

Positive Aging Resources

A need-to-know guide to programs & services for older adults in Hamilton



IMPORTANT NUMBERS

Emergency (24 hr)
Dial 9-1-1

COAST Hamilton (24 hr)
905-972-8338

211 Ontario (24 hr)
Dial or Text 2-1-1

Health 8-1-1 (24 hr)
Dial 8-1-1

Seniors' INFOLine (Ontario)
1-888-910-1999

Seniors at Risk in Hamilton (SaRiH)
905-528-5877

Seniors' Safety Line (24 hr)
1-866-299-1011

Seniors Support Police
(Non-Emergency) 905-540-5300

City of Hamilton Infoline
905-546-2489

Hamilton Shelter Network
905-526-7137

Hamilton Food Share
905-664-9065

Hamilton Community Legal Clinic
905-527-4572

Advocacy Centre for the Elderly
416-598-2656

MAKING THE CONNECTION

211 Ontario: Call or Text 2-1-1 or visit www.211ontario.ca
Connect to services and programs across Ontario. Available 24/7 in 150 languages. (Note: 211 provides local data collected by the Red Book of Hamilton.)

Health 811: Call 8-1-1, or visit www.health811.on.ca
Connect with a registered nurse day or night for free, secure, and confidential health advice. Available 24/7 in more than 200 languages.

Red Book of Hamilton: www.Redbookhpl.ca
Up-to-date information about social services and community programs for residents of Hamilton.

Home and Community Care Support Services
1-800-810-0000 | www.healthcareathome.ca
Central contact to access home and community-based care in Ontario. Also provides a Resource database to learn more about community services.

McMaster Optimal Aging Portal
www.mcmasteroptimalaging.org
Evidence-informed information related to healthy aging, conditions, programs & services, caregiving, exercise, men's health, women's health, cancer prevention. etc.

CARP: www.carp.ca
A national non-profit organization committed to enhancing the quality of life for all Canadians as we age.

GERAS Centre for Aging Research: www.geras.ca
High-impact research in brain health, bone health, resilience & frailty, and innovation & technology.

SPOTLIGHT ON NEW Seniors at Risk in Hamilton (SaRiH)
Good Shepherd, St. Matthew's House & Alzheimer Society
905-528-5877 | sarih@gsh.ca | www.goodshepherdcentres.ca
interventions and supports for seniors impacted by dementia, abuse/exploitation, mental and physical health challenges, housing & food insecurity and social isolation.

Age-Friendly Hamilton: Get involved!
www.coahamilton.ca OR www.hamilton.ca/agefriendly
A community-based initiative: citizens, community, businesses, decision-makers & the city working together to make Hamilton an age-friendly city.



Thank you for your support!

United Way
Halton & Hamilton

DRIVING RESOURCES

- Accessible Vehicle Rentals, Wheelchair In Motion: 1-888-776-1102 | www.wheelchairinmotion.com
- CAA Road Safety: Senior Driving Resources: www.caasco.com/advocacy/road-safety/senior-driving
- Senior Driver Renewal Program: 1-800-396-4233 | www.ontario.ca

PUBLIC TRANSPORTATION

- Hamilton Street Railway (HSR): 905-527-4441 | www.hamilton.ca/hsr
- HSR MYRIDE (Waterdown): 905-528-4200 | www.hamilton.ca
- Trans-Cab Service (an extension of the HSR for rural communities): 905-546-2489 | www.hamilton.ca
- Taxi Scrip Program : 905-529-1212 x1 | www.ats@hamilton.ca
- DARTS Transit: 905-529-1717 | dartstransit.com
- GO TRANSIT: 1-888-438-6646 | Gotransit.com

Tip: Contact local community service organizations (below), VON Hamilton, the Red Cross and the Cancer Assistance Program to learn more about volunteer driving programs.

