



## Keeping Seniors Safe & Supported

### Resources in Ottawa

**Elder Abuse Response and Referral Service (EARRS) #613-596-5626 ext. 230**

*Information, referrals & resources, emotional support, case management, respite/crisis bed program.*

**Seniors Safety Line #1-866-299-1011 (24 hrs/day, 7days/week, 150 languages)**

*Trained counsellors provide supportive counseling for older adults who are in abusive situations. Referral information for agencies and family members across the province that can assist in cases of elder abuse also provided. (Funded by Elder Abuse Ontario)*

**Champlain LHIN (formerly CCAC) #310-2222**

*Works to meet residents' health needs and delivers home and community care services.*

**Geriatric Assessment Outreach Teams (GAOT) - for a focus on health**

**EAST TEAM (if you live East of Bronson Ave.) #613 562-6362**

**WEST TEAM (if you live West of Bronson Ave.) #613 721-0041**

*Provides a comprehensive in-home assessment to help you improve your health, quality of life, independence and safety to help you remain in your own home.*

**Primary Care Outreach to Seniors #1-844-726-5115**

*Registered nurses and community health workers visit vulnerable seniors in their homes to provide support with their care and link them to appropriate community resources.*

**The Dementia Society of Ottawa and Renfrew County #613 523-4004**

*Many supportive and educational services and programs for seniors and caregivers. Caring and supportive counsel, referrals, and help navigating the health and social care system.*

**Ottawa Police - Elder Abuse/Victim Crisis Unit #613-236-1222 x2400**

**Crime Stoppers #1-800-222-TIPS (8477)** – *for anonymous calls about criminal activity.*

**2-1-1 Ontario** - Open 24 hrs/day, 7days/week, offered in **150 languages**

*For information, referral and access to community, social, health and government services.*

**Elder Abuse Ontario** – [www.elderabuseontario.com](http://www.elderabuseontario.com) - *For more information on elder abuse.*

## **Crisis support, counselling & other support services in our community:**

**Ottawa Coalition to End Violence Against Women** - *For an extensive list of VAW resources in Ottawa please go to:* <http://www.octevaw-cocvff.ca/crisis-resources>

**Ontario Assaulted Women's Helpline** - 24 hours #1(866) 863-0511 TTY #1(866) 863-7868

**Fem'aide** #1-877-336-2433 - 24hr /7jours - *Offre aux femmes francophone prises avec la violence sexiste, du soutien, des renseignements et de l'aiguillage vers les services appropriés dans leur collectivité*

**Immigrant Women's Services Ottawa (IWSO)** #613-729-3145  
*Crisis Intervention and Counselling Service: Translation/Interpretation, short-and long-term counselling \* information, referral and support services \* support to victims of war and trauma.*

**Catholic Centre for Immigrants of Ottawa** #613-232-9634  
*Community-based services for immigrants, refugees, and newcomers, including counselling.*

**Jewish Family Services of Ottawa** #613-722-2225  
*Community based non-profit agency that offers newcomer settlement and integration services indifferent of their country of origin, religion, culture, gender, or age, including counselling services.*

**Family Services Ottawa (FSO-SFO)** #613-725-3601 TTY #613-725-6175  
*Community counselling centre - counselling is provided by professional counsellors and social workers to families and individuals having difficulties. Includes woman abuse counselling and a mental health counselling program providing individual and group services for persons living with a psychiatric disability.*

**NETWORK OF COMMUNITY HEALTH & RESOURCE CENTRES (CHC/CRC)**  
TO FIND YOUR LOCAL CHC/CRC GO TO [WWW.COALITIONOTTAWA.CA/](http://WWW.COALITIONOTTAWA.CA/) OR CALL 211

**FOR WALK-IN COUNSELLING SERVICES AND LOCATIONS THROUGHOUT OTTAWA PLEASE VISIT**  
<https://walkincounselling.com/> or ask for a brochure at this session.

### **To Address Social Isolation:**

**Senior's Centre Without Walls –The Good Companions Centre** #613-236-0428  
*Free telephone group activities for Seniors 55+.*

**A Friendly Voice** - # 613-692-9992 or toll-free at 1-855-892-9992  
**Rural Ottawa Senior's Support Services' (ROSSS)** - *A phoneline for any seniors who feel isolated and lonely. Seniors can call the line 24 hours a day, 365 days a year and talk to "a friendly voice" and/or direct people to local resources. **Please note this is not a crisis line.***

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NEW HORIZONS FOR SENIORS PROGRAM**

