



Age-Friendly Caledon Directory

A resource for adults 55+ and their
caregivers living in the Caledon area



What is Age-Friendly Caledon?

The Town of Caledon is committed to strengthening community connections for residents aged 55 and over. We have built an **Age-Friendly Action Plan** designed to help remove barriers that impact your ability to connect with the people, places and services that make Caledon a great place live.

Over the next decade, Caledon will have nearly 10,000 more residents aged 55 and over than we have today. To address this major demographic shift, the Town is embarking upon this new community initiative to ensure that its support systems (programs, services and facilities) are fully ready to meet the needs of a growing and aging population base.

A message from the Age-Friendly Caledon team

You spoke up and we heard you! This Age-Friendly Directory was developed to assist individuals who have limited or no access to a digital device and connect them with the Caledon community. In this booklet you will find local services and supports that will help ensure you can age well and age in place at the local, provincial and national level. Should you require support for a specific need or don't see the type of support you're looking for, please connect with Age-Friendly staff or dial 211 from your phone. With support available 24/7 and in 150 languages, we are here to help.

Sincerely,

Your Age-Friendly Caledon Team

If you have questions, comments or require navigational support, please contact:

Age-Friendly Caledon

Phone: 311

Email: adult55@caledon.ca

Web: www.caledon.ca/adult55



Age-Friendly
Caledon

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Quick Reference Numbers

- 211* Information and referrals to Social Services and Supports
- 311* Information and referrals to Municipal Services
- 811* Health Care Connect Ontario – Healthcare assistance and support
- 911 Emergency Response (Police, Fire, Ambulance)

If you are experiencing an emergency, please call 911 from your phone for assistance.

***211, 311 and 811 will only connect to Caledon services when the call is made from the Caledon area.**

Caledon OPP Non-Emergency Police Services	1-888-310-1122 or 1-888-310-1133 (TTY)
Caledon Fire Non-Emergency	905-584-2272 x 4303 or 311
Canadian Mental Health – Crisis Line	905-278-9036
Caledon Dufferin Victim Services – Crisis Line	905-951-3838
Dufferin/Caledon Community Help Line	1-844-806-3093
Home and Community Care CW	310-2222 or Toll-free: 1-888-733-1177

Important Numbers to Remember:

Housing



Your housing needs may change as you age, and you may require additional supports to help you remain in your current home or community.

There are many types of housing options available to you depending on your needs. Some housing scenarios may include:

- staying in your own home with additional assistance
- living with family members or friends
- living in a retirement community
- living in a retirement home or long-term care home with meals and care provided

Advocacy and Support Services

Home and Community Care Support Services Central West

310-2222 | Toll-free: 1-888-733-1177 |

cwcommunications@hccontario.ca

Support for residents to receive care at home and to live as independently as possible.

Downsizing Diva

416-818-8249 | lisa@downsizingdiva.ca

Moving and downsizing services and supports. Fee for services.

Provincial/Federal Services

Advocacy Centre for Tenants Ontario (ACTO)

416-597-5855

Free legal advice for tenancy related issues. Operates duty counsel for tenants at Landlord Tenant Board.

Canadian Mortgage and Housing Corporation (CMHC)

1-800-668-2642 | contactcentre@cmhc.ca

Free resources and tools for affordable housing.

Landlord Tenant Board (LTB)

Toll-free: 1-888-332-3234 | TTY: 1-800-855-0511 |

LTB@ontario.ca

Hotline for landlords and tenants with inquiries about rights and responsibilities of landlords and tenants. Facilitates tribunal for tenancy related issues.

Ontario Aboriginal Housing Services

1-866-391-1061 | info@oahssc.ca

Safe and affordable housing support for Indigenous people in Ontario off-reserve.

Retirement Homes Regulatory Association

Toll-free: 1-855-275-7472 | info@rhra.ca

Protects and ensures safety of those living in Ontario retirement homes. Call to report any concerns.

Tax Credits and Financial Assistance

The Town of Caledon offers an annual tax rebate program for low-income individuals over the age of 65 or with a physical disability to help offset the costs of property taxes and help individuals stay in their homes for as long as possible. For information on this financial program please contact:

Older Adults (65+) or Persons with Disabilities Tax Assistance

311 | records@caledon.ca

Additional Grants and Financial Assistance Programs

Canada Greener Homes Grant

1-833-674-8282 | TTY: 1-800-465-7735

Financial assistance from the federal government to assist residents in making their homes more energy efficient.

March of Dimes – Home and Vehicle Modification

1-877-369-4867 | hvmp@marchofdimes.ca

Financial funding to assist home and vehicle modifications for eligible older adults and people with physical disabilities.

Municipal Property Assessment Corporation

Toll-free: 1-866-296-6722 | TTY: 1-877-889-6722

Tax exemptions to eligible homeowners where accessibility accommodations have been made.

Ontario Electricity Support Program

1-855-831-8151 | TTY: 1-800-855-1155 |

help@OntarioElectricitySupport.ca

Financial assistance for electricity bills available for qualified low-income Ontarians.

