Scarborough ON Tel: 416-694-1138 ext 139</p>	<p>FOOD OPTIONS</p> <ul style="list-style-type: none"> • Meals: regular, Chinese, South Asian, or accommodated to special dietary specifications. • Each meal includes soup, meat, vegetables, rice or potatoes, and dessert. • Hot meals: \$7.00/meal. • Frozen meals can be ordered for the week, package cost: 5 Entrée: \$32.00CAD; 7 Entrée \$35.00 CAD <p>DELIVERY</p> <ul style="list-style-type: none"> • Arrives daily between 11:30 am and 12:30 pm. <p>CATCHMENT AREA</p> <ul style="list-style-type: none"> • South to the lake, North to Eglinton Avenue, West to Victoria Park and East to Kennedy Rd
<p>Scarborough Centre for Healthy Communities www.schcontario.ca 629 Markham Rd. Unit 2, Scarborough ON Email: cssintake@schcontario.ca 416-847-4134</p>	<p>FOOD OPTIONS</p> <ul style="list-style-type: none"> • Provides hot, nutritious meals to clients in their home. Clients may receive meals on a short or long-term basis; frozen meals are also available. • \$6.75 for a Hot Meal (Includes soup, entrée and dessert) <ul style="list-style-type: none"> ○ Entrees include meat, fish or poultry with potatoes and vegetables, rice, or pasta ○ Accommodation for special diets include: diabetic, low fat, low sodium, minced, vegetarian, etc. • \$6.00 for a Frozen meal (entrée only) • \$2.00 for a soup or dessert <p>DELIVERY</p> <ul style="list-style-type: none"> • Schedule between 11am and 2pm Monday to Friday

<p>Seniors Persons Living Connected (SPLC) www.splc.ca 3333 Finch Ave E, Scarborough ON, M1W 2R9 Tel: 416-493-3333 Email: info@splc.ca</p>	<p>FOOD OPTIONS</p> <ul style="list-style-type: none"> • Hot meals are prepared according to dietary needs and cultural tastes. Features meals include: Canadian, Chinese, Greek, South Asian, Caribbean, and more. Also pureed or minced food, low salt, vegetarian, low fat and diabetic • \$7.50 for a hot meal • Each hot meal includes soup, main course and dessert • Frozen meal packages are \$38.50/package and include 5 entrees and 5 soups or dessert <p>DELIVERY</p> <ul style="list-style-type: none"> • Hot meals: schedule between 11:30am and 1:30pm • Frozen meals: Fridays <p>CATCHMENT AREA</p> <ul style="list-style-type: none"> • West of McCowan to East of Victoria Park and North of Ellesmere to South of Steeles <p>BILLING</p> <ul style="list-style-type: none"> • Monthly bill at end of each month. Payment by cheque or pre-authorized payment
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ADULT DAY PROGRAM – If interested in enrolling, please contact your Local Health Integration Network (LHIN)

