

## Centre for Healthy Aging – Helpful Links

The following is a list of helpful websites to provide additional information and support. Although Hamilton Health Sciences suggests these websites as helpful resources, we cannot guarantee the accuracy of the content on these pages.

### Government websites

- Ontario’s Seniors Secretariat – [www.seniors.gov.on.ca](http://www.seniors.gov.on.ca)
- Veteran’s Affairs Canada – [www.vac-acc.gc.ca](http://www.vac-acc.gc.ca)
- Ontario Long Term Care Association – [www.oltca.com](http://www.oltca.com)
- Ontario Ministry of Health and Long Term Care – [www.health.gov.on.ca](http://www.health.gov.on.ca)

### Helpful websites

- Advocacy Centre for the Elderly – [www.advocacycentreelderly.org](http://www.advocacycentreelderly.org)
- Alzheimer’s Society of Canada – [www.alzheimer.ca](http://www.alzheimer.ca)
- Behavioural Support Ontario (BSO) Connect – 905-310-CCAC (310-2222)
- LHIN Home and Community Care: <http://healthcareathome.ca/hnhb/en>
- Regional Geriatric program – [www.rgpc.ca](http://www.rgpc.ca)
- Behavioural Support Ontario (BSO): <http://www.behaviouralsupportsontario.ca>
- Long Term Care Wait Times Information: <http://healthcareathome.ca/hnhb/en/care/Pages/Long-Term-Care-Wait%20Times.aspx>
- Ontario Power of Attorney Information: <https://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/incapacity/poa.php>
- Hospice Palliative Care Information: [www.chpca.net](http://www.chpca.net) | [www.hpco.ca](http://www.hpco.ca)
- Elder Abuse Information: [www.elderabuseontario.com](http://www.elderabuseontario.com)

### Helpful database for information on health and community support services for seniors

- Older Adult Programs and Services Database (OAPSD) – <http://www.rgpc.ca/programs-services/> or call 2-1-1
- Inform Hamilton – City of Hamilton – [www.inform.hamilton.ca](http://www.inform.hamilton.ca)
- HNHB Healthline Directory of Health Services: <http://hnhbhealthline.ca/>

### For information on what is available at your local community information services:

- Ancaster Community Services - [www.ancastercommunityservices.ca](http://www.ancastercommunityservices.ca)
- Dundas Community Services – [www.dundascommunityservices.on.ca](http://www.dundascommunityservices.on.ca)
- Flamborough Information Services – [www.infolam.on.ca](http://www.infolam.on.ca)
- Glanbrook Home Support – [www.ghsp.ca](http://www.ghsp.ca)
- Haldimand County Seniors Support Services – [www.seniorsupport.ca](http://www.seniorsupport.ca)