



Community Resources

Your free guide

freiheit.ca
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Freiheit Care Inc.

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There are many public and local resources available to seniors in the Ottawa area, designed to support their health, well-being, and engagement in the community. These resources cover a range of services from healthcare to transportation, financial assistance, social activities, and more.

Here is a list of some of the key resources for seniors in Ottawa:

General

Seniors in Ottawa - City of Ottawa

The City of Ottawa offers a range of resources and programs for seniors, including transportation services, social programs, and emergency preparedness.

Services:

- **Seniors Services Directory:** A comprehensive list of resources for seniors.
- **Seniors' Activity Centres:** Provides recreational and educational programs.
- **Seniors Transportation Service:** Affordable transportation for eligible seniors.

Website: ottawa.ca/en/seniors

Council on Aging of Ottawa (COA)

The COA is a non-profit organization dedicated to improving the quality of life for seniors in Ottawa. It works to advocate for the needs of seniors and provides information on various community resources.

Services:

- Community outreach and education.
- Advocacy for seniors' rights and services.
- Information on health and social resources

Website: coaottawa.ca

Home and Community Care

Geriatric Assessment Outreach Team (GAOT)

Provides services for seniors over 65 who have recently experienced changes in their physical or cognitive health. This team specializes in caring for seniors in our community and provides in-home assessments to at-risk older adults who are 65 years or older, for whom leaving home is physically, mentally, or logistically difficult. Assessments focus on functional, psychological, cognitive, and physical health.

Phone: (613) 562-6362 for the East team, (613) 721-0041 for the West team.

Queensway Carleton Website: qch.on.ca/GAOT

Community Paramedic Program- Ottawa Paramedic Services

Municipal paramedic services that provide coordinated care in partnership with local primary care providers and other health partners to support people in their place of residence.

How to Apply: At this time, referrals are primarily through hospital discharge teams, front-line paramedics and community partners.

Ontario Health atHome

Finding a family doctor, care at home, care in the community, supported living, long-term care. Coordinating all the services and supports that a person with multiple health conditions requires. (Previously known as LHIN, CCAC or HCCSS)

How to Apply: call 310-2222 or 1-800-538-0520

Website: healthcareathome.ca/region/champlain/

Cost: no fee for assistance accessing programs or information

Online referral form: champlainlhin.communitysupportservices.ca/screener.php

The Ottawa Public Health (OPH)

Provides a variety of public health programs to help seniors stay healthy and independent. Services focus on physical and mental well-being.

Services:

- Falls prevention programs.
- Immunization clinics for seniors.
- Health and wellness workshops.

Website: ottawa.ca/en/family-and-social-services/older-adults

City of Ottawa - Essential Health and Social Supports

The Essential Health and Social Supports program is available to people with a low income and limited assets. The program provides financial help for health-related items, such as prescription drugs, eyeglasses, dental care, diabetic supplies, incontinence supplies, bathroom aids, respiratory supplies, and mobility devices.

How to Apply: You must apply for the program and provide financial information. To apply or get more information:

Call 3-1-1, select your language of choice, press 4 for Social Services, then press 3 to apply

Bruyère Memory Program

Diagnosis and treatment for patients with memory problems. Bruyère Memory Program is Eastern Ontario's only dedicated medical clinic specializing in the assessment, diagnosis, and treatment of cognitive impairment, dementia, and Alzheimer's disease.

How to Apply: Patients must be referred to the program by a physician or a licensed nurse practitioner.

Cost: covered by OHIP

Minwaashin Lodge- Indigenous Women's Support Centre

Minwaashin Lodge provides a range of programs and services to First Nations, Inuit, and Métis women and children (regardless of status) who are survivors of domestic and other forms of violence. Programs include cultural programs, counselling, a shelter, housing services, employment training, youth programs, and senior programs. All programs and services are provided in the context of cultural beliefs and values to ensure a holistic approach is used as part of the healing journey.

Location: 2323 St Laurent Blvd, Ottawa ON, K1G 4J8

Phone: (613) 741-5590

Email: info@minlodge.com

Website: minlodge.com

Freiheit Care

Freiheit Care is a family-owned homecare company, offering personalized and high-quality home care services. They offer companion care, home help (e.g. light housekeeping, meal preparation), personal care (e.g. bathing, toileting) and nursing. This can be ongoing care or respite for family caregivers and is often used to top up public care.

Cost: Depends on the services needed. Call for a free quote.

Phone: 613-518-8258

Email: info@freiheit.ca

Website: freiheit.ca

Solva Senior Housing Consultants

Solva is an independent, impartial and unbiased advisor offering guidance and support for senior living options. They work to match you with the appropriate provider based on your needs. They work with all Ottawa based retirement communities and assisted living homes.