<p>Carefirst Seniors and Community Services www.carefirstontario.ca 300 Silver Star Blvd., Scarborough ON, M1V 0G2 Tel: 416-502-2323 Mon-Fri 9:30am – 2:30pm; Saturday 9:00am-3:00pm (extended hours: 8am-9am and 3pm-7pm)</p>	<ul style="list-style-type: none"> • For adults 55+ who experience functional limitations or social isolation • Steeles Ave E to Lake Ontario, Victoria Park Ave to Rouge River. No service area restriction if transportation service is not required. • Round trip transportation available for residents of the service area. • Service Location and Languages <ul style="list-style-type: none"> • Scarborough: 300 Silver Star Blvd, & 3601 Victoria Park <ul style="list-style-type: none"> ▪ Language: English & Cantonese & Mandarin ▪ Fee: \$26/day ▪ Transportation: \$12/round trip – (416 area code), \$16/round trip (905 area code & North York region) • York Region: 9893 Leslie St <ul style="list-style-type: none"> ▪ Language: Cantonese/Mandarin ▪ Fee: \$38/day (LHIN only), \$30/day for 2+ days (referral through LHIN only)
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	<ul style="list-style-type: none"> ▪ Transportation \$15/round trip (within boundary) • Fee includes meals and snacks
<p>Seniors Persons Living Connected (SPLC) www.splc.ca 3333 Finch Ave. E., Scarborough ON Tel: 416-493-3333 ext 299 Email: info@splc.ca Mon-Wed, Fri. 9:00am – 3:00pm (extended hours: 7:30am-6pm, available on Wednesdays & Thursdays)</p>	<p>COVID-19 Program Changes On-site day programs services are postponed until further notice.</p> <p>Recognizing that self-isolation is particularly hard on seniors, SPLC is offering a variety of programs and information sessions to help keep seniors connected and informed during the pandemic. The following programs are currently being offered:</p> <ul style="list-style-type: none"> • Trivia /intellectual games via telephone calls to keep clients’ minds active, as well as music appreciation sessions, and paper/pencil games • Exercises classes are presented virtually via YouTube so that clients can connect with each other and keep their bodies active. • Conference calls and group discussions around health-related topics, such as how to maintain personal hygiene during COVID-19, are being held • We encourage seniors to opt for video calls instead of a phone call if they have a mobile phone • Emotional support and information sharing are provided to day program family members for stress management <p>To find out more information about Adult Day programs, contact Frieda at 416-490-2963.</p> <p>OPTIONS</p> <ul style="list-style-type: none"> • Living Well Day Program: for clients with physical frailty <ul style="list-style-type: none"> • Monday to Friday: 9am-3pm • Sunflower Club (Dementia and Alzheimer Program): for clients with physical frailty and memory issues <ul style="list-style-type: none"> • Mondays – Wednesdays, Fridays-Saturdays: 9am-3pm • Chinese Day Program: Clients with physical frailty, memory issues, and culturally specific <ul style="list-style-type: none"> • Mon – Fri 9am – 3pm • Greek Day Program <ul style="list-style-type: none"> • Mon-Thurs 9 am-3 pm

	<p>FEEES</p> <ul style="list-style-type: none"> • Full day with meal \$20.50, full day without meal \$12.50 (LHIN referral only) • Half day with meal \$18.50; half day without meal \$10.50 • Extended hours (morning) + \$3.00 • Extended hours (afternoon) + \$8.00 • Referral through Central East LHIN <p>TRANSPORTATION</p> <ul style="list-style-type: none"> • From \$7-20 please call for the most up-to-date information
<p>Scarborough Centre for Healthy Communities www.schcontario.ca 629 Markham Rd. Unit 2, Scarborough ON Tel: 416-847-4134 cssintake@schcontario.ca Mon-Fri 9:30am – 3:30pm</p>	<p>ELIGIBILITY</p> <ul style="list-style-type: none"> • Persons in early stage of Alzheimer’s disease or other dementia, persons with disabilities, vulnerable and at-risk seniors • Every week, our clients benefit from recreational and active living programs such as: yoga, painting, fitness, and music therapy. These activities and many more help to promote a healthy lifestyle. In addition to our regular programming, we also plan yearly day trips to areas of interest such as: the Cedar Ridge Creative Art Center, the Toronto Zoo and Windreach Farm. • Cannot assist clients who are two persons transfer <p>CATCHMENT</p> <ul style="list-style-type: none"> • Hwy 401 the North, Port Union Road to the East, the Lakeshore to the South and Bellamy to the West. <p>FEEES</p> <ul style="list-style-type: none"> • Fee includes meal and snacks • English and Greek • \$25.75 for a full day • \$19.50 for a half-day <p>TRANSPORTATION</p> <ul style="list-style-type: none"> • \$7.00 each way for transportation * extended hours can be arranged
<p>TransCare Community Support Services www.tcare.ca 1045 McNicoll Ave., Scarborough ON Tel: 416-750-9885 ext 278</p>	<p>ELIGIBILITY</p> <ul style="list-style-type: none"> • Seniors, adults with disabilities and/or those who are chronically ill and individuals in early stages of dementia <p>FEEES</p> <ul style="list-style-type: none"> • Full program fees includes meal and snacks • \$23/day full day with exercise

	<ul style="list-style-type: none"> • \$12/Round trip transportation available for residents of the service area • Referral through Central East LHIN
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SNOW SHOVELING SERVICES