West Bolton SNAP – Toronto Region Conservation Authority

437-880-2409

Provides various green home incentives and retrofit programs in the West-Bolton SNAP community located Downtown Bolton.

Shelter, Supportive and Independent Housing Options

If you are looking to downsize from your existing home, require emergency shelter or if you require additional support on a day-to-day basis, you can find housing options outlined below. For long-term care information or waitlists, please contact Home and Community Care Central West as outlined below.

Home and Community Care – Long-Term Care

310-2222 (no area code needed) | Toll-free: 1-888-733-1177 | cwcommunications@hccontario.ca

Information on the long-term care assessment, eligibility review process and waitlist for homes in Ontario.

Local Resources

Abbeyfield House Caledon

905-860-0181 | intake@abbefieldcaledon.org | info@abbeyfieldcaledon.org

Non-profit housing for independent seniors in Caledon through a shared living environment.

Caledon Community Services – Transitional Care Centre

905-584-2300 ext. 225 | info@ccs4u.org

Located in Alton, this short term three-bed, two-room facility helps you get back on your feet when an illness or injury has taken its toll.

Family Transition Place

Caledon: 905-584-4357 | Dufferin: 519-941-4357 |

Toll-free: 1-800-265-9178 | support@familytransitionplace.ca

Emergency shelter, housing assistance, outreach support and crisis support for women experiencing abuse or homelessness.

Legacy Pines Palgrave Retirement Community

905-583-5000

55+ active living retirement community located in Palgrave.

Peel Living Apartment Buildings Available Across Caledon (seven buildings)

Rent-g geared to income/market value for older adults (65+) in Caledon. Call 311 or email adult55@caledon.ca for more information.

Supportive Housing in the Province (SHIP)

905-795-8742 | Toll-free: 1-855-795-8742 | intake@shipshey.ca | info@shipshey.ca

SHIP offers various types of housing within Caledon and surrounding areas: transitional, crisis beds, supportive and affordable housing. Includes Oliver House and Peace Ranch in Caledon.



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all for you to enjoy
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- Conveniently located in a beautiful setting
steps from downtown Bolton

(647) 317-7242
VIEW OUR VIRTUAL TOUR AT SORRENTOTOUR.CA

Mobility



Older adults that lose their ability to navigate their home and community independently are less likely to be able to age in place. That's why programs and services that support accessibility, walkability and transportation are so important. We've collected a number of resources that may help you continue to get around your home and community with ease.

Financial Support Programs

Alzheimer's Society Peel – Assistive Devices Program

905-278-3667 | info@alzheimerpeel.com

Location technology for those with dementia and other services to help those maintain access.

Assistive Devices Program (Ontario)

416-327-8804 | Toll-free: 1-800-268-6021 | TTY: 416-327-4282 |

Toll-free TTY: 1-800-387-5559 |

assistivedevicesprogram@opddp.ca | adp@ontario.ca

The Assistive Devices Program (ADP) helps people with long-term physical disabilities pay for customized equipment (like wheelchairs and hearing aids). The ADP also helps cover the cost of specialized supplies.

Caledon Meals on Wheels – Project Lifesaver

905-857-7651 | info@cmow.org

Project Lifesaver Caledon helps families to locate individuals who may wander as a result of a cognitive impairment.

March of Dimes Assistive Devices Program

1-866-765-7237 | adp@marchofdimes.ca

March of Dimes Canada's Assistive Devices Program assists adults and seniors who are living in financial need to purchase mobility devices.

Service Ontario

416-326-1234 | Toll-free: 1-800-267-8097 | TTY: 416-325-3408 |

Toll-free TTY: 1-800-268-7095 |

ServiceOntarioAccessibilityRequests@ontario.ca

Assistance with driver's license, health cards, license plates, Ontario photo card, birth certificate, accessible parking permits and more.

Veterans Affairs Canada – Veterans Independence Program

1-866-522-2122 | information@veterans.gc.ca

Transportation and home modification financial assistance to help veterans stay in their homes.

Transportation Supports

Most adults value the independence of driving and the ability to get around with ease. Sometimes changes happen that may alter a person's ability to drive safely. Things like medication, injuries, stiff joints, trouble seeing, or hearing loss may alter your driving abilities. There are many educational resources available to help you maintain a safe driving record or when it may be time to stop driving, and about resources such as transit, which can help you continue to get around your community with ease.

Did you know that once you turn 80 you are required to renew your G driver's license every two years? To learn more please contact Service Ontario by calling 1-800-396-4233 or visiting your closest Service Ontario office.

Town of Caledon Transit

311 | info@caledon.ca

Information on the Town of Caledon's Transit lines and schedules located in select communities (Mayfield West, Dixie, Tullamore and Bolton).

Caledon Community Services – Specialized Transportation

905-951-2300 ext. 221 | info@ccs4u.org

Wheelchair-accessible buses, passenger vans and cars driven by staff and volunteers to help residents of Caledon get to medical appointments, support groups, social services and more.

Door to Door and More Inc.

905-586-5868 | doortodoorandmore@yahoo.com

Transportation, accompaniment to appointments or on errands and light household assistance. Fee for service.

