

[Community Care Access Centre \(CCAC\)](#)

310-2222 press '2' [Community Support Services](#) 613-688-1768

[Community Health and Resource Centres](#)

Addiction Services

Ottawa Addictions Access and Referral Services	613-241-5202
Lifestyle Enrichment for Senior Adults	613-233-5430
Alcohol and Drug Addictions	

Adult Day Program

CCAC	(to apply)	310-2222
Adult Day Programs		

Capacity Assessment

Geriatric Psychiatry Community Services of Ottawa	613-562-9777
Ontario Public Guardian Trustee	613-241-1202

Caregiver Support & Education

Bereaved Families of Ottawa	613-567-4278
CCAC	310-2222
First Link (Alzheimer Society)	613-523-4004
Geriatric Psychiatry Community Services of Ottawa	613-562-9777
Primary Care Outreach	1-844-726-5115
After Hours Support (Telehealth Ontario)	1-800-797-0000
Veterans Affairs	1-866-522-2122

Cognitive Assessment & Treatment

Bruyère Memory Program	613-562-6322
Geriatric Day Hospital - Bruyère	613-562-6262 ext 4010
Geriatric Day Hospital - Queensway Carleton	613-721-3808
Geriatric Day Hospital-TOH-Civic Campus (see Geriatric Outreach)	
Geriatric Outreach Assessment Team-East	613-562-6362
Geriatric Outreach Assessment Team-West	613-721-0041
Geriatric Psychiatry Community Services of Ottawa	613-562-9777
Royal Ottawa Mental Health Centre - Geriatric Program	613-722-6521 ext 6507
Cognitive Assessment and Treatment Resources Map	<i>pdf</i>

Dental Services

In-Home Dental Services - Ottawa	
National Institute of Health Clinic	613-726-2644
Dental Clinics - low cost	
Dental Hygienists	
Denturists	

Driving

Ministry Approved Driving Assessment Centres	
Ottawa Safety Council - 55 Drive Alive (Driver Refreshing course)	613-238-1513

Elder Abuse

Ottawa Police Services	
To report emergencies	9-1-1
To report financial abuse	613-236-1222 ext 7300
To report elder abuse (other than financial)	613-230-6211
To consult investigator	613-236-1222 ext 5945
Elder Abuse Response and Referral Service (EARRS)	
Non-emergency only	613-596-5626 ext 230
Elder Abuse Ontario	613-789-3577 ext 14
Seniors Safety Line	1-866-299-1011

Exercise

Calendar of Physical Activity Across Champlain	
Exercise Classes - Ottawa	

Falls Prevention

CCAC	310-2222
Falls Prevention Programs listings	
Falls Prevention and Assessment Resources for professionals	

Financial Support for Health Services

Assistive Devices and Home Oxygen Program	1-800-268-6021
Essential Health and Social Supports	613-560-6000
Ontario Disability Support Program	613-234-1188
Ontario March of Dimes-Rehabilitation for the Disabled-Ottawa Office	613-596-5696
Public Pensions and Disability Benefits	1-800-255-4786
Housing Renovation Funding	613-580-2424
Trillium Drug Program	1-800-268-1154

Food/Nutrition

Diet, Nutrition and Weight Control	
EatRight Ontario	1-877-510-5122
Food Banks	
Grocery Stores that deliver	
Meal Delivery Services - Meals on Wheels	
Grocery Bus	613-688-1768

Foot Care

Diabetes services	
Foot Care Clinics	

Housekeeping/ Home Making / Maintenance

Home Help and Homemaking listings	
Veterans Affairs	1-866-522-2122
Community Support Services	613-688-1768

Housing	
City of Ottawa	311
Home Modifications	
Moving Companies	
Retirement Homes	
Supportive Housing	

Homes that provide Dementia Care	
Alzheimer Society	613-523-5004
From Home to Retirement Home (booklet)	
Long-Term Care Homes Virtual Video Tours	
Directory of Resources for Senior Citizens of Ottawa	613-234-8044

Legal Services

Advocacy Centre for Elderly	416-598-2656
Community Legal Clinics	
Lawyer Referral	1-800-268-8326
Legal Aid	613-238-7931

Medication Issues

MedsCheck	
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Pain Management

Pain	
Palliative Pain and Symptom Management	
Consultation Programs	1-800-651-1139

Palliative Management

Hospice Care	
Hospital-Based Palliative Care	
End-of-Life Care Information Resources	

Quick Access to Referral Forms

- [Bruyère Memory Program](#)
- [Champlain Community Care Access Centre - CCAC](#)
- [Geriatric Assessment Outreach Team \(GAOT\) Intake Form - RGPEO](#)
- [Geriatric Psychiatry Community Services of Ottawa - GPCSO](#)
- [Primary Care Outreach to Seniors - Referral Form](#)

* For more information and services for seniors, please refer to the [Directory of Resources for Senior Citizens of Ottawa](#) * 613-234-8044

Personal Support Providers /

Personal Care	
CCAC	310-2222
In-Home Nursing	
In-Home Personal Support	310-2222
Community Support Services	613-688-1768

Psychiatric/Behavioural Assessment & Treatment

Geriatric Psychiatry Community Services of Ottawa	613-562-9777
Mental Health Mobile Crisis Team	613-722-6914
Mental Health Crisis Line	1-866-996-0991
Royal Ottawa Mental Health Centre - Geriatric Program	613-722-6521 ext 6637

Rehabilitation Services

Home adaptations	
Medical Equipment	
In-Home Therapy	
Publicly Funded clinics	

Respite

CCAC	310-2222
Community Support Services	613-688-1768
Respite Care for People with Dementia	
Respite Care for Seniors	
Retirement Residences Rapid Response Hotline	1-877-929-9222
Veterans Affairs	1-866-522-2122

Safety / Risk Management

MedicAlert Safely Home Wandering Registry	1-855-581-3794
Personal Emergency Response Systems (CCAC)	310-2222
Telephone Reassurance and Security Checks (Community Support Centres)	613-688-1768

Transportation

Accessible Parking Permit Program	1-800-387-3445
Non-Urgent Transportation	613-236-0428 ext 355
Public Transportation	613-741-4390
Taxi Coupon - Para Transpo	613-842-3636
Veterans Affairs	1-866-522-2122
Transportation-Volunteer and Non-Accessible	
Transportation-Accessible	