Cost: Free



COMMUNITY RESOURCES

Phone: 613-421-6073

Email: info@solvaseniorliving.ca

Website: solvaseniorliving.ca/

Mental Health

Ottawa Distress Centre and Region

Provides a 24/7 crisis line. The Distress Line / Help Line services provide:

- Emotional support and encouragement
- Crisis management and intervention
- Suicide risk assessment and prevention
- Community resource / referral information

Phone: 613-238-3311

The Mental Health Crisis Line

- Is the first point of public access to the mental health crisis response system.
- Serves people 16 years of age and over.
- Provides toll-free telephone access in both French and English, 24 hours/7 days a week.
- Is staffed by trained volunteer Crisis Line Responders, supported by professional staff.
- Provides screening, assessment, referrals, support in a crisis, suicide intervention and transfer to the Local Crisis Team or to emergency services when advisable.

Phone: (613)-722-6914

Suicide Crisis Helpline

9-8-8 is for anyone who is thinking about suicide, or who is worried about someone they know. Connect to a responder to get help without judgement. Call or text 9-8-8 toll-free, anytime for support in English or French. For more information, visit <https://988.ca>.

ConnexOntario Helpline

Free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness or gambling.

Phone: toll-free 1-866-531-2600

A Friendly Voice

A free, confidential phone line for Ontarians 55 and older to chat with someone. Call toll-free from 8 AM-10 PM, seven days a week

Phone: 1-855-892-9992

Lifestyle Enrichment for Senior Adults (LESA)

Provides counselling services for seniors aged 55 and older who are concerned about substance abuse or problem gambling.

Phone: (613) 233-5430 or toll-free at (877) 795-8442

The Canadian Mental Health Association (CMHA) Ottawa

Provides programs, services, and resources for individuals living with mental illnesses and their families.

Phone: (613) 737-7791

Website: ottawa.cmha.ca

Geriatric Psychiatry Community Services of Ottawa

Maintains seniors in their home by managing psychiatric symptoms and challenging behaviours.

How to Apply: call (613) 562-9777

Social

Kanata Seniors Council

The Kanata Seniors Council Inc. is a federally incorporated, not-for-profit, registered charity. Their territory not only covers Kanata but also the West District of Ottawa. The Council offers a travel program both in and out of the City. It operates the Council Café which provides reasonably priced home-cooked meals. It also maintains a Computer Lab at the Kanata Seniors' Centre, as well as provides computer instruction and technical support services. Additionally, the Council provides funding for various programs and events

Location: 2500 Campeau Drive, Kanata, Ontario, K2K 2W3

Cost: membership is free

Phone: 613-254-7164

Email: Council@KanataSeniors.ca

Website: kanataseniors.ca/

Kanata Seniors Centre

The Kanata Seniors' Centre offers a wide range of recreation programs for adults aged 50 and over. Access to our services is through membership or program registration.

Location: 2500 Campeau Drive, Kanata, Ontario, K2K 2W3

Cost: Varies by activity

Website: ottawa.ca/en/recreation-and-parks/facilities/place-listing/kanata-seniors-centre

Rotary Club of Ottawa

For over 100 years, club members continue to find new and impactful ways to support those less fortunate in our community and develop partnerships with other service organizations and Rotary projects here and around the world.

How to Apply: Qualified candidates for Rotary club membership are adults of good character and business, professional, or community reputation. Visit website and download the 'Club Membership Application', email to

admin@rotaryottawa.com.

Cost: membership fees, as per fee schedule

Lions Club Ottawa

All Lions clubs share a single mission: we serve. Yet, no two Lions are exactly alike. That's what makes our service so strong. The same can be said of our clubs —no two clubs are exactly alike. We offer a variety of club models and membership types to meet the needs of all those looking to serve.

When: Every 2nd, 4th Tuesday at 19:00

Location: Dick Brule Community Centre, 170 Castlefrank Rd, Kanata Ontario, K2L 2K6

Website: lionsclubs.org/

Royal Canadian Legion

The Kanata Legion Branch 638 offers a variety of activities such as coffee club, senior's exercise, euchre, corn hole, darts, fish & chips dinner, bingo, and open lounge time. Please visit their website for a calendar of events.

Location: 70 Hines Road, Kanata, Ontario

Website: kanatalegion.ca

Email: rclbr638@gmail.com

Phone: (613)-591-5570

City of Ottawa Seniors Clubs and Groups

List of various clubs and groups for seniors in Ottawa.

Website: ottawa.ca/en/recreation-and-parks/jobs-and-community-involvement/partners-and-community-organizations

Location: throughout Ottawa

Ottawa Public Library - Senior Programming

The Ottawa Public Library offers a variety of free resources and programs for seniors, focusing on lifelong learning and community engagement.

Services:

- Digital literacy programs.
- Book clubs and events for seniors.
- Access to library resources, including large print books and audiobooks.

Website: ottawalibrary.ca

Kanata Baptist Church

Friendship Group Held about once a month, usually the third Friday as well as the occasional midweek activity. There is a variety of interesting entertainment and activities. No cost. Check church calendar for dates. All are welcome.

