

Welland



Senior Citizens Advisory Committee

Comité aviseur des aînés

Community Resources for Welland Seniors (Service Library)

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Type:	Information:
Services for Seniors and Caregivers	Dial 211 Confidential, free helpline (211) that connects to community and social services in your area 24 hours a day, 365 days a year in over 150 languages. Services such as community health centers, finding a medical professional, home support programs, Hospice /palliative care, Hospital Emergency/Urgent Care, Hospitals, Local Health Integration Networks, Long Term Care Homes, Pregnancy/Postnatal, Transportation to Medical Appointments, Walk in Medical Clinics English as a Second Language, health clinics, counselling services. Call: 2-1-1 Toll-Free: 1-877-330-3213
	Niagara Region offers the following non-medical programs to support seniors, their families and caregivers: Program Description: Outreach Services Community workers provide in-home visits to determine what the senior wants and needs to stay safe at home. Staff can make referrals to programs designed to improve safety, independence and quality of life. South Niagara Health & Wellness Centre Call 905-984-2621 or toll free 1-877-212-3922, Monday - Friday, 8:30 a.m. - 4:30 p.m. www.niagararegion.ca/living/seniors/programs
	Community Programs for Seniors (Niagara Region) Outreach Services, Adult Day Program, Respite Companion Program, Healthy Safe and Strong Exercise Program, Assisted Living, Niagara Gatekeepers, South Niagara Health & Wellness Centre www.niagararegion.ca/living/seniors/programs/ 905-984-2621 1-877-212-3922

	<p>Community Support Services of Niagara (CSSN) Volunteer Visiting, Transportation, Home Maintenance, Homemaking, Leaf and Snow Buddies Program, Lunch Out, Meals on Wheels www.cssn.ca 905-682-3800 1-866-283-1931</p>
	<p>Hamilton Niagara Haldimand Brant LHIN Placement Long Term Care, Home and Community Care, Transitional and Palliative Care www.hnhblhin.on.ca 905-684-9441 1-800-810-0000</p>
	<p>Service Canada Canada Pension Plan, Guaranteed Income Supplement, Old Age Security www.servicecanada.gc.ca 1-800-622-6232</p>
	<p>Niagara Regional Housing www.nrh.ca 905-682-9201</p>
Services Closer to Home	<p>Grocery Delivery Program: Community Support Services Niagara 905-788-3181 Ext. 706 For those who are unable to shop for themselves.</p> <ul style="list-style-type: none"> • Adult who is 65 or older or adult living with a disability; must have financial means to pay for groceries ie. Credit card, cheque, etc. Priority given to those who meet risk category for COVID-19, without family within the Niagara Region, and are unable to drive. • Program is restricted to use of local grocery stores who offer pick up service. Delivery is reliant upon volunteer availability and store capacity.
	<p>Meals on Wheels 905-788-3181 Ext. 771 www.mealsonwheelsniagara.ca The program is provided to adults who are 60 or older or adults living with a disability.</p> <ul style="list-style-type: none"> • Hot meals are delivered Monday to Friday over the noon hour • Frozen meals are delivered once a week
	<p>Niagara Gatekeepers 905-684-0968</p>

	<p>www.niagararegion.ca</p> <p>Provides a referral service to help connect an at-risk senior who is 55 or older with programs and services to help them stay safe and live independently in their own home. Due to COVID-19, seniors who are isolated and/or vulnerable experiencing challenges with:</p> <ul style="list-style-type: none"> • Getting groceries, medication, personal hygiene products, housekeeping and pet supplies • Driving to essential medical appointments • Obtaining income support (<i>such as Canada Pension Plan, Guaranteed Income Supplement and Old Age Security</i>) • Feeling lonely or worried
	<p>Welland Transit: Bussing services 905-735-1700 ext 3101</p>
	<p>City of Welland: City Services, programs, payments, etc. 905-735-1700</p>
	<p>Welland Community Wellness Complex: Programs and recreational services offered to seniors through the Wellness Guide. Virtual guide could be accessed here: wellness.welland.ca 905-735-1700 ext 4000</p>
	<p>Telehealth Ontario 1-866-797-0000 For health information; if necessary you will be connected to a Nurse.</p>
	<p>Transportation for medical appointments: Canadian Red Cross Niagara Branch – 905-680-4099</p>
Funding	<p>United Way: Seniors’ Health & Well-Being Fund The Seniors’ Health & Well-Being Fund will provide grants up to a total of \$500 per person per calendar year. This fund is for low-income seniors above the age of 65 who are faced with health, medical and/or well-being challenges in the Niagara region. Contact Krista Butters of United Way Niagara at 905-688-5050, Ext. 2115. https://unitedwayniagara.submittable.com/submit/155564/seniors-health-well-being-fund-a-k-a-clara-crawford-fund</p>
Senior Newcomers to Canada	<p>Welland Heritage Council Emergency Shelter for refugees and immigrants (completely furnished apartments) -Needs assessment and Information and referral to community and social services -Help filling out government forms including housing and immigration sponsorship forms -Assistance for privately sponsored refugees and their sponsors</p>

