

# Seniors STAYING INDEPENDENT

in Windsor and Essex County

*Falls are a leading cause of serious injury and death among seniors (those over 65 years of age).*

*The good news is there are a number of local resources and services in our community that can help seniors stay independent.*

## LIST OF SERVICES

### Canada Mortgage and Housing Corporation

1-800-668-2642 TTY: 1-800-309-3388

[www.cmhc.ca](http://www.cmhc.ca)

If you're a homeowner over 55 years of age with no major debts, you may be able to access the equity in your home without having to move or sell. Understanding the different mortgage finance options will help with making those important decisions, such as whether you need extra money for maintenance or for updating your home.

---

### Canadian National Institution for the Blind (CNIB)

519-253-1900 1-800-563-2642

[www.cnib.ca](http://www.cnib.ca)

Offers multiple programs and services to assist with the living, working, playing, learning, and technological supports offered to individuals with vision and hearing loss, or those with vision and hearing difficulties. A few of these programs and services include: peer support groups, recreational programs, vision tests, braille and literacy education, and technology training programs.

---

### Council on Aging Windsor-Essex County

519-254-9342 [www.councilonaging.ca](http://www.councilonaging.ca)

Working with seniors in the community to educate and inform the public about issues concerning the aging population and how to create programs best suited to enhance senior living.

### Erie St. Clair Local Health Integration Network (LHIN)

1-888-447-4468 TTY: 519-258-8092

[www.healthcareathome.ca/eriestclair](http://www.healthcareathome.ca/eriestclair)

[www.eriestclairhealthline.ca](http://www.eriestclairhealthline.ca)

Coordinates health care services in the patient's home or other community settings.

Provides information and referrals to community health and social services in Windsor and Essex County, Chatham-Kent, and Sarnia and Lambton County.

Services Include: nursing, personal care and home support, occupational therapy, physiotherapy, social work, speech language pathology, nutrition counselling/dietetics, and more.

---

### Eye Exam

211 [www.211ontario.ca](http://www.211ontario.ca)

Seniors should have their vision checked yearly. It's free for those 65 and older who are residents of Ontario. Check the Yellow Pages, call 211, or visit [www.211ontario.ca](http://www.211ontario.ca).

Keywords: optometrists and ophthalmologists.

### Alcohol and Medication

If you drink alcohol, drink small amounts. Alcohol can change the way a medication works and have harmful effects. Talk to your healthcare provider about potential interactions with any new medication. If you have concerns regarding drug and alcohol use, call Connex Ontario 1-866-531-2600 to find local services. [www.connexontario.ca](http://www.connexontario.ca)

## Geriatric Outpatient Services

519-257-5111 ext. 76955

### *Geriatric Assessment Program (GAP)*

[www.hdgh.org/geriatricassessmentprogram](http://www.hdgh.org/geriatricassessmentprogram)

GAP promotes independent living to help delay or prevent a senior from being placed in a long-term care facility (e.g., nursing home).

Provides assessment, education, support, treatment, and advice from a multi-disciplinary team.

Serves adults 65 years of age and older who are frail, at risk, or have complex medical problems.

Assists caregivers, family, health care workers, and professionals to learn the latest developments and resources in seniors' health care. Referrals may be received from physicians and nurse practitioners only.

### *Geriatric Mental Health Outreach Team (GMHOT)*

[www.hdgh.org/geriatricmentalhealthoutreach](http://www.hdgh.org/geriatricmentalhealthoutreach)

GMHOT serves adults 65 years of age and older with serious mental health issues including responsive behaviours associated with dementia. This program aims to enhance the mental health and well-being of individuals living at home, in long-term care homes, and in retirement homes.

## Hearing Exam/Canadian Hearing Society

1-866-518-0000

TTY: 1-877-215-9530

[www.chs.ca](http://www.chs.ca)

Seniors should have their hearing checked on a regular basis. Cost for a hearing test by an audiologist is \$80. If a hearing aid is purchased, that cost is deducted. Third party funding is also available for clients with a valid OHIP card. Many coupons for money off can also be found in your local newspaper and at [www.chs.ca](http://www.chs.ca).

Check the Yellow Pages, call 211, or visit [www.211ontario.ca](http://www.211ontario.ca). Keywords: hearing and hearing aids.