Website: www.kbc.ca/Seniors

Day Programs

Day Hospice Program- Hospice Care Ottawa

The Day Hospice programs are designed for clients living with a life-threatening illness, offering them a day out in a supportive and friendly environment. Our Nurse and trained volunteers provide care and support in a home-like environment for guests to have a 'day away' and give their caregiver a break. Transportation with a volunteer driver can be arranged to pick up guests in the morning and bring them home in the afternoon.

Location: Ruddy-Shenkman Hospice, 110 McCurdy Drive, Kanata, ON

Phone: (613) 591-6002 Ext. 225

How to Apply: call Ashley 613 -796-6555 , intake coordinator

Cost: none

Adult Day Program-Western Ottawa Community Resource Centre

The Adult Day Program offers respite care for the main caregiver by providing a full day of activity for adults experiencing dementia-related disorders

Location: 2 MacNeil Court, Kanata, Ontario,

Phone: (613) 591-3686

How to Apply: please call 613-591-3686 and choose option 3.

Cost: \$24.00 per day. Transportation: \$11/round trip (up to 30 km)

Outreach Adult Day Program- Harmer House

This is a social recreational program designed to optimize an individuals functional abilities and level of independence, thereby enabling them to remain in their home/community as long as possible.

Location: 848 Seyton Drive, Nepean, ON, Canada

Phone: (613) 726-8882Ext: 223

How to Apply: Apply through Ontario Health atHome - (613) 745-5525

Cost: Daily program fee is \$21 - Includes 3 course hot lunch and 2 snacks.

Transportation provided by Harmer House van is \$7 round trip.

"Let's Get Together" Club - Carling Day Programs by Carefor Ottawa

The "Let's Get Together" Club is a social and recreational program offered to older adults living with, or at risk of mental illness.

Location: 2576 Carling Avenue, Ottawa, ON

Phone: 833-922-2734 x 1966 (Cheryl Conway, Program Supervisor)

How to Apply: Program referrals are made by Ontario Health atHome, as well as health care professionals and other Community Support Services and programs.

Cost: \$10 per day (subsidies available), transportation for participants living within the program's boundaries for \$16.00 (return trip).

Adult Day Program, Algonquin College site- Western Ottawa Community Resource Centre

The Adult Day Program offers respite care for the main caregiver by providing a full day of activity for adults experiencing dementia-related disorders.

Location: 1385 Woodroffe Avenue, Nepean, ON

Phone: (613) 591-3686

How to Apply: Clients are referred through Ontario Health atHome and must have confirmed diagnosis of dementia. The WOCRC's program and service

coordinator can navigate the client/caregiver through the Ontario Health atHome process as well as admit the client into our Adult Day Program concurrently
Cost: \$24.00 per day. Transportation: \$11/round trip (up to 30 km)

Food

Heart to Home Meals

Delicious meals made for seniors, over 200 frozen chef-curated meals to choose from, delivered to your door free of charge. Simply order what you want, when you want, with no obligation to place a regular order.

How to Apply: visit hearttohomemeals.ca

Cost: Prices set per menu item. They do not charge tax on our meals or soups (desserts are subject to applicable taxes). When your order arrives, you can pay the driver by cash or cheque if you haven't already made a secure online payment with your credit card. Please note that they also accept Veterans Affairs Allowances.

Jewish Family Services of Ottawa- Kosher Meals on Wheels

Jewish Family Services of Ottawa operates a Kosher Meals on Wheels program that meets the dietary needs of both Jewish and Muslim clients. Kosher meals on wheels, frozen and fresh meals are delivered weekly. This service is available to anybody who wishes.

How to Apply: call to apply, 613-722-2225 ext 315

Cost: Set fees for fresh meals and frozen meals, call for prices.

Meals on Wheels Ontario

Friendly volunteers and staff helping vulnerable seniors and people with disabilities stay healthy at home with nutritious meals delivered to their door.

How to Apply:

1. Visit mealsonwheels.ca/request-meals-on-wheels
2. Use the 'Service Finder' to find the program closest to you, then complete the 'Request Service' form.

Cost: Yes. As Meals on Wheels is a not-for-profit service, the cost is kept to a minimum. The cost does vary, your provider will confirm cost with you.

Ottawa Food Bank

The Ottawa Food Bank provides fresh and non-perishable food, as well as supplies such as diapers, toiletries, and cleaning supplies to its network of over 100 food programs across the city.

How to Apply: visit the website to locate your closest Food Bank location, or call 2-1-1 to have an operator assist you.

Phone: (613) 745-7001

Website: ottawafoodbank.ca

Good Companions

Delivering groceries and frozen meals to seniors in our community.

Phone: 613-236-0428

Website: thegoodcompanions.ca/

Email: info@thegoodcompanions.ca