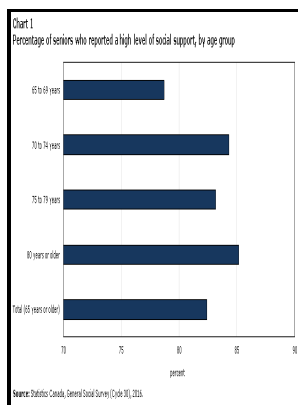


# Guide for senior citizens - services and programs in Ontario.

## Ontario Council of Communications Directors - A Guide to Programs and Services for Seniors in Ontario



Description: -

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Older people -- OntarioGuide for senior citizens - services and programs in Ontario.

-Guide for senior citizens - services and programs in Ontario.

Notes: Cover title

This edition was published in 1983



Filesize: 23.61 MB

Tags: #What #help #can #seniors #get #to #continue #living #at #home?

### Seniors programs and services information guide

Ontario is taking action to provide better care at home and in the community, and to build a sector that is sustainable and accountable. Prostate cancer is the most common type of cancer found in men today.

### Your guide to special programs and the Human Rights Code

Some City facilities to reopen for public use beginning Tuesday, Feb.

### A Guide to Programs and Services for Seniors in Ontario

This program focuses on networks for older adults in emergency situations and provides them with specialized information. This means that if you qualify for any of the publicly funded healthcare services that are coordinated by the LHIN, they will be free of charge.

### What help can seniors get to continue living at home?

Housing is in private or non-profit residences also known as domiciliary hostels. Some might think that these centers take away your independence, but in reality, they help you become more self-sufficient. Kanata Seniors Centre, 2500 Campeau Drive 613-599-4480 4.

### A Guide to Programs and Services for Seniors in Ontario

It shows locations, hours of operation and level of accessibility. Through the Older Adult Plan, we are taking steps to make policies, services, facilities and programs more accessible and responsive to the needs and interests of older persons.

### A Guide to Senior Housing in Canada

Fitness and Wellness Activities For many seniors, staying active and fit can be one of the biggest challenges of all. This guide describes the use of special programs, clarifies when they are allowed, and provides practical information on how they could be designed. Contact Information Telephone: 1-866-668-8297 TTY: 1-800-263-7776 The Canada Pension Plan CPP Retirement Pension provides a monthly taxable benefit to retired contributors.

### **Guide for Seniors Programs and Services**

The advantages of independent living include freedom from home maintenance and lawn chores as well as group transportation, housekeeping services, healthy prepared meals, and a community of like-minded peers for social time.

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