

POSITIVE AGING RESOURCES

A Guide to Programs & Services for Older Adults in Hamilton

Important Phone 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 811 (24 hr): Dial 8-1-1



City of Hamilton Infoline 311: Dial 3-1-1 OR 905-546-2489

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

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

Key Resources for Seniors in Hamilton

211 Ontario

Contact: Call/Text 2-1-1 or visit 211ontario.ca

Access to social services and programs in over 150 languages, available 24/7.

Health 811

Contact: Call 8-1-1 or visit health811.on.ca

Free, secure health advice from registered nurses, available 24/7 in over 200 languages.

Red Book of Hamilton

Website: [Redbookhpl.ca](https://redbookhpl.ca)

Up-to-date information on local social services and community programs in Hamilton.

Home and Community Care Support Services

Contact: 1-800-810-0000 | healthcareathome.ca

Access to home and community-based care; resource database for community services.

McMaster Optimal Aging Portal

Website: mcmasteroptimalaging.org

Evidence-based information on healthy aging, caregiving, and health conditions.

CARP (Canadian Association of Retired Persons)

Website: carp.ca

Advocacy and resources to enhance quality of life for Canadians as they age.

GERAS Centre for Aging Research

Website: geras.ca

Research on aging, including brain health and resilience.

Seniors at Risk in Hamilton (SaRiH)

Contact: 905-528-5877 | goodshepherdcentres.ca

Support for seniors affected by dementia, abuse, health challenges, housing insecurity, and social isolation.

Age-Friendly Hamilton

Websites: coahamilton.ca | hamilton.ca/agefriendly

Community collaboration to create an age-friendly environment in Hamilton.

DRIVING RESOURCES

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

CAR SHARE SERVICES

- Communauto Ontario: Phone: 1-855-742-7399 | ontario.communauto.com
- ZipCar: Phone: 1-866-494-7227 | my.zipcar.com

ACCESSIBLE VEHICLE RENTALS & SENIOR DRIVING RESOURCES

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

PUBLIC TRANSPORTATION

- Hamilton Street Railway (HSR): Phone: 905-527-4441 | hamilton.ca/hsr
 - Seniors 65+ get a discounted fare; 80+ ride free with a Golden Age PRESTO card.
- HSR MyRide: Real-time bus info via MyRide app (available on Apple App Store and Google Play).
- Google Maps: Use for bus routes and schedules.
- Fare Assist Program: Discounted fare cards for low-income individuals.
- Trans-Cab Service: Phone: 905-546-2489 | hamilton.ca
 - Connects rural areas with HSR in Glanbrook & Stoney Creek; regular fare plus a 50¢ premium.

ACCESSIBLE TRANSPORTATION SERVICES

- Taxi Scrip Program: Phone: 905-529-1212 x1 | Email: ats@hamilton.ca
 - Reduced fare vouchers for individuals with disabilities.
- DARTS Transit: Phone: 905-529-1717 | dartstransit.com
 - Accessible door-to-door transit for those unable to use HSR.

OTHER TRANSPORTATION OPTIONS

- GO Transit: Phone: 1-888-438-6646 | gotransit.com
 - 55% discount for seniors 65+ using a Presto Card.
- Taxis & Ride Sharing:
 - Hamilton Cab: 905-777-7777 | hamiltoncab.com
 - Blue Line Taxi: 905-525-0000 | 525blue.com
 - Uber & Lyft: Download their apps

VOLUNTEER & ASSISTED DRIVING

- Ancaster Community Services: Phone: 905-648-6675 | ancastercommunityservices.ca
- Cancer Assistance Program - Drive & Ride: Phone: 905-383-9797 x106 | cancerassist.ca
- Canadian Cancer Society - Wheels of Hope: Phone: 1-888-939-3333 | csl.cancer.ca
- Canadian Red Cross - Hamilton Branch: Phone: 1-844-843-7331 | redcross.ca
- De dwa da dehs nye>s Wheels for Seniors: Phone: 905-544-4320 | aboriginalhealthcentre.com
- Dundas Community Services: Phone: 905-627-5461 | dundascommunityservices.on.ca
- Flamborough Connects: Phone: 905-689-7880 | flamboroughconnects.ca
- Glanbrook Community Services: Phone: 905-692-3464 | glanbrookcommunityservices.ca
- Regional Indian Centre Lifelong Care Program: Phone: 905-546-9593 | hric.ca
- Stoney Creek Seniors Outreach Services: Phone: 905-643-1919 | seniorsoutreach.net
- VON Hamilton: Phone: 905-522-0053 | von.ca