## Home Maintenance

211

[www.211ontario.ca](http://www.211ontario.ca)

For help with yard work, snow shovelling, window washing, housecleaning, etc. Fees may apply. Check the Yellow Pages, call 211, or visit [www.211ontario.ca](http://www.211ontario.ca). Keywords: home health care services, renovations, home improvements, maid and butler services.

## Medical Supplies

211

[www.211ontario.ca](http://www.211ontario.ca)

There are a number of companies that provide medical supplies for a fee (e.g., medical alert pendant, bracelet). Check the Yellow Pages, call 211, or visit [www.211ontario.ca](http://www.211ontario.ca). Keywords: medical equipment and supplies.

## MedsCheck Program

1-866-255-6701 (INFOline) TTY: 1-800-387-5559

[www.ontario.ca/page/take-your-medication-safely](http://www.ontario.ca/page/take-your-medication-safely)

Visit your regular pharmacist and ask about MedsCheck. Patients are eligible for a free one-on-one 30 minute annual appointment to review medications and to help them understand that all medications need to be taken as prescribed. Includes additional programs involving MedsCheck for Diabetes, at-Home, or for Long-Term Care residents. For a list of pharmacies that offer MedsCheck, check the Yellow Pages, call 211, or visit [www.211ontario.ca](http://www.211ontario.ca). Keywords: pharmacy or pharmacies.

## Ontario Assisted Device Program

1-800-268-6021

TTY: 1-800-387-5559

[www.health.gov.on.ca/en/public/programs/adp](http://www.health.gov.on.ca/en/public/programs/adp)

Provides Ontario residents who have long-term physical disabilities with support, funding, and access to assisted devices that meet their needs.

## Osteoporosis Canada

1-800-463-6842

[www.osteoporosis.ca](http://www.osteoporosis.ca)

Healthy bones can reduce your risk of a fall. Talk to your health care provider about having a bone mineral density test or visit Osteoporosis Canada for more information.

## Parks and Recreation Programs

211

[www.211ontario.ca](http://www.211ontario.ca)

Each municipality has their own programming and services for seniors. Some offer reduced fees for seniors. For a complete list of your local Parks and Recreation Programs, contact your municipality. Check the Yellow Pages, call 211, or visit [www.211ontario.ca](http://www.211ontario.ca). Keywords: senior recreation, older adult, senior groups, and senior.

## Seniors Centres and Social Clubs

211

[www.211ontario.ca](http://www.211ontario.ca)

There are a number of senior centres and social clubs in Windsor and Essex County. Senior centres offer a wide range of services and activities (e.g., fitness programs, foot care, transportation services). Social clubs offer a variety of leisure and recreational activities. Check the Yellow Pages, call 211, or visit [www.211ontario.ca](http://www.211ontario.ca). Keywords: senior recreation, senior groups.

.....

## Telehealth Ontario

1-866-797-0000

TTY: 1-866-797-0007

[www.ontario.ca/page/get-medical-advice-telehealth-ontario](http://www.ontario.ca/page/get-medical-advice-telehealth-ontario)

Call to get fast, free, confidential health advice or information from a registered nurse, 24 hours a day, seven days a week. They can connect you to a registered dietitian for food and healthy eating support. Also, they can connect you to a primary care expert or mental health and addictions counsellor. Support is available to help you quit smoking.

.....

## Transportation – CareLink Health Transit

1-855-728-1433

Provides transportation throughout Windsor and Essex County at a cost to those 55+ and those with disabilities.

.....

## Unlock Food Canada

1-866-797-0000 (Telehealth Ontario)

[www.unlockfood.ca](http://www.unlockfood.ca)

A website that is available in English and French, and is brought to you by the Dietitians of Canada. This site provides information on nutrition, food, and healthy eating, as well as recipes, videos, and interactive healthy eating tools. You can also find out more about dietitians, how they can help you, and where to find dietitians in your area.

.....

## VON Canada, Erie St Clair - VON Windsor-Essex

519-254-4866

[www.voneriestclair.ca](http://www.voneriestclair.ca)

### Adult Day Program

Provides program activities designed to enhance individual abilities. It supports those who have physical or cognitive impairments and/or chronic health care needs. There is a fee for this service that offers respite for a caregiver.