<p>Scarborough Centre for Healthy Communities www.schcontario.ca 629 Markham Rd. Unit 2, Scarborough ON Tel: 416-847-4134 cssintake@schcontario.ca</p>	<p>Outdoor Home Maintenance Program Client(s) will call worker each time they want their leaves raked, grass mowed or snow shoveled and also, once initially to exchange contact information.</p> <p>Payment: Snow Shoveling: \$20 -25 Snow Shoveling: \$5 extra for walkway/porch and/or heavy snow</p> <p>Equipment: Client(s) will provide properly maintained and working equipment (shovel or rake). Worker may bring and use own equipment if preferred. Worker NOT allowed to operate a snow blower and hedge trimmer, even if they know how. This is a safety obligation for the program.</p> <p>CATCHMENT East of Brimley to the Pickering border and South of Steeles Ave to Lake Ontario</p>
<p>TransCare Community Support Services www.tcare.ca 1045 McNicoll Ave., Scarborough ON Tel: 416-750-9885 ext 274</p>	<p>CATCHMENT</p> <ul style="list-style-type: none"> • Victoria Park Avenue to Port Union Road, from Kingston Road to Steeles Avenue <p>Registration to be matched to a worker. Dates: Winter/Spring Registration: October 1-31st each year, and Summer/Fall Registration: April 1-30th each year</p> <p>Snow Removal: \$22/hour Yard Maintenance: \$22/hour (grass-cutting, raking, light gardening)</p>
<p>Warden Woods www.wardenwoods.com</p>	<p>CATCHMENT</p>

<p>74 Fir Valley Ct., Scarborough ON Tel: 416-694-1138 ext 138</p>	<ul style="list-style-type: none"> • Victoria Park Avenue to Kennedy Avenue and from Eglinton Ave East south to Lake Ontario <p>Yard Work/Snow Removal: Provides yard work and snow removal assistance for seniors or persons with disabilities May be used on an ongoing basis or as needed. Fee-for-service.</p>
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PSW SERVICES

<p>Carefirst Seniors and Community Services 300 Silver Star Blvd., Scarborough ON Tel: 416-502-2323</p>	<p>Ask for Home Support Team</p> <p>LANGUAGES</p> <ul style="list-style-type: none"> • English • Cantonese • Mandarin <p>OPTIONS</p> <ul style="list-style-type: none"> • Personal Care Services - Assistance with: <ul style="list-style-type: none"> ○ Personal hygiene (e.g. bathing) , Palliative Care, Maternal Care, Respite Care, Rehabilitation Support Services • Homemaking Services – Assistance with: <ul style="list-style-type: none"> ○ Meal preparation, bed making, laundry, & light house cleaning <p>FEES</p> <p>Personal Care Services \$28.50/hr (minimum 2 hrs) Homemaking \$23.00/hr (minimum 2 hrs) for seniors; \$25.00/hr (minimum 2 hrs) for under 65 years old * Subsidized rate may be available.</p>
<p>Seniors Persons Living Connected (SPLC) www.splc.ca 3333 Finch Ave. E., Scarborough ON Tel: 416-493-3333</p>	<p>Ask for Home Support Team</p> <p>LANGUAGES</p> <ul style="list-style-type: none"> • English • Chinese (Cantonese & Mandarin) • Tagalog <p>OPTIONS</p> <ul style="list-style-type: none"> • Personal Care Services - Assistance with:

	<ul style="list-style-type: none"> ○ Bathing, toileting, dressing/grooming, escort to appointments, medication reminders ● Homemaking Services – Assistance with: <ul style="list-style-type: none"> ○ Laundry, bed making, vacuuming, dusting, light cleaning, dish washing, grocery shopping, meal preparation <p>FEES Personal Care Services \$21.50/hr Homemaking \$20.00/hr * Subsidized rate may be available.</p>
<p>TransCare Community Support Services www.tcare.ca 1045 McNicoll Ave., Scarborough ON Tel: 416-750-9885 Email: info@tcare.ca</p>	<p>Home Care Services: Home care services are flexible and available for simple support several times a week up to 24 hour care, 7 days a week.</p> <p>Home care staff provides support with the basic activities of daily living for people who need just a little help or people who need a lot of help with:</p> <ol style="list-style-type: none"> 1. Personal Care (\$20/hr for minimum of 2 hours at a time) Activities such as bathing, hair care, shaving, mouth care, toileting, medication reminders, transfers, light meal preparation, light housekeeping, escort to medical appointments and shopping. 2. Home Management (\$25/hr for minimum of 2 hours at a time) Housekeeping activities such as vacuuming, dusting, making beds, laundry, snack and light meal preparation, grocery shopping, escort to medical services etc. <p>Our staff has graduated from recognized personal support training programs, typically community college certificate programs, and reliably:</p> <ul style="list-style-type: none"> ● Support clients' personal care requirements and/or home management service needs by following care/serviced plans and established policies and procedures ● Assist in the promotion and maintenance of a safe and comfortable environment for clients, their families, self and others

