The services listed here are generally for people age 65 and older, although some services are accessible to people as young as age 55. For additional services in Ontario, go to www.connexontario.ca and click on “Directory.” In the advanced search option, go to the “Service” section, and for “Service specialized for,” click on “Older Adults.”

Addictions

Alcohol, Drug and Gambling Services of Hamilton, Older Wiser Lifestyles Program
21 Hunter St. East, 3rd floor, Hamilton, ON
www.hamilton.ca/public-health/clinics-services/alcohol-drug-gambling-services
905 546-3606 option 3 (intake line for alcohol and other drugs) or option 4 (intake line for gambling)
Services offered: Groups on alcohol and the body, adding new activities, safe medication use, sleep and nutrition, depression and anxiety and building resilience; individual support and follow-up groups also available
Eligibility: People 55+ concerned about their use of alcohol or other drugs who wish to make healthy lifestyle choices
Referral: Call one of the intake numbers listed above. Intake will take about 15 minutes over the phone.

Centretown Community Health Centre, LESA Program
420 Cooper St., Ottawa, ON
www.centretownche.org/program/mental-health-addictions
613 233-5430
Services offered: Substance use and problem gambling service for people 55+; individual counselling complemented by therapeutic support groups and a recreation therapy program that includes outings, mixed-gender substance support group, learning series, women’s support group, gambling support and education group
Eligibility: People age 55+ with substance use or gambling problems
Referral: Registration required by calling the phone number above
Community Outreach Program in Addictions (COPA), Reconnect Community Health Services

1281 St Clair Ave. West, Toronto, ON  
www.reconnect.on.ca/programs/#cop  
416 248-2050 (for clients)  
416 640-1934 (access-point referral)

**Services offered:** Assessment, treatment and care to older adults in the community who are struggling with addictions  
**Eligibility:** People 55+ with an addiction who live within the Toronto Central LHIN boundary (priority to people living between Yonge Street and Kipling Avenue and between Eglinton Avenue and Lakeshore Boulevard.)  
**Referral:** Fax COPA referral form to 416 248-6557  
**Fees:** None

Counselling Centre of East Algoma

9 Oakland Blvd., Elliot Lake, ON  
http://cea.cee/services.html#senior-outreach  
705 848-2585

**Services offered:** Senior outreach program offers education and support through one-on-one work with a counsellor.  
**Eligibility:** People 55+ with issues related to substance use, medication misuse, abuse, grief, loneliness, anxiety or depression

Homewood Health Centre

150 Delhi St., Guelph, ON  
https://homewoodhealth.com/health-centre  
519 824-1010 (general inquiries); 519 836-5733 (Community Addiction Services (CADS) outpatient services)

**Services offered:** Program for Older Adults (POA) is an inpatient addiction program; CADS offers outpatient addiction treatment for problems with alcohol and other drugs or gambling  
**Eligibility:** People with substance use or gambling problems  
**Referral:** Online form must be completed by a doctor or supervised health care professional  
**Fees:** Inpatient program through POA costs $330 per day with OHIP for a semi-private room and $400 per day for a private room

Peel Addiction Assessment and Referral Centre

5170 Dixie Rd., suite 302, Mississauga, ON  
www.paarc.com/programs.php  
905 629-1007

**Services offered:** Older Persons’ Program: Home-based assessment, case management and supportive counselling for substance use and gambling problems  
**Eligibility:** People age 55+ who need help for substance use or gambling problems and who have mobility issues or other complex problems  
**Referral:** Self-referral, can call clinical intake at 905 629-1007 ext. 222 or call the counsellor directly at ext. 231

Rapid Access Addiction Medicine Clinics

More than 20 locations across Ontario  
www.metaphi.ca/raam-clinics/  
1 866 531-2600 (ConnexOntario) or go to the website and find the phone number under the desired location

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Services offered: Addiction walk-in clinics that provide brief counselling, medication prescriptions (to help with cravings and withdrawal) and referrals to community treatment programs
Eligibility: People with substance use problems (e.g., issues with alcohol, marijuana, cocaine or opioids)
Referrals: None required

Sister Margaret Smith Centre
301 Lillie St. North, Thunder Bay, ON
www.sjcg.net/services/mental-health_addictions/mha-gambling/main.aspx
807 684-5100
Services offered: Individual addiction counselling for people age 55+; two older adult groups: weekly Women’s Stepping Stone group for older adult women in recovery (includes lunch and transportation) and Men’s Breakfast Club (men make and eat breakfast together as part of the group)
Eligibility: Group participation requires having completed the centre’s 30-day residential inpatient program or a similar program elsewhere.
Referral: Not required. People can self-refer by calling the number above and asking for intake.
Fees: Free
Note: Groups have a waitlist.