GO Transit Bus Services

1-888-438-6646

Local bus routes available for select areas in Caledon.



CANES
community care

Bringing Quality Care Home®

Our Programs and Care Services

- Homemaking
- Transportation
- Home Maintenance
- Behavioural Supports
- Personal Care
- Friendly Visiting
- Home at Last
- Intensive Seniors Community Team
- Assisted Living
- Caregiver Counselling
- Transitional Care
- Respite Care

@CANESCommunity *We've been a not-for-profit organization since 1982!* **www.CANES.on.ca** **416-743-3892**

ACCREDITED WITH EXCELLENCE IN STANDARDS
ACCREDITATION ASSESSMENT

Image of an elderly woman smiling and talking to a caregiver.

MedEvac Canada

Dispatch: 416-704-2353 ext. 1 |

Office/Billing: 416-704-2353 ext. 2 | info@Medevac.ca

Non-emergency patient transfer services in Ontario. Ground and air transportation services and supports for clients requiring stretcher and wheelchair transport to and from hospitals, medical facilities, retirement homes, long-term care home, airports and private homes.

Shelburne Transporter

519-925-3634 | tst@rogers.com

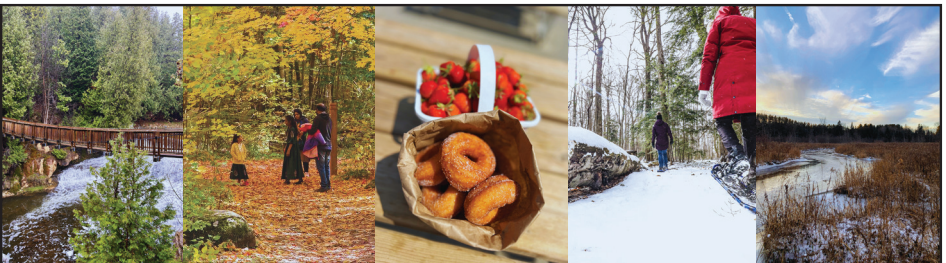
Transportation in Huron, Grey Bruce, Dufferin and South Simcoe counties. Fee for service.

TransHelp

905-791-1015

Specialized door-to-door public transit for eligible residents in Brampton, Caledon and Mississauga.

For the full Age-Friendly Transportation Resource Guide, contact 311 or email adult55@caledon.ca.



Find the local's guide to four seasons of fun at visitcaledon.ca

Not online? Give us a call at 3-1-1 and ask for our Tourism team



Trailways and Active Transportation

Did you know that the Caledon Public Library offers free day passes to various conservation parks in the area? All that you need is a library card. Call 905-857-1400 for more information.

Credit Valley Conservation (CVC)

905-670-1615 | 1-800-668-5557

CVC connects people and nature, and leads the protection, restoration and enhancement of many trails and parks throughout Caledon.

Toronto and Region Conservation Authority (TRCA)

416-661-6600 | info@trca.ca

TRCA, as enabled through the provincial Conservation Authorities Act, has taken action to enhance our region's natural environment and protect our land, water and communities from the impacts of flooding and increasingly extreme weather events — Ontario's leading cause of public emergencies.



When you need a helping hand, Caledon Community Services is here for you.

<p>HEALTH & wellness</p> <p>Transitional Care Specialist Clinic Respite Companionship Assisted Living</p>	<p>JOBS & training</p> <p>Workforce Development Online Job Bank Workshops/ Paid Training</p>	<p>LIFE & community</p> <p>Food Support Evolve Caledon Newcomer Services Volunteering</p>	
<p>Need a Lift? Check out available transportation options. bookings@cc4u.org Ext. 218</p>	<p>Stay connected and keep active with fun, local activities for ages 55+ Ext. 273</p> 		
<p>Family</p> <p>CONNECT</p>	<p>Individual</p> <p>WITH YOUR</p>	<p>Caregiver</p> <p>COMMUNITY</p>	<p>Youth</p> <p>Senior</p> <p>ccs4u.org 1-833-552-2748 905-584-2300</p>  <p>"Without CCS, I would not be able to live in the town I love." - CCS Client</p>

Communication



Navigation and Informational Resources

Did you know? Age-Friendly Caledon has a monthly eNewsletter. If you have an email address, you can subscribe to get up-to-date information on local services and supports in Caledon. To subscribe go online to www.caledon.ca/adult55. Need support? Call 311 or email adult55@caledon.ca.

Local Services

211 Central

211 | info@211central.ca

Information and referrals to local social services supports.

Town of Caledon – Service Caledon

311 | info@caledon.ca

Service Caledon is here to help residents understand all the services provided by the Town of Caledon. Staff can answer your questions or connect you to the right department for more accurate information.

Caledon Public Library

905-857-1400 | reference@caledon.library.on.ca

Serving the community with seven branches offering books in a variety of languages, eBooks, eAudiobooks, streaming services, technology and digital services, social programs/events and a Visiting Library Service.

Caregiver in the Hills

(Hills of Headwaters Collaborative Ontario Health Team)

519-216-6671 | info@caregiversinthehills.ca

Free support and resources for unpaid caregivers living with or supporting individuals in the Caledon and Dufferin Area.

