



Programs and Services for Seniors

york.ca/PlanForSeniors




York Region

Programs and Services for Seniors



York Region offers a range of services to help seniors stay healthy, safe and independent. Programs and services for seniors include:



Access York

Access York Contact Centre: for more information about York Region programs and services and how to access them, visit york.ca, call **1-877-464-9675** (interpreter services available), TTY **1-866-512-6228** (for deaf and hard of hearing) or email accessyork@york.ca

Paramedic Services

Paramedic Services: provide emergency and non-emergency medical response to patients. Community paramedicine programs like CP@LTC support seniors to stay at home and avoid premature placement in LTC, avoid emergency calls or a return to hospital



Personal Medical Information Kits: can help seniors organize their important medical and personal information. The kit is designed to be visible and easily accessible by paramedics or other emergency services



Seniors Services

Long Term Care: York Region's two long-term care homes – Newmarket Health Centre and Maple Health Centre – provide nursing and personal care services for adults who are no longer able to live in their own homes. Visit <https://healthcareathome.ca/region/central/> to learn about eligibility, how to apply and costs. Telephone: **1-888-470-2222**

Adult Day Programs: provide meaningful and stimulating daily activities, exercises and food to meet social, physical, emotional, intellectual and spiritual needs of our clients in a secure environment. Visit <https://healthcareathome.ca/region/central/> to learn about eligibility, how to apply and costs. Telephone: **1-888-470-2222**



Public Health

Healthy Aging and Fall Prevention:

provides consultations, workshops, and displays on fall prevention and healthy aging targeting adults 55 years and older living in York Region

Seniors Dental Program: provides services at five clinic locations across York Region for eligible Ontario residents as part of the Ontario Seniors Dental Care Program (OSDCP). Visit ontario.ca/seniorsdental to learn more about services, eligibility and to enrol

Food Safety for Older Adults: explains the importance of reducing the risk of food-borne illness

Air Quality Health Index: explains how air pollution affects your health, especially for seniors

Extreme Heat: provides warnings about extreme heat events and precautions to prevent related health impacts (seniors are at increased risk)

Outbreak Management: prevents and decreases illness in long-term care facilities and retirement homes and other congregate care settings where seniors may live

Immunizations: provides COVID-19 and Flu immunization at community clinics for seniors and others and supports COVID-19 and Flu immunization in long-term care facilities, retirement homes and other congregate care settings where seniors live

Healthy Built Environment: provides support to planners on how community planning can promote health, including development of Age Friendly Communities



Housing Services

Community Housing: offers market rent and subsidized housing to residents in York Region through housing providers including Housing York Inc. and non-profit and co-operative organizations

Subsidized Housing Wait List: York Region manages a centralized waiting list to allocate subsidized units in community

housing, rent supplement units with private market landlords, and portable housing benefits to help pay market rent

Client Intervention and Support Services (CISS): provides in-home assessments, case management, counselling, referrals, psychoeducation and support advocating for senior client's needs

Social Services

Housing with Supports Program: offers daily supports, including lodging, meals, etc., to low-income residents who have a mental health diagnosis or are elderly and frail and are unable to live independently

Homemakers and Nurses Services Program: provides homemaking services and foot care to low-income residents so they can remain in their homes when they have a temporary or permanent illness or disability

Emergency and Transitional Housing: York Region provides oversight and operational funding for nine emergency and transitional housing facilities delivered by community agencies that offer temporary housing, drop-in/drop-by services, case management, life stabilization support, and assistance to develop individual housing plans



York Regional Police

Community Safety Officers: provide information on programs and services for seniors, deliver educational presentations and are there to support seniors in our community

Vulnerable Persons Registry: allows residents to register with York Regional Police to allow for an improved police response for those who may require emergency assistance due to their condition

Project Lifesaver Program: combines radio technology with a coordinated police response to locate wandering people and/or disoriented persons due to Alzheimer's or other conditions or disorders

Public Works

Accessible Transit Services: York Region Transit (includes conventional, bus rapid transit, and Mobility On-Request paratransit) provides accessible transit services in accordance with the Integrated Accessibility Standards of the Accessibility for Ontarians with Disabilities Act (AODA). Some accessible features include kneeling buses with ramp or lift for easy boarding, slip resistant floors, automated next stops announcements and priority seating close to the operator

Support Person Assistance Card: permits a support person to travel on YRT with the eligible customer (cardholder) at no additional cost

Discounted YRT Seniors Fare: Seniors aged 65+ are eligible for the senior fare when paying with PRESTO or YRT Pay/Transit App. Starting January 1, 2024, senior travellers can ride YRT for free after 28 trips in a calendar month, using PRESTO

Mobility On-Request Transit Services 65+: provides on-request transit service for seniors 65 years and older, within 5 km of their home. This service is offered throughout York Region for seniors who want to try taking public transit using a smaller vehicle that picks seniors up at home