Positive Aging Resources in Hamilton

LOCAL

Ancaster Community Services: 905-648-6675 | www.ancastercommunityservices.ca

Dundas Community Services: 905-627-5461 | www.dundascommunityservices.on.ca

Flamborough Connects: 905-689-7880 | flamboroughconnects.ca

Glanbrook Community Services: 905-692-3464 | glanbrookcommunityservices.ca

Stoney Creek Seniors Outreach Services : 905-643-1919 | seniorsoutreach.net

Positive Aging Resources in Hamilton

CONDITION SPECIFIC

Arthritis Society: 1-800-321-1433 | <https://arthritis.ca/>

Alzheimer Society: 905-529-7030 | www.alzda.ca

Cancer Assistance Program: 905-383-9797 x106 | www.cancerassist.ca

Canadian Cancer Society: 905-574-5784 | www.cancer.ca

Canadian Continenence Foundation: www.canadiancontinenence.ca

Canadian Diabetes Association: 1-800-226-8464 | www.diabetes.ca

Canadian Hard of Hearing Association: 905-780-2442 | www.chha.ca

Canadian National Institute for the Blind: 1-800-563-2642 | www.cnib.ca

Dental Bus & Clinic (City of Hamilton): 905-526-2424 ext. 3789 | www.hamilton.ca

Ontario March of Dimes (disability support): 905-525-6100 | www.marchofdimes.ca

Disabilities Justice Network of Ontario: 905-297-4694 ext. 201 | www.djno.ca

Hamilton Literacy Council: 905-529-9907 | www.hamiltonreads.ca

Osteoporosis Canada (Hamilton): 905-525-5398 | www.osteoporosis.ca

Vision Loss Rehabilitation Canada: 1-844-887-8572 | www.visionlossrehab.ca

VON Hamilton (Caregiver Support): 905-522-0053 | www.von.ca



Positive Aging Resources in Hamilton

ADVANCE CARE PLANNING

Advance Care Planning Canada: www.advancedcareplanning.ca

Bob Kemp Hospice: 905-387-2448 | www.kemphospice.org/advance-care-planning

Power of Attorney Kit: 1-800-267-8097 | www.attorneygeneral.jus.gov.on.ca



Agri-food for Healthy Aging: www.aha.the-ria.ca

Canada's NEW Food Guide: <http://food-guide.Canada.ca>

Banyan Grocer-Ease Program: 905-545-0133 | www.banyancommunityservices.org

Compass Health Seniors' Community Kitchen: 905-523-6611 ext. 3006 | www.compassch.org

Dieticians of Canada: 1-877-721-0876 | www.dietiticians.ca

Eat Right Ontario: 1-877-510-5102 | www.eatrightontario.ca

Hamilton Urban Core Diabetes Program: 905-522-3233 | www.hamiltoncommunityhealthcentre.ca

Neighbour2Neighbour Food Centre: 905-574-1334 | www.n2ncentre.com

Nutri-eSCREEN: www.nutritionscreen.ca

Tips

- Ask your family doctor if there is a Registered Dietitian connected to their medical practice.
- Visit your local grocer online (Metro, Walmart, Fortinos, etc.) or download a shopping/delivery app such as Instacart to order your groceries for delivery to your door or to pick-up at a local store.
- Contact local community service organizations (above), and VON Hamilton to learn about Meals on Wheels Programs available to you.

Age-Friendly Hamilton Home Adaptations Guides: 905-777-3837 ext. 12434 | www.coahamilton.ca
[Information for Residents](#), [Information for Property Owners](#), [Information for Homeowners](#)

Hamilton Fire Department: 905-546-3382 | www.hamilton.ca

Alarmed and Ready program ensuring smoke & carbon monoxide detectors work & are in the right place.

Home and Community Care Support Services: 1-800-810-0000 | www.healthcareathome.ca

Request a physiotherapist to assess home safety.

St. Joseph's Home Care Safety at Home Program: 905-522-6887 ext. 2237 | www.stjosephshomecare.ca

Free individualized home assessment with recommendations promoting independence and mobility.

Funding for home modifications

- Ontario March of Dimes – Home and Vehicle Program: 1-877-369-4867 | www.marchofdimes.ca
- Ontario Renovates (Hamilton): 905-546-2424 ext. 2758 | www.hamilton.ca
- Seniors Home Safety Tax Credit: 1-800-959-8281 | www.ontario.ca
- Veterans Affairs Canada: 1-866-522-2122 | www.veterans.gc.ca

Tip: You may also qualify for funding through your vehicle insurance, WSIB or Extended Health Benefits.