Home and Community Care – Central West

310-2222 | 1-888-733-1177 | cwcommunications@hccontario.ca

Ontario residents with a valid Ontario Health Insurance Plan (OHIP) card are eligible to receive an assessment completed by a care coordinator to further determine eligibility and access a wide range of home and community care supports.

Senior Saviour Solutions

905-533-0089 | info@seniorsavioursolutions.ca

A not-for-profit company dedicated to connecting seniors with local service providers for free.

Telecheck Dufferin

519-415-3764

A free, confidential check-in service to support adults 55+ living independently in their homes.

Federal Services

Government of Ontario Ministry for Seniors and Accessibility

1-888-910-1999 | TTY: 1-800-387-5559 | infoseniors@ontario.ca

Information available for seniors and persons with disabilities in Ontario, including tax credits, health, caregiving, housing, transportation and staying safe.

Community Support and Health Services



Community Support and Health Services have been developed to support individual needs in the community to prevent future health concerns and issues, and ensure residents can age in place for as long as able.

Don't see a service that suits your needs? Please feel free to reach out to 211 for 24/7 support or contact us at the Town of Caledon by calling 311 and we'd be happy to assist you in finding what you need.

Health and Wellness Services

Health 811

811 | TTY: 1-866-797-0007

Get connected to safe, high-quality care and avoid unnecessary visits to the emergency room.

Home and Community Care – Central West

310-2222 | Toll-free: 1-888-733-1177 |

cwcommunications@hccontario.ca

Ontario residents with a valid Ontario Health Insurance Plan (OHIP) card are eligible to receive an assessment completed by a care coordinator to further determine eligibility and access a wide range of home and community care supports.

Local Services

Active Aging Canada

1-800-549-9799 | info@activeagingcanada.ca

Support lifelong healthy active aging of adult Canadians through participation, education, research and promotion.

Alzheimer Society (Peel/Dufferin)

Peel: 905-278-3667 | info@alzheimerpeel.com

Dufferin: 519-941-1221 | info@alzheimerdufferin.org

Services to alleviate the personal and social consequences of Alzheimer's disease and other dementias for affected individuals and their caregivers.

Bethell Hospice

905-838-3534 | info@bethellhospice.org

Offering respectful care to enhance the quality of life for individuals facing a life-limiting illness and their families. Services include 24-hour care in their hospice residence as well as a range of community programs and services for individuals living in their own homes.

Caledon Community Services – Caledon Specialist Clinic

905-584-2300 ext. 920 | caledonspecialistclinic@ccs4u.org

Referral-based local (Bolton) specialist appointments from Headwaters Healthcare Centre with additional health-based programming offered by a variety of community providers.

CANES Community Care

416-743-3892 | information@canes.on.ca

CANES provides transitional care services for patients discharged from Headwaters Healthcare Centre or William Osler Health System as they rehabilitate while waiting to return home or move to a long-term care facility. These care services are offered on location at Sorrento Retirement Residence in Bolton.

Dufferin Area Family Health Team

519-938-8802 | info@daft.ca

The Dufferin Area Family Health Team includes physicians, nurses, administrative and other health care professionals who work collaboratively to provide clients the best care. Clinics in Orangeville, Shelburne and Bolton.

Family Services of Peel

905-270-2250 | fsp@fspeel.org

Cost based on income for counselling, trauma and human trafficking support, employment support and family support.

Friends & Advocates Peel and Surrounding Areas

905-452-1002 | contact@fapeel.org

Community agency to improve social rehabilitation services and promote social inclusion.

Headwaters Healthcare Centre – Orangeville Hospital

519-941-2410 | info@headwatershealth.ca

A medium-sized community hospital serving the geographic region of Dufferin County and Caledon. The hospital has clinical partnerships to support the community's need in stroke care, cancer care, heart health and renal care.

Moyo Health and Community Services

905-361-0523 | Toll-free: 1-866- 896-8700

Provides an array of health promotion, education, social and support services for individuals living with, affected by, and at systemic risk of HIV. Services also include harm reduction information and support for individuals of the 2SLGBTQ+ community.

Wellfort Community Health Services

905-451-6959 | 905-677-9599 | info@wellfort.ca

A community health centre providing primary healthcare, dental care, health promotion and education programs (diabetes, HIV, hepatitis C, etc.). Also known as: Bramalea Community Health Centre, Four Corners Health Centre, Bloom Clinic, Diabetes Education Program and Health n' Smiles.

William Osler Health System – Peel Memorial Hospital and Brampton Civic Hospital

905-494-2120

William Osler Health System serves people in Brampton, North Etobicoke, Caledon and surrounding communities.

Provincial/Federal Services

ALS Society of Canada

**416-497-2267 | Toll-free: 1-800-267-4257 |
communityservices@als.ca**

Free healthcare navigation, information, education, resources and support groups for those with or impacted by Lou Gehrig's disease.

