**Resources** from “Pathways to Aging” Workshop, October 14, 2021

Speaker: **Sandra Hanmer**

1. Ontario Government Guide to Programs and Services for Seniors
   1. [Manage your finances](https://www.ontario.ca/page/guide-programs-and-services-seniors#section-0)
   2. [Stay healthy and active](https://www.ontario.ca/page/guide-programs-and-services-seniors#section-1)
   3. [Find a place to live](https://www.ontario.ca/page/guide-programs-and-services-seniors#section-2)
   4. [Driving and transportation](https://www.ontario.ca/page/guide-programs-and-services-seniors#section-3)
   5. [Plan for the future](https://www.ontario.ca/page/guide-programs-and-services-seniors#section-4)

<https://www.ontario.ca/page/guide-programs-and-services-seniors>

1. Community Support Connections **Meals on Wheels**

<https://communitysupportconnections.org/meals-on-wheels/>

1. Community Care Concepts of Woolwich, Wellesley and Wilmot

Home support assistance:

* home repairs and maintenance: matches eligible clients with screened individuals or businesses
* homemaking: matches eligible clients with screened, trained individuals who assist with light housekeeping, shopping, meal preparation, and seasonal house cleaning
* senior support worker: assistance with daily and household tasks; helps access community supports; follow up

communitycareconcepts.ca

1. Community Support Connections – Cambridge

* Home-making, home maintenance, snow removal, yard work

<https://communitysupportconnections.org/help-at-home/>

1. Home and Community Care Support Services of Waterloo Wellington (formerly Waterloo/Wellington LHIN)

<http://healthcareathome.ca/ww/en>

Care at home: <http://healthcareathome.ca/ww/en/Getting-Care/Getting-Care-at-Home>

## Ontario 211 Ontario Help Seniors Find Community Supports and Financial Assistance

## Finance, pensions, legal help, housing, energy bills, health care, home care, and more

## <https://211ontario.ca/211-ontario-services-blog/211-ontario-help-seniors-find-community-supports-and-financial-assistance/>

# *Age in Place: A Guide to Modifying, Organizing and Decluttering Mom and Dad's Home* by Lynda Shrager

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## **Naturally Occurring Retirement Communities (NORCs)** referenced in a report for the City of Waterloo Age Friendly Committee: Alternatives to Long-Term Care and Housing: Environmental Scan, June 2021

## <https://www.waterloo.ca/en/government/resources/Documents/Community-Services/Final-Report_Alternatives-to-LTC-Env-Scan.pdf>

## Cambridge Council on Aging: <http://www.cambridgecoa.org/>

## Ageing Well Directory, City of Waterloo Age Friendly Committee:

## <https://www.waterloo.ca/en/government/resources/Documents/Cityadministration/Aging-well-Waterloo-directory.pdf>

## CBC news article - Simple Tips Could Help More Aging Canadians to Live at Home Independently

## <https://www.cbc.ca/radio/whitecoat/fall-prevention-occupational-therapy-1.6218639>