	<ul style="list-style-type: none"> -Workshops on Canadian culture and lifestyle -English as a Second Language & English for Life and Work in Canada -Legal assistance with all immigration documents -Assistance with foreign credential recognition and re-entering career in Canada, loan opportunity -Youth Program for newcomers and community volunteers -Offers a variety of positions for volunteers <p>Phone: 905-732-5337 Toll Free: 1-888-764-9041 www.wellandheritagecouncil.com</p>
Web Sites and Programs	<p>Local Health Integrated Network (LHIN) Hamilton Niagara Haldimand Brant (HNHB) Information and referral line: ie. Long term care, retirement homes etc. www.HNHBhealthline.ca 1-800-810-0000</p>
	<p>City of Welland Wellness Guide To access senior's programs and services. Refer to the Welland Community Wellness Complex</p>
	<p>Age-Friendly Community (welland.ca) -The City of Welland is committed to creating an age and ability friendly City. We believe that encouraging activity and inclusion will empower Welland's aging population, and lead them towards a healthy happy lifestyle. -This page on the City website provides links particularly providing services to seniors.</p>
	<p>Adult Day Services hnhbhealthline.ca www.niagararegion.ca Contact Community Care Access Center (CCAC) 905-684-9441</p>
	<p>Respite Companion Program: Niagara Region Niagararegion.ca 905-980-6000 ext 3851</p>
	<p>inCommunities - Niagara Connects info@niagaraconnects.ca -Niagara Connects brings diverse people and organizations together to build capacity for gathering, sharing, using, and learning from Niagara-focused evidence (data, research, information, knowledge). We do this to support focused, holistic planning for a stronger future. The Living in Niagara (LIN) report and Niagara Knowledge Exchange (NKE)</p>

	<p>are integrated tools to support this work. As of January 2021, Niagara Connects is operating under the umbrella of INCommunities. Together we are working as ‘one hub’, to strengthen how we connect people to services, and support evidence-informed collaboration, innovation, and community action toward a stronger Niagara.</p>
	<p>Age Friendly Niagara Network Update Newsletter via regular emails about age-friendly activity happening across Niagara. To receive the newsletter click on Age-Friendly Niagara Network Distribution List</p>
	<p>A Guide to Programs and Services for Seniors in Ontario: (Doug Ford) Ontario.ca/seniors Seniors INFOLINE 1-888-910-1999</p>
	<p>Services for Seniors Guide. A guide to Government of Canada services for seniors and their families servicecanada.gc.ca 1 800-622-6232</p>
	<p>Brock University - SeniorFit Brocku.ca/health-well-being 905-688-5550 ext. 5585</p>
Societies and Organizations	<p>Community Care Access Center: Long Term Care 905-684-9441</p>
	<p>Alzheimer Society www.alzheimerniagara.ca 905-687-3914</p>
	<p>COAST Niagara: Crisis Outreach And Support Team 1-800-263-4944</p>
	<p>Elder Abuse www.seniors.gc.ca 1-800-622-6232</p> <p>Victimization Ontario Police: 1-888-310-1122 Victim support line: 1-888-579-2888 Seniors crime stoppers: 1-800-222-8477</p>

	<p>CARP (Canadian Association for Retired Persons) is Canada's largest Advocacy Association for Canadians as we age. Niagara@carp.ca 1 888-363-2279</p>
	<p>Veterans Independence Program www.vac-acc.gc.ca 1-866-522-2122</p>
	<p>Accessibility for Ontarian with Disabilities www.AccessON.ca 1-866-515-2025</p>
	<p>Better Business Bureau: top 10 scams Go.bbb.org/BC-bbbtop10scams</p>
	<p>Canadian Institutes of Health Research www.cihr-irsc.gc.ca 1-888-603-4178</p>
	<p>Niagara Community Foundation: charitable gifts www.niagaracommunityfoundation.org 905-684-8688</p>
Housing	<p>Affordable housing, emergency shelters, transitional housing, utility assistance, mental health and addictions, community health centers, multicultural and settlement www.niagararegion.ca</p>
Hospice	<p>Hospice Niagara: Stabler Center www.hospiceniagara.ca 905-984-8766</p>
Retirement	<p>Retirement Homes Regulatory Authority www.rhra.ca 1-855-275-7472</p> <p>Retirement Homes Act 2010 www.e-laws.gov.on.ca</p>