Arthritis Society Canada

**905-564-3233 | 416-979-7228 | Toll-free: 1-800-321-1433 |
info@arthritis.ca**

Free in-person and virtual resources to support those with arthritis.

Health Care Connect Ontario

1-888-733-1177

A free resource launched to support Ontarians find a family health care provider.

MedsCheck – Ontario

1-866-255-6701 | TTY: 1-800-387-5559

A one-on-one consultation between pharmacists and eligible patients help older adults follow prescription medication schedules and better understand how their medications may interact with others.

Ontario Caregiver Organization

1-833-416-2273 | info@ontariocaregiver.ca

Free information and support for individuals who provide physical and emotional support to a family member, partner, friend or neighbour.

Ontario Seniors Dental Care Program

1-833-207-4435 | Toll-free TTY: 1-800-855-0511

A government-funded dental care program providing free, routine dental services for low-income seniors who are 65 years of age or older. Applications required.

Osteoporosis Canada

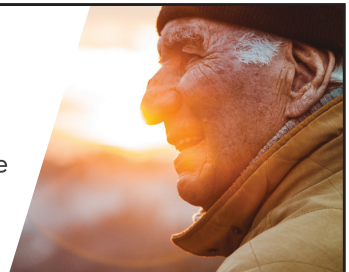
1-800-463-6842 | 519-270-7057

Education and information about osteoporosis with resources and peer support for those how are impacted.



**Caledon \ Dufferin
Victim Services**

Caledon/Dufferin Victim Services supports those that have been affected by abuse, crime, crisis or tragedy. *We are here for you.*



905-951-3838 | 1-888-743-6496 | CDVS.CA

Senior Pride Network Toronto

spntoronto@gmail.com

A volunteer-run association of intergenerational individuals, organizations and community groups that are committed to expanding programs and services for older 2SLGBTQ+ people in the City of Toronto.

Mental Health and Substance Use Resources

Local Services

Al-Anon Groups

416-410-3809 | Toll-free: 1-888-425-2666 | wso@al-anon.org | gtais.chair@gmail.com

A free support program for people whose lives have been affected by someone else's drinking.

Alcoholics Anonymous North Halton-Erin

1-866-715-0005 | webservant@aanorthhaltonerin.org

A free, peer-led fellowship dedicated to abstinence-based recovery from alcoholism.

Canadian Mental Health Association (Peel Dufferin)

905-451-2123 | 1-877-451-2123 |

24/7 Crisis Support: 905-278-9036 or 1-888-811-2222 |

info@cmhapeel.ca

Provides advocacy, programs and resources that help to prevent mental health problems and illnesses, support recovery and resilience, and enable all Canadians to flourish and thrive.

Gamblers Anonymous – Greater Toronto Area

1-855-222-5542 | info@gatoronto.ca

A free, international fellowship of people who have a compulsive gambling problem. Regular meetings help members recover from the addiction of compulsive gambling.

Peel Addiction and Assessment Referral Centre (PAARC)

905-629-1007 | admin@paarc.com

Addiction focused counselling, housing support, court support, street outreach services and older adult specific supports.

Rainbow Salad

905-361-0523 | rainbow@phan.ca

A 2SLGBTQ+ collaborative that is made up of 16 organizations working in the community service sector. This group champions 2SLGBTQ+ inclusion by taking a community-based and community-centered approach to equity.

Provincial/Federal Services

Centre for Addiction and Mental Health (CAMH)

416-535-8501 | Toll-free: 1-800-463-2338 | info@camh.ca

CAMH has established a number of programs and services to support patient wellness with mental health and addiction services. Services include research and an emergency mental health hospital located in Toronto.

Connex Ontario Health Services Information

519-439-0174 | Toll-free: 1-866-531-2600 | administration@connexontario.ca

24/7 access to information for mental health and addictions services.

Mental Illness Caregivers Association of Canada

613-884-6422 | info@MICAontario.com

Free access to mental health resources and supports for family members and caregivers.

Cultural Resources

Local Services

African Community Services of Peel

905-460-9514 | info@africancommunityservices.com

Providing free newcomer settlement services to the Black and African community in Peel and surrounding areas.

Caledon Community Services – Newcomer Services

905-584-2300 x257 | engage@ccs4u.org

Services and classes to help newcomers transition to life in Caledon.

Caledon South Asian Association (CSAA)

info@caledonsaa.ca

Helps facilitate access to resources and services for South Asians living in Caledon.

Catholic Family Services Peel Dufferin

905-450-1608 | info@cfspd.com

Services including couples, individual and family counseling.
Fees for service.

Ghandian Initiative for Development of Support Services (GIDSS)

647-701-1575

Free programs and services for South Asian communities such as technology programs, food banks, social programs and more.

Newcomer Centre of Peel

905-306-0577 | info@ncpeel.ca

Offers free English language learning, employment assistance, counselling and older adult programming for newcomers.

Polycultural Immigrant and Community Services

1-844-493-5839 | info@polycultural.org

Free settlement, employment, language services and programs to increase older adult participation and to ensure equal opportunities to be productive members of Canadian society.

Punjabi Community Health Services

905-677-0889 | info@pchs4u.com

Providing health, settlement and social services to diverse communities in the Greater Toronto Area.