**CYCLING & SCOOTING**

- Bird E-Scooters: Email: hello@bird.co | birdcanada.ca
 - 50% discount for seniors 65+.
- Cycling Without Age: Email: cwahamilton@gmail.com | cyclingwithoutage.ca
- Hamilton Bike Share: Phone: 289-768-2453 | hamilton.socialbicycles.com
- New Hope Community Bikes: Phone: 905-545-1991 | newhopecommunitybikes.com

- Advance Care Planning Canada: advancedcareplanning.ca
Bob Kemp Hospice: Phone: 905-387-2448 |
- kemphospice.org/advance-care-planning
Power of Attorney Kit: Phone: 1-800-267-8097 | attorneygeneral.jus.gov.on.ca
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NUTRITION RESOURCES FOR HEALTHY AGING

- **Nutri-eSCREEN:** nutritionscreen.ca
- Agri-food for Healthy Aging: aha.the-ria.ca
- Canada's NEW Food Guide: food-guide.Canada.ca
- Dieticians of Canada: Phone: 1-877-721-0876 | dietitians.ca
- Eat Right Ontario: Phone: 1-877-510-5102 | eatrightontario.ca
- Hamilton Urban Core Diabetes Program: Phone: 905-522-3233 | hamiltoncommunityhealthcentre.ca
- Neighbour2Neighbour Food Centre: Phone: 905-574-1334 | n2ncentre.com
- Compass Health Seniors' Community Kitchen: Phone: 905-523-6611 ext. 3006 | compassch.org

**GROCERY DELIVERY**

- Visit your local grocer online (Metro, Walmart, Fortinos, etc.) or download a shopping/delivery app for grocery delivery or pick-up.
- Banyan Grocer-Ease Program: Phone: 905-545-0133 | banyancommunityservices.org

MEALS ON WHEELS: Contact local community service organizations and VON Hamilton to learn about available Meals on Wheels programs.

FOOD SECURITY

- St. Matthew's House Crisis Support for Older Adults: Phone: 905-523-5546 x240 | Web: stmatthewshouse.ca | Emergency food delivery and connects those in need to prepared meals and mobile food markets
- Hamilton Community Food Centre Dinner: Phone: 905-574-1334 | Web: n2ncentre.com | Address: 310 Limeridge Rd W, Hamilton, ON | Cost: None | Open to all | Free meals, drop-in.
- Oasis Coffeehouse Evening Program: Phone: 905-528-7625 | Web: livingrock.ca | Address: 30 Wilson St, Hamilton, ON | Cost: None | Youth 13-25 | Free dinners and activities.
- Living Rock Ministries Gathering: Phone: 905-528-7625 | Web: livingrock.ca | Address: 30 Wilson St, Hamilton, ON | Cost: None | Youth 13-25 | Lunch and support, drop-in.
- Good Shepherd Daily Hot Meal Program: Phone: 905-528-9109 | Web: goodshepherdcentres.ca | Address: 135 Mary St, Hamilton, ON | Cost: None | Open to all | Free meals, no application.
- Hamilton Community Food Centre Lunch: Phone: 905-574-1334 | Web: n2ncentre.com | Address: 310 Limeridge Rd W, Hamilton, ON | Cost: None | Open to all | Light lunch every Friday.
- Hamilton Out of The Cold: Phone: 905-308-8447 | Web: hamiltonoutofthecold.ca | Address: 165 Charlton Ave W, Hamilton, ON | Cost: None | Low-income | Free meals in winter, no application.
- 541 Eatery and Exchange: Phone: 289-389-0541 | Web: 541eatery.com | Address: 541 Barton St E, Hamilton, ON | Cost: None | Open to all | Affordable meals via button exchange.