	<ul style="list-style-type: none"> • Provide client-centered and client-directed care and participate as a value-added member of care/service teams <p>Our staff has CPR/AED certificates and receive ongoing training and evaluation in a range of client care and health-related areas, and are supported by a multi-disciplinary supervisory team. Our personal support workers may not perform controlled activities as defined by the Regulated Health Professionals Act unless it is one that may be delegated by a health professional and has been delegated. This requires training, evaluation and is usually time-limited.</p>
<p>Home Instead (Toronto East) Tel: 416-698-1384/416-291-4811 Email: info@seniorservice.ca</p>	<p>Personal Care: \$26.50/hr (3 hours minimum at a time) Homemaking: \$25/hr (3 hours minimum at a time) Languages: English, Arabic, Cantonese, Mandarin, German, Hindi, Italian, Portuguese, Russian Types of Care Offered:</p> <ul style="list-style-type: none"> • Companionship Care • Personal Care • Bedside support in hospital or rehab facility • Transitional care from hospital to home • Household Duties • Respite Care • Hospice Care Support Services • 24 Hour and Live-In Care

SAFETY MEDIC ALERT

<p>Philips Lifeline and Carefirst Seniors www.lifeline.ca Tel: 1-800-543-3546</p>	<p>Philips Lifeline and Carefirst Seniors & Community Services have coordinated our services to provide clients with the Lifeline devices and services.</p> <p>MONTHLY FEES</p> <ul style="list-style-type: none"> • HomeSafe – Landline \$42.95 + tax • HomeSafe – Landline with AutoAlert \$57.95 + tax • HomeSafe – Wireless \$47.95 + tax • HomeSafe – Wireless with AutoAlert \$67.95 + tax • GoSafe – Landline \$74.95 + tax
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<p>Bedford Medical Alert www.bedfordmedicalalert.ca Tel: 416-921-9977</p>	<ul style="list-style-type: none"> • GoSafe – Wireless \$69.95 + tax <p>Promotion for GAIN clients</p> <p>MONTHLY FEES:</p> <ul style="list-style-type: none"> • Mini \$35 • Automatic Fall Detection \$52 • \$2-Way voice \$44 • GPS \$70
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TRANSPORTATION (SCARBOROUGH)

<p>Carefirst Seniors and Community Services Assoc. www.carefirstontario.ca Tel: 416-502-2323 3601 Victoria Park Ave., Ste. 501 Scarborough, ON M1W 3Y3 email: info@carefirstontario.ca</p>	<p>For medical appointment only</p> <p><u>Rates (within Scarborough)</u> Flat rate \$8 single; \$15 return trip</p> <p><u>Rates for York region</u> Catchment area: East of Yonge and West of Line 9; North to Major Mac and south to Eglinton</p> <p>0-5 km: \$7.50 5-10 km: \$12.00 10-15 km: \$17.50 15-20 km: \$21.00 20-25 km: \$26.00</p>
<p>Seniors Persons Living Connected (SPLC) http://www.splc.ca Tel : 416-493-3333 3333 Finch Ave. E. Scarborough, ON M1W 2R9 email: info@splc.ca</p>	<p>Transportation for seniors and adults with disabilities. Priority given to medical appointments. Must call 2 days ahead of time and register with centre. Can accommodate wheelchairs.</p> <p><u>Rates (within Scarborough)</u> From \$5.50 to \$6.50 one way and from \$11 to \$13 round trip Area served: Steeles Ave. E. to Hwy 401; Kennedy Ave. to Victoria Park Ave. Call for quote for other locations.</p>