QTBIPOC sauga

416-993-4221 | qtbipcsauga@gmail.com

Advocacy and free events for queer, Black, Indigenous and people of colour in Peel.

Roots Community Services

905-455-6789 | office@rootscs.org

Provides culturally-sensitive and culturally-enriching programs to Black, African and Caribbean communities.

Exceptional Home Care



Companion Care

Light housekeeping, meal prep, socialization, groceries



Nursing Support

In-home medical care, ostomy, wound care, medication mgmt.



Personal Care

Physical assistance, mobility, bathing, hygiene, post-op



Specialty Care

Dementia care, MVA care, respite, hospice, palliative



Home Health Care & Assistance



Call us for a free, no commitment assessment

226.499.9967 | rightathomecanada.com/caledon

South Asian Canadians Health and Social Services

647-523-6380 | 437-254-2794 | info@sachss.org

Free services for south Asian men, women and older adults.

The Indigenous Network

905-712-4726 | pan.info@icloud.com

Programs and services to address the spiritual, mental, emotional and physical needs of the Indigenous population of Mississauga and neighbouring regions.

Neighbouring Area/Provincial/Federal Services

2-Spirited People of the First Nations

416-944-9300 | info@2spirits.org

Free physical, mental, emotional and spiritual advocacy, and support for Indigenous peoples.

Afghan Women's Organization

416-588-3585

Free settlement services with a focus on women and refugees. This organization offers English classes, employment services, older adult social activities and counselling.

Catholic Cross-Cultural Services

905-457-7740

Services to assist immigrants and refugees of all faiths, ethnicities, countries of origin, immigration status, sexual orientation or political affiliation with developing the skills knowledge to settle, integrate and succeed in Canada.

Dufferin County Multicultural Foundation

dcmulticulturalfoundation@gmail.com

Promoting diversity, inclusion, equality and equity in the Dufferin-Caledon area by supporting free multicultural events and workshops.

Veterans Affairs Canada

1-866-522-2122 | TTY: 1-833-921-0071 |

information@veterans.gc.ca

Free information and resources for Canadian veterans to seek support for health and financial support.

Food and Nutritional Support

Local Services

Caledon Meals on Wheels

905-584-7651 | info@cmow.org

Hot and frozen meal delivery supports for older adults and persons with a disability.

The Exchange Caledon

905-584-2300 ext. 201 | Toll-free: 1-833-552-2748

Programs and resources include care coordination, food support, help with heat, subsidies for recreation, education and more.

Palgrave United Community Kitchen (PUCK)

905-880-0303 | info@palgravekitchen.org

Certified commercial kitchen that provides food and nutrition programs for older adults, cooking classes, and various events and programs.

Compassionate Care in Your Home

Nursing and PSW Services



Caring Touch

HOME HEALTH CARE

www.caringtouchhealth.ca

416 479 4288

Neighbouring Services

Knights Table

905-454-8725

Knights Table helps by providing food bank, hot meals and other services to the people of Brampton who deal with the daily issues of hunger, poverty and homelessness.

The Lighthouse

519-942-0736

Free, daily meal program for those located in Orangeville who are in need.

Orangeville Food Bank

519-942-0638 | administration@orangevillefoodbank.org

Food Bank providing services to Orangeville and the north end of Caledon.

Sai Dham Food Bank Canada

437-988-4422 | info@saidhamfoodbank.com

Free food bank serving Caledon and other GTA communities. Offers monthly delivery services for qualified older adults and persons with disabilities.

Salvation Army Orangeville Food Bank

519-943-1203 | newhopecc@salvationarmy.ca

Emergency food and clothing supports for anyone in need.



If you want to keep an aging loved one safe at home, Home Instead® can help.

 **Home Instead.**

(905) 463-0860 · [HomeInstead.com/3019](https://www.HomeInstead.com/3019)

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Respect and Inclusion



An inclusive community encourages older adults to participate in social, civic and economic life. Age-friendly initiatives help keep you engaged and feeling valued.

Local Services

Credit River Métis Council

905-450-4844 | crmcoutreach@gmail.com

Representation for Métis residents in the Halton and Peel communities.

Dufferin County Cultural Resource Circle

519-216-8909 | secretary@dccrc.ca

Promotion of Indigenous culture and free education opportunities for Dufferin County and area residents.

Regional Diversity Roundtable (RDR)

905-232-7371 | rdr@regionaldiversityroundtable.org

RDR is a leader in supporting organizations and institutions to be diverse and equitable.

Provincial/Federal Services

Canadian Association of Retired Persons (CARP)

1-833-211-2277 | support@carp.ca | advocacy@carp.ca

National association advocating for social change and improvements for retired people in Canada.

Participation



Participating in leisure, social, cultural and spiritual activities in the community can foster continued integration in society by keeping you engaged and informed. We have provided programs, clubs and groups below that are currently offered in Caledon.

Town of Caledon Recreation Services

311 | recreation@caledon.ca

The Town offers a variety of activities and programs at various facilities across the Town. Programs are offered at a 20% discounted rate for residents aged 55+ and some services are offered at no cost.