SAFETY AT HOME

- Age-Friendly Hamilton Home Adaptations Guides: Phone: 905-777-3837 ext. 12434 | Web: coahamilton.ca | Resources for residents, property owners, and homeowners regarding home adaptations.
- Hamilton Fire Department: Phone: 905-546-3382 | Web: hamilton.ca | Description: Alarmed and Ready program ensures smoke and carbon monoxide detectors are functional and properly placed.
- Home and Community Care Support Services: Phone: 1-800-810-0000 | Web: healthcareathome.ca | Description: Request a physiotherapist for home safety assessments.
- St. Joseph's Home Care Safety at Home Program: Phone: 905-522-6887 ext. 2237 | Web: stjosephshomecare.ca | Description: Free home assessments with recommendations for promoting independence.

HOME MODIFICATIONS ASSISTANCE

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

Tip: Check for funding through vehicle insurance, WSIB, or Extended Health Benefits.

FUNDING ASSISTANCE

- Home and Community Care (Temporary Need): Phone: 1-800-810-0000 | Web: healthcareathome.ca
- Cancer Assistance Program: Phone: 905-383-9797 | Web: cancerassist.ca
- Red Cross - HELP: Phone: 289-443-9474 | Web: redcross.ca
- HMECU - Members: Phone: 905-575-8888 | Web: hmecu.com
- Ontario Assistive Devices Program: Phone: 1-800-268-6021 | Web: ontario.ca
- Hamilton Special Supports: Phone: 905-546-2424 | Web: hamilton.ca
- Ontario March of Dimes: Phone: 905-527-6653 | Web: marchofdimes.ca
- "For the Needy Not the Greedy": Phone: 289-296-8079
- City of Hamilton Supports: Phone: 905-526-2424 | Web: hamilton.ca | Supports to maintain independence at home.
 - Home Management Program: Phone: 905-546-4804 | Email: homemanagement@hamilton.ca

Tip: Check personal Extended Health Benefits or Service Clubs for assistance.



SENIOR SOCIAL PARTICIPATION RESOURCES

- City of Hamilton Social Participation Guide

Phone: 905-546-2524 | Web: hamilton.ca/seniors |

Access the new 2023 guide.

- Seniors Active Living Centres:
 - Sackville Hill Seniors Centre: Phone: 905-546-2541
 - Ancaster Senior Achievement Centre: Phone: 905-546-2999
 - Flamborough Seniors Centre: Phone: 905-546-2424 ext. 6315
 - YWCA Putman Family (Ottawa St.): Phone: 905-522-9922 ext. 541
 - YWCA Macnab St. Location: Phone: 905-529-7727 | ywcahamilton.org
- Seniors Without Walls: Phone: 905-526-4084 | Web: hamilton.ca | Description: Social programming provided by telephone.
- Neighbour2Neighbour Senior Phone Connect: Phone: 905-574-1334 ext. 213 | Web: n2ncentre.com | Description: Telephone program to support senior connections.
- Hamilton Jewish Family Services: Phone: 905-627-9922 ext. 23 | Web: hamiltonjfs.ca | Description: Supports social inclusion and wellness for older adults.
- Hamilton Public Library: Phone: 905-546-3200 | Web: hpl.ca | Description: Learn about seniors programming and book a 1-hour session with a librarian.

CONNECT WITH THE ARTS IN HAMILTON!

- Hamilton Philharmonic Orchestra: Web: hpo.ca
- Art Gallery of Hamilton: Web: agh.ca
- Dundas Valley School of Arts: Web: dvsa.ca
- Theatre Aquarius: www.theatreaquarius.org
- Hamilton Conservatory for the Arts: www.hca.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 plans 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 engaging in less formal activities—take walks with friends, socialize in coffee shops, or explore volunteering!

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



Seniors4Change
Peer-led Education for Positive Aging

The Hamilton Council on Aging, in partnership with the United Way, empowers older adults through the Seniors4Change initiative, enhancing their quality of life by promoting social connections and resource access. We offer a series of peer-led workshops, including the Positive Aging Series, Navigating the Healthcare System, Let's Take the Bus, Let's Drive a Car, and the NEW Let's Start a Walking Group!

**Contact us to organize a workshop for your seniors group by reaching out to Shelagh at 905-920-7721 or shelagh@hamiltoncoa.com.
Visit coahamilton.ca/workshops to learn more.**