Stonehenge Therapeutic Community
60 Westwood Rd., Guelph, ON
www.stonehengetc.com
519 837-1470
info@stonehengetc.com
Services offered: Adult residential treatment programs (4.5 to six months) and various community-based programs
Eligibility: Generally for adults 18+.
Referral: Many services can be accessed by self-referral by calling Here 24/7 at 1 844 437-3247.
Cost: Free.

Alzheimer’s Disease and Other Dementias

Adult Day Program for Frail or Socially Isolated Seniors and Seniors with Alzheimer's Disease or Dementia
3601 Victoria Park Ave., 2nd floor, room 209, Scarborough, ON
carefirstseniors.com
416 649-1212
katherine.ho@carefirstseniors.com
Services offered: Adult day program for older adults who are physically frail, post-stroke, cognitively impaired, have early=stage Alzheimer’s disease, are socially isolated or have challenges. Provides transportation and meals.
Fees: $26 per day, but depending on financial need, some fees can be waived. Transportation costs are extra.
Eligibility: Age 55+

Alzheimer Society of Ontario
20 Eglinton Ave. West, 16th floor, Toronto, ON
http://alzheimer.ca/en/on
416 967-5900 or 1 800 879-4226

This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.
Services offered: Information, resources, education, support and counselling; First Link program that connects individuals and their families with their local Alzheimer Society program and other community services

Note: Visit the website to find out about local programs and services by the 29 branches across Ontario.

Baycrest: Adult Day Program for Frail Seniors
3560 Bathurst St., Toronto, ON
www.baycrest.org
416 785-2500 ext. 2223
webmaster@baycrest.org
Services offered: Social, recreational and therapeutic activities for frail older adults and adults with special needs, Alzheimer’s disease and related dementias in a group setting for part of the day
Referral: Referral department at Baycrest (call number above, or Community Navigation and Access Program at 1 877 540-6565)
Fees: Set fee (subsidies are available for some), plus transportation fee

Baycrest: Behavioural Support for Seniors
3560 Bathurst St., Toronto, ON
www.baycrest.org/Baycrest/Healthcare-Programs-Services/Programs/Behavioural-Support-for-Seniors-Program
416 785-2500 ext. 2005
bsupportstrategy@baycrest.org
Services offered: Specialized behavioural programs including community outreach teams, transitional behavioural unit, long-term care teams, education and training consortium
Eligibility: Seniors 65+ and diagnosed with dementia or suspicion of dementia, their families and caregivers; seniors must be living at home or in long-term care homes with the Toronto Central catchment area
Fees: Free

St. Joseph’s Health Centre, Community Responsive Behaviour Team
www.caredove.com/wwsgs/service/detail/sid/1986/refr/search
1 855 849-6228
Services offered: Assesses people with cognitive impairment for specific responsive behaviours; works with caregivers to identify strategies to manage the behaviour and reduce risks
Eligibility: People with dementia who exhibit agitation, repetition or wandering due to dementia, mental health problems or addictions and who live in the Waterloo Wellington region
Referral: From a health care professional, such as a family doctor or care co-ordinator. Call the toll-free number above and ask to speak with the Waterloo Wellington specialized geriatric services clinical intake person for more information. Referral form at www.systemcoordinatedaccess.ca

Mental Health Programs

Baycrest: Outpatient Mental Health Program
3560 Bathurst St., Toronto, ON
www.baycrest.org/Baycrest/Healthcare-Programs-Services/Clinical-Services/Centre-for-Mental-Health/Outpatient-Mental-Health-Program
416 785-2500 ext. 2730
OPMH@baycrest.org (for referrals only)

This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.
Services offered: Psychiatrist consultation for outpatient and case management for seniors’ mental health problems  
Eligibility: Age 65+, with a doctor’s referral  
Fees: Covered by OHIP

**Canadian Coalition for Senior’s Mental Health**

20 Crown Steel Dr., Unit 6, Markham, ON  
https://ccsmh.ca  
905 415-3917  
cccsmh@secretariatcentral.com  
**Services offered:** The “Areas of focus” section of website provides downloadable free brochures on delirium, depression, mental health in long-term care and suicide prevention in older adults.