<p>Trans Care Community Support Service www.tcare.ca Tel: 416-750-9885 1045 McNicoll Ave. Scarborough, ON M1W 3W6 email: info@tcare.ca</p>	<p>Transportation and escort services for seniors, disabled and chronically ill adults with priority given to medical appointments. Can accommodate wheelchairs.</p> <p>Area served: Scarborough</p>
<p>Scarborough Centre For Healthy Communities www.schcontario.ca Tel: 416-847-4125 Email: ask@schcontario.ca</p>	<p>Non-emergency transportation services to local and long-distance medical appointments and SCHC programs such as recreational programs, congregate dining and adult day progra</p> <p>Area served: Scarborough</p>
<p>Scarborough Ride (to attend medical appointments): Tel: 416-847-4146</p>	<p>The transportation program provides transportation to and from medical appointments. Companions can be assigned to seniors who require a helping hand, while shopping trips are also offered on a regular basis.</p> <p>\$6.70 one way, \$13 round trip</p>

FRIENDLY VISITING (SCARBOROUGH)

<p>Seniors for Seniors Tel: 416-481-2733</p>	<p>If you or your loved one is in need of a friendly visitor to play cards with, make a cup of tea or simply sit down and chat, then our <u>drop in companions</u> are just what you need! Whether it's at your home, retirement residence or in an assisted living facility, our dedicated companions would be happy to provide a friendly drop-in visit at a time convenient for you or your loved one. The scope of our drop-in companion service is unlimited; we can provide the right companion, at the right time for your desired activity.</p> <p>Technology assistance (e.g. internet navigation, writing emails or texts, computer help) Medication reminders Walks Talks and chats Light house keep chores Dressing Yard/ Lawn care Reading Writing letters Meal preparation Playing card or board games</p>
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<p>Scarborough Centre For Healthy Communities www.schcontario.ca Tel: 416-847-4135 Email: ask@schcontario.ca</p>	<p>Support program that matches a volunteer with an isolated senior to provide one-on-one visits in his/her home * activities include: talking short walks reading</p> <p>CATCHMENT AREA: Scarborough</p>
<p>Trans Care Community Support Service www.tcare.ca Tel: 416-750-9885 1045 McNicoll Ave. Scarborough, ON M1W 3W6 email: info@tcare.ca</p>	<p>Regular volunteer visits and/or phone calls to older adults and people with disabilities who live alone or are socially isolated, to provide companionship, reassurance and may perform tasks such as reading, writing and playing games</p>
<p>Seniors Persons Living Connected (SPLC) http://www.splc.ca Tel : 416-493-3333 X 230 Fax referral form to 416-493-3391, Attn: Pearl Leung 3333 Finch Ave. E. Scarborough, ON M1W 2R9 email: info@splc.ca</p>	<p>Regular volunteer visits and/or phone calls to older adult and people with disabilities who live alone, to provide companionship and reassurance * volunteers are screened, matched to the client weekly visits include: conversation, reading and playing games, help with grocery shopping and escort to medical and banking appointments</p>
<p>Archdiocese of Toronto (religious – Catholic) Tel: 416-934-0606 www.archtoronto.org</p>	<p>Call or go online to be matched up to a friendly visitor within your parish church area.</p>
<p>Warm Line www.wamline.ca Between 12pm – 8pm, call 416-323-3721 Between 8pm – Midnight, call 416-960-9276 Text: 647-557-5882</p>	<p>7 days a week for people who feel lonely, isolated, anxious, depressed or in need of a friendly ear. Chat online, text, or call a Warm Line peer support worker.</p>

FOOTCARE (In-home Private)

Footloose Foot Care Nurse www.footloosefootcare.ca Tel: 416-562-5995 Email: info@footloosefootcare.ca	In Home: \$55 (one-on-one, as scheduled, 45min) In Clinic: \$30-\$40 (at community centres, retirement homes, and long-term care facilities, by appointment, 20-45 min)
Spectrum www.spectrumhealthcare.com Tel: 1-866-944-6378	In home private foot care service Call for rate

Please note: Prices/fees mentioned in this list are subject to change without notice by the organization providing the service. Please call the respective organization to confirm the most up to date pricing and information.

Central East LHIN (formerly known as CCAC) – for personal care and home making services & long-term care home application

Phone: 416-750-2444

Chinese Line: 416-701-4806