Mobility and funding Resources - Temporary Need

- Home and Community Care (one month rental): 1-800-810-0000 | www.healthcareathome.ca
- Cancer Assistance Program: 905-383-9797 | www.cancerassist.ca
- Red Cross - HELP: 289-443-9474 | www.redcross.ca
- HMECU - Members: 905-575-8888 | www.hmecu.com

Permanent Need: Ontario Assistive Devices Program: 1-800-268-6021 | www.ontario.ca

- Hamilton Special Supports: 905-546-2424 | www.hamilton.ca
- Ontario March of Dimes: 905-527-6653 | www.marchofdimes.ca
- "For the Needy Not the Greedy": 289-296-8079

Tip: You may also qualify under your personal Extended Health Benefits or through Service Clubs.

City of Hamilton Supports to maintain independence at home: 905-526-2424 | www.hamilton.ca

Home Management Program: 905-546-4804 | homemanagement@hamilton.ca

Snow Angel Program: 905-540-5711 | snow.angels@hamilton.ca

Visit HCoA Silver Sponsor: Wellwise by Shoppers, 1575 Upper Ottawa Street | 905-560-5661

Explore a range of products and services at a Wellwise store or www.wellwise.ca to help you bring wellness home.



Access the NEW 2023 City of Hamilton Social Participation Guide
905-546-2524 | www.hamilton.ca/seniors

Visit the following Seniors Active Living Centres

- Sackville Hill Seniors Centre: 905-546-2541
- Ancaster Senior Achievement Centre: 905-546-2999
- Flamborough Seniors Centre: 905-546-2424 ext. 6315
- YWCA Putman Family (Ottawa St.): 905-522-9922 ext. 541
- YWCA Macnab St. Location: 905-529-7727 | www.ywcahamilton.org,

Seniors Without Walls: 905-526-4084 | www.hamilton.ca
Social programming provided by telephone.

Neighbour2Neighbour Senior Phone Connect: 905-574-1334 ext. 213 | www.n2ncentre.com
Program to support seniors making connections offered via telephone.

Hamilton Jewish Family Services: 905-627-9922 ext. 23 | www.hamiltonjfs.ca
Supports and services to support social inclusion of older adults and improve overall wellness.

Hamilton Public Library: 905-546-3200 | www.hpl.ca
Call or visit your local branch to learn about seniors programming offerings. Book a 1-hour session with your local librarian to ask a question or for support accessing resources.

Connect with the arts in Hamilton

- Hamilton Philharmonic Orchestra: www.hpo.ca
- Art Gallery of Hamilton: www.agh.ca
- Dundas Valley School of Arts: www.dvsa.ca

FITNESS PROGRAMS FOR SENIORS

- PACE: MacSeniors: 905-525-9140, ext. 27223 | www.pace.mcmaster.ca: Supervised regimen of aerobic and resistance training for older adults.
- St. Joseph's Villa SIM Gym: 905-627-3541 ext. 2109 | www.sjv.on.ca: Full range of gym equipment or join one of 20+ classes offered each week.
- Shalom Village The Club Fitness Centre: 905-529-1613 ext. 220 | www.shalomvillage.ca: Personalized fitness plan based on each senior's needs and abilities.
- YMCA Livewell Program: 905-529-7102 | www.ymcahbb.ca: Supervised exercise and education delivered in partnership with Hamilton Health Sciences and McMaster University.

Home and Community Care Support Services: 1-800-810-0000 | www.healthcareathome.ca
Access adult day programs through Home & Community Care.

Mindfulness Hamilton: www.mindfulnesshamilton.ca

TIP: Consider getting involved in less formalized social activities- take a walk with friends, socialize with others in a coffee shop, think about volunteering!

*Book a Tour with HCoA Silver Sponsor: The Village of Wentworth Heights
1620 Upper Wentworth Street, Hamilton | 905-575-4735 | www.schlegelvillages.com*



Funding provided by the United Way of Halton & Hamilton & New Horizons for Seniors Program



Canada

HCOA POSITIVE AGING WORKSHOPS

HCoA is privileged to collaborate with volunteers, experts & community partners to offer cost-free workshops to promote positive aging, well-being and improve knowledge about community resources!

*Positive Aging Series (6 sessions)

*Navigating the Healthcare System (3 sessions)

*Let's Take the Bus *Let's Take a Walk *Let's Drive a Car *Let's Ride a Bike

Contact Shelagh to join or organize a workshop today!

905-777-3837 ext. 12434 | c: 905-920-7721

shelagh@hamiltoncoa.com | www.coahamilton.ca