**Canadian Mental Health Association – Waterloo Wellington**

234 St. Patrick St. East  
https://cmhaww.ca/types-programs-services/services-for-seniors/  
1 844 437-3247  
**Services offered:** Connects people to mental health services for seniors, including an assessment and treatment program for older adults with mental health concerns, and intensive geriatric services for seniors with complex medical and/or mental health needs; addiction services for adults of all ages (counselling, day and residential treatment)  
**Eligibility:** Age 65+ for seniors programs  
**Referral:** Depends on location of the service. Call the number above for details.

**Centre for Addiction and Mental Health, Psychogeriatric Assessment, Consultation and Education (PACE)**

Intergenerational Wellness Centre, 80 Workman Way, Labatt Wing, 1st floor, Toronto, ON  
416 535-8501 ext. 33448 (general inquiries) or 416 535-8501 ext. 33305 or ext. 39611 (information about status of referrals)  
**Services offered:** Assessment and psychogeriatric consultation in the client’s own environment; psychiatric follow-up may include counselling, support, medication monitoring and home visits; groups on health and age-related topics; advocacy, education and support to clients’ families  
**Eligibility:** Age 60+  
**Referral:** Referrals through Access CAMH are accepted from all sources, including professional, physicians, family members and self.

**Geriatric Telemedicine Clinic**

416 535-8501 ext. 39611 or ext. 33305  
**Services offered:** Medication review, diagnostic assessment of common psychiatric disorders, behavioural management of dementia  
**Eligibility:** People age 60+ with psychiatric issues who live in remote areas of Ontario and do not have access to psychiatric services or who require a specialist consultation  
**Referral:** Physician referral required. Download the form from the website and call your doctor.  
**Note:** There may be a wait to receive services.

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Late-Life Mood Disorder Clinic
416 535-8501 ext. 33448
**Services offered:** Consultation and ongoing treatment to people over age 60 who have longstanding mood disorders or have recently developed a mood disorder
**Eligibility:** Over age 60
**Referral:** GP must complete CAMH online form

Memory Clinic
416 535-8501 ext. 33448
**Services offered:** Assessments and follow-up (e.g., initial evaluations, neuropsychological testing, second opinions, follow-up medical care after initial diagnosis, links to community resources, caregiver education, guidance and support, research opportunities)
**Eligibility:** People age 50+ with memory concerns
**Referral:** Self-referral accepted through Access CAMH: call 416 535-8501, press 2 and fill out CAMH referral form

Neuropsychiatric Clinic
416 535-8501 ext. 39151 (general inquiries)
**Services offered:** Neuropsychiatric assessment and follow-up
**Eligibility:** People age 18+ with neuropsychiatric issues
**Referral:** Physician referral required through Access CAMH

Cota
550 Queen St. East, suite 201, Toronto, ON
www.cotainspires.ca
416 785-9230 ext. 8793 or 1 888 785-9230
intake@cotainspires.ca
**Services offered:** Individualized support, in-home safety assessments and other case management within the Geriatric Mental Health Case Management program; other services for adults with mental health and cognitive challenges
**Eligibility:** Adults with age-related dementia, and people 65+ with a serious mental illness
**Referral:** Call 416 785-9230 ext. 8793
**Cost:** Covered by OHIP

Mood Disorders Association of Ontario
36 Eglinton Ave. West, suite 602, Toronto, ON
www.mooddisorders.ca
416 486-8046 or 1 888 486-8236
**Services offered:** Support for people with mood disorders and their families: includes support groups (not specific to older adults) and a family program to provide support to family members and caregivers; resources include a fact sheet about seniors and depression (see the “Resources” section on the website).