Service Clubs and Community Groups

Bolton and District Probus Club

info@probusbolton.ca

Monthly gatherings that support information sharing and social engagement for retired individuals.

Bolton Italian Cultural Centre

647-531-4975 | info@boltonitalianclub.ca

Promoting healthy aging, independence and wellbeing for older adults residing in Caledon.

Bolton Kin

boltonkin@gmail.com

Bolton Kin volunteers and projects help shape the Caledon community.

Brampton-Caledon Community Living

905-857-9691 | TTY: 905-456-6911 |

info@bramptoncaledoncl.ca

Programs, supports and services for adults with developmental disabilities.

Caledon Community Services – Specialist Clinic

905-854-2300 | info@ccs4u.org

Older adult social programs offered to residents aged 55+ across Caledon. A specialist clinic located in Bolton offers medical and informational programs.

Caledon East Seniors Club

905-584-0591

Weekly social gathering located in Caledon East for individuals interested in playing euchre.



CALEDON SENIORS CENTRE FOR THE 55 PLUS

BUILDING A BETTER FUTURE FOR SENIORS

**OPEN MON – FRI 8:30 AM – 4:00 PM
WEEKEND & EVENINGS PROGRAMS AVAILABLE**

Offering satellite programs in **6 locations** across Caledon. For more information call **905-951-6114, 905-586-6114** or visit **www.caledonseniors.ca**.

Offering programs for **older adults 55+**. Aimed to **INSPIRE, ENGAGE, AND CONNECT**. Caledon Seniors Centre is a not for profit organization.

Charitable Registration # 89221 6375 RR0002

IN PARTNERSHIP WITH



SCAN ME!



Located at **Rotary Place: 7 Rotarian Way, Bolton, ON L7E 1Y2**

Caledon Meals on Wheels

905-857-7651 | info@cmow.org

Free, weekly community programs for residents 55+ located in Mono Mills, Palgrave, Cheltenham and Valleywood.

Caledon Seniors Council

905-584-0591

Weekly social gatherings located in Caledon East for individuals interested in guest speakers, social cards and weekly lunches.

Lions Club of Caledon

519-927-5330 | dcunningham49@yahoo.ca

A network of volunteers that work together to solve challenges in the community.

Orangeville and District Seniors Centre

519-941-6012 | orangevilleseniorscentre@gmail.com

Social and fitness programs for residents aged 55+.

Palgrave United Community Kitchen (PUCK)

905-880-0303 | info@palgravekitchen.org

Free, weekly chair yoga and Nordic walking programs for local residents aged 55+. Registration is required.

Local Rotary Clubs

Bolton – boltonrotary@gmail.com

Palgrave – 647-616-9100 | membership@palgraverotary.ca

Provides service to others, promotes integrity and advance understanding, goodwill and peace through business, professional and community leaders.

Royal Canadian Legion – Alton Branch

519-942-4021 | br449alton@gmail.com

The last remaining legion in Caledon supports local veterans by providing a sense of community. Weekly social programming and special events are open to legion members and to the public.

White Birch Special Needs Day Program

416-918-8711 | whitebirchdayprogram@gmail.com

Local day program for adults with special needs. The program helps participants develop life and social skills.

Women’s Probus Club of Caledon

lesandlorna@gmail.com

Probus clubs provide regular gatherings for semi-retired and retired people that value opportunities to meet with others of similar interests.



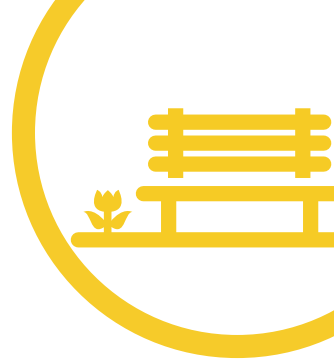
Explore | Create | Connect

Peel Art Gallery, Museum and Archives



905-791-4055 | pama.peelregion.ca | [@visitPAMA](https://www.instagram.com/visitPAMA)   

Safety and Accessibility



Town Programs and Services

The Town offers the following programs to help ensure residents are safe in their own home and able to access services when needed.

Older Adult Home Safety Program

905-584-2272 ext. 4303 | fire@caledon.ca

A free home safety program for residents aged 65+ living in their own homes. Includes a fire safety plan, smoke and Carbon Dioxide alarm checks and a safety review of the home by qualified fire personnel.

Snow Removal Financial Assistance Program

311 | adult55@caledon.ca

Annual financial grant for low-income older adults 65+ or low-income individuals with a physical disability to offset the cost of assistance with snow removal services.

Accessibility Services and Supports

Assistive Devices Program – Ontario

416-327-8804 | Toll-free: 1-800-268-6021 |

TTY: 416-327-4282 | Toll-free TTY: 1-800-387-5559 |

assistivedevicesprogram@opddp.ca | adp@ontario.ca

Financial assistance for people to purchase assistive devices such as wheelchairs, bath chairs, etc.