### Meals on Wheels

Provides healthy meals, a security check, and a short visit from volunteers.

### DETOUR Deterring Emergency Time Offering Urgent Respite

This program provides emergency respite service for Windsor and Essex County seniors, as assessed by emergency department staff and geriatric emergency managers. This program is for those who:

- are 65 years and older;
- require limited mental health support; and
- require supervision from personal support health workers.

### Home Help

Provides in-home help to seniors. Some services include light housekeeping, laundry, making meals, and grocery shopping. They also provide friendly visits and personal care.

### In-Home Visiting Nurse and Shift

Nurses go into patient's homes to perform assessments, help with symptom control, provide medical treatments, rehabilitation therapy, and education and counselling to seniors and their families.

### Supportive Housing

Staff visit to assist with personal care, light housekeeping, meal preparation, and laundry. Attendant services in supportive housing locations are also available.

### Chronic Pain Management Assessment and Referral Program

Provides pain assessment(s) for those suffering from chronic pain. Assessments are conducted by a team of health care providers, who will provide patients and their referring health care provider with treatment options and recommendations for ongoing pain management.

### Seniors Maintaining Active Roles Together (SMART)

519-254-4866 ext. 6239

[www.vonsmart.ca](http://www.vonsmart.ca)

SMART is a research and evidence-based exercise and fall prevention program for community dwelling adults 55 and over. SMART aims to help to reduce social isolation, improve strength, balance, cardiovascular health, coordination, and mindfulness. The SMART Program is offered in rest and retirement homes, community group locations, as well as in-home one-on-one settings. The SMART Program teaches participants how to identify fall risk factors, and how to implement strategies that will help reduce the risk of falling.

# Seniors **STAYING INDEPENDENT** in Windsor and Essex County

## **Windsor-Essex Community Health Centre**

[www.wechc.org](http://www.wechc.org)

### **Chronic Disease Self-Management**

**1-855-259-3605**

FREE programs, structured as a series of interactive group workshops, designed to help people with chronic health conditions and caregivers to better manage their symptoms and their daily life. Workshops include: Chronic Pain, Diabetes, Diabetes Healthy Feet & You, and Powerful Tools for Caregivers.

### **Home Safety Assessments and Grab Bar**

**519-997-2823 ext. 341**

This program provides eligible seniors with assistance to stay in their homes. An Occupational Therapist will go out to the home to identify changes that could be made to improve safety. This might include installing grab bars or other safety equipment or referrals to other healthcare professionals.

### **Speech Language Pathologist**

**519-997-2823 ext. 341**

Group therapy by referral.

### **Active Aging and Fall Prevention**

**519-997-2823 ext. 341**

Provides exercise, self-management skills, education, and resources for seniors with various chronic diseases. This support is in group and functional fitness circuit, therapeutic pool, and balance classes. Includes a nurse, physiotherapist, kinesiologist, and a respiratory therapist. The Fall Prevention program works with clients to assess fall risk factors, and then provide education, recommendations, and referrals to community resources to help keep older adults safer and more independent.

### **Diabetes Wellness**

**519-997-2823 ext. 301**

Group and individual support from certified diabetes educators (i.e., nurses and dietitians) for adults with Type 1 or 2 diabetes or at risk of developing diabetes.

## **Windsor-Essex Compassion Care Community (WECCC)**

**519-974-2581 ext. 2420**

[www.compassionatecarecommunity.com](http://www.compassionatecarecommunity.com)

An organization of citizens, families, neighbours, service providers, business, and community leaders who believe in the power of community. Our goals are to empower citizens to live their best life possible, to be connected, and to achieve their goals in life. We offer a menu of services including one-on-one support, group education on the topic of loneliness – health effects and prevention strategies. We want our community to be known as a compassionate community where individuals get the help they need when they need it and where individuals who want to help get the chance to do so – a community where we all want to live!

.....

## **Windsor-Essex County Health Unit**

### **Chronic Disease and Injury Prevention**

**519-258-2146 ext. 3200**

[www.wechu.org](http://www.wechu.org)

Provides information and resources on fall prevention and local services.

### **Ontario Seniors Dental Care Program**

**519-258-2146 ext. 1199**

Provides free dental care to seniors who qualify. Seniors with an **OSDCP card** can call to make an appointment.