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Sunnybrook Health Sciences Centre
2075 Bayview Ave., F Wing, 3rd floor, room F307, Toronto, ON
https://sunnybrook.ca/content/?page=community-psychiatric-services-elderly
416 480-4663
cpse@sunnybrook.ca
Services offered: Community psychiatric service for older adults
Eligibility: Need a physician’s referral, and must be a senior who lives within the service area (between York Mills Road and St. Clair Avenue and between Avenue Road and the Don Valley)
Fees: Covered by OHIP

Community Support for Seniors and Caregivers

Reconnect Community Health Services
2562 Eglinton Ave. West and 1281 St. Clair Ave. West, Toronto, ON
www.reconnect.on.ca
416 248-2050
Services offered: Toronto-based specialized and intensive mental health, addiction and seniors’ services, including case management, crisis services for seniors and addiction services for seniors; services and programs to support older adults in their homes, including adult day services, case management, community programs, home help, personal care, Meals on Wheels, older adult centre, respite care, supportive housing, therapeutic falls prevention and exercise, transportation
Eligibility: Community services are for older adults with disabilities, including Alzheimer’s disease and dementia; health services are for clients age 16+ with complex mental illness and addictions
Referral: For community services, call 416 248-2050 ext. 5214; for health services, referral varies: see www.reconnect.on.ca/referrals/referrals-health-services/ for information on the relevant program.

Redwood Shelter
www.theredwood.com
416 533-8538
Services offered: 24-hour help line for women living with abuse: phone-based support and counselling; a secure home and other services to keep women safe
Eligibility: Anyone dealing with abuse, and their children

Regional Geriatric Program of Toronto
2075 Bayview Ave., room H478, Toronto, ON
www.rgptoronto.ca
416 480-6068
info@rgptoronto.ca
Services offered: Specialized geriatric outpatient services offered by 25 participating organizations either in the client’s home or in an outpatient setting; includes comprehensive assessments by a geriatric outpatient team, geriatric outpatient clinics, specialty clinics and programs and geriatric day hospitals
Eligibility: Frail older adults (or older adults at risk of becoming frail) who have complex and multiple needs: In the “Services” section of the website, check the map at “Find a Service” to find services in your area.
Referral: Referring physician must fill out the referral form available on the website.

Seniors and Caregivers Support

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WoodGreen Community Services, 815 Danforth Ave., 1st floor, Toronto, ON
416 217-2077
info@cnap.ca
**Services offered:** Offers information and access to community, home and crisis services for seniors and caregivers. Social workers are available for emotional support and seniors can also be connected with extended services. Mobile crisis intervention and outreach for seniors 365 days a year, responds within 48 hours
**Eligibility:** People age 65+ who are in mental health or addiction crisis, including dementia, but the service can see people as young as age 55, to be assessed case by case.
**Fee:** No cost.

**Elder Abuse Ontario**
www.elderabuseontario.com
416 916-6728 to learn more about elder abuse
**Services offered:** Information about different forms of elder abuse, along with a list of elder abuse networks across the province

**Pat's Place, Family Service Toronto**
https://familyservicetoronto.org/our-services/programs-and-services/pats-place/
416 595-9618
**Services offered:** Temporary safe haven for older people experiencing abuse: this is not a shelter (there are no staff on site); it is a bachelor apartment in a secure location in Toronto where people can stay for up to 60 days.
**Eligibility:** People age 60+ who are experiencing emotional, physical, financial or other forms of abuse by a family member
**Referral:** To make a referral for yourself or someone else, call the Service Access Unit at the phone number above.
**Fees:** Free

**Seniors Safety Line**
www.elderabuseontario.com
1 866 299-1011 or simply call 211
**Services offered:** Contact and referral information for agencies across the province that can assist in cases of elder abuse; trained counsellors provide safety planning and supportive counselling for older adults who are being abused or at risk of abuse. Family members and service providers can also call for information about community services.
**Fees:** None

**St. Joseph’s Health Centre, Community Outreach Services**
100 Westmount Rd., Guelph, ON
www.sjhcg.ca/community-outreach
519 824-6000 (general information), 519 843-6191 ext. 303 (seniors at risk system co-ordinator), 519 767-4445 (seniors offering support)
info@sjhcg.ca
**Services offered:** Elder abuse intervention and prevention includes a Senior Peer Support Program that gives older adults access to information and support from peers; service works with the police so that in certain situations (e.g., someone with dementia found shoplifting), police can refer the person to more appropriate services rather than lay criminal charges.
**Eligibility:** Anyone needing help or advice about elder abuse can call the support line listed above.

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Victim Support Line, Ministry of the Attorney General of Ontario

1 877 435-7661 or 416 314-2447

Services offered: Information and referrals to support services for victims of crime, available 24 hours a day, seven days a week, in the language of your choice

Resources

Centre for Addiction and Mental Health. (2008). Information sheets for older adults, their families and friends:


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