Canadian Hearing Services

1-866-518-0000 | TTY: 1-877-215-9530 | info@chs.ca

Offering services, products and information for people who are deaf or hard-of-hearing to help remove communication barriers at home, school and work.

Canadian National Institute for the Blind

1-800-563-2642 | info@cnib.ca

Innovative programs and powerful advocacy that empower people impacted by blindness to live their dreams and tear down barriers to inclusion.

Lions Dog Guides of Canada

905-842-2891 | TTY: (905) 842-1585 | Toll-free: 1-800-768-3030 | info@dogguides.com | client-services@dogguides.com

Empowering Canadians living with disabilities and medical conditions to navigate their world with confidence and independence by providing a Guide Dog.

March of Dimes

1-866-765-7237 | adp@marchofdimes.ca

Financial support for individuals with physical disabilities to modify their homes or secure assistive devices.

Ontario Disability Support Program

Toll-free: 1-888-999-1142 | Toll-free TTY: 1-800-387-5559

Financial support for individuals who have a physical disability or cognitive impairment and are unable to work.

Legal Services and Supports

Local Services

E FRY Hope and Help for Women

905-459-1315 | efryhope@efryhope.com

Support, services and programs for women involved in the criminal justice system or who are fleeing violence or trafficking.

John Howard Society Peel-Dufferin

Brampton: 905-459-0111 | Orangeville: 519-940-4656 |

brampton@johnhowardphd.ca |

orangevillecourt@johnhowardphd.ca

Services and advocacy for individuals impacted or involved in the criminal justice system in Ontario.

North Peel and Dufferin Community Legal Services

905-455-0160 | Toll-free from Dufferin County:

1-866-455-0160 | info@npdcls.clcj.ca

Legal aid clinic supporting individuals with low-income that require legal support in the Brampton, Caledon and Dufferin area.

Provincial/Federal Services

Advocacy Centre for the Elderly (ACE)

416-598-2656 | 1-855-598-2656

Free legal support for older adults around health-care consent, substitute decision-making, long-term care, home and community care and more.

Canadian Anti-Fraud Centre

1-888-495-8501

Collects information and provides free information about fraud and fraud prevention.

Care Watch Ontario

416-590-0455 | info@carewatchontario.com

Advocacy for rights of individuals living in care homes in Ontario.

Crimestoppers

1-800-222-8477 | information@canadiancrimestoppers.ca

Collects anonymous tips and information about crimes which can then be investigated by police.

Human Rights Legal Support Centre

416-597-4900 | Toll-free: 1-866-625-5179 | TTY: 416-597-4903 |

TTY Toll-free: 1-866 612-8627 | accommodation@hrlsc.on.ca |

notices@hrlsc.on.ca

Offers human rights and legal advice and support services to anyone experiencing discrimination under Ontario's Human Rights Code.



**Who cares?
You.**

Find a volunteer position today and make a difference.

**www.volunteermbc.org
info@volunteermbc.org**

905 • 238 • 2622

Community Engagement



Volunteering in Caledon

Many services and organizations across Caledon are looking for individuals to volunteer. Older adults have life experience that would benefit community programs, services and local youth. Volunteers socialize and engage with their community, reducing the risk of isolation and the health effects that stem from it.

The Town of Caledon has volunteer options available, including positions with animal services, aquatics, recreation, the Health and Wellness Ambassador program and the library. To learn more about the volunteer opportunities available with the Town of Caledon, please call 311 or email peopleservices@caledon.ca.

Community Volunteer Opportunities

To locate volunteer positions near you, please contact **Volunteer MBC** – a volunteer coordination service:

905-238-2622 | info@volunteermbc.org

You can also connect directly with a service provider, sports club, non-profit organization, faith group, childcare centre or other services near you to see if they are in need of volunteer assistance.

Employment Supports

Did you know? Individuals over the age of 60 qualify for the Canada Pension Plan (CPP) – a monthly, taxable pension that replaces part of your income when you retire. Old Age Security is an additional monthly payment that you may qualify for based on how long you've lived in Canada. For low-income individuals, you may also qualify for Guaranteed Income Supplement (GIS).

To learn more, please contact Service Canada by calling 1-800-277-9914 (toll-free) or visiting your local Service Canada office.

Caledon Chamber of Commerce

905-857-7393 | info@caledonchamberofcommerce.ca

The Caledon Chamber of Commerce is a resource for the Caledon businesses and entrepreneurs. The chamber aims to create a positive business environment and promote the region for investment, residency and tourism.

Indus Community Services

905-275-2369 | info@induscs.ca

Employment support, resume writing and English language support for newcomers to Canada.

Jobs Caledon

905-584-2300 | info@ccs4u.org

Connecting job seekers and local businesses with training programs, government grants and incentives, job-matching and other tools.

Ontario Works

Toll-free: 1-888-999-1142 | Toll-free TTY: 1-800-387-5559

Provides short term financial assistance, benefit and employment assistance to eligible residents.

This Directory was developed in partnership with the Caledon Seniors Centre and Age-Friendly Task Force members. We'd like to thank everyone who took the time to contribute or assist in the development of this resource.

311 | adult55@caledon.ca | www.caledon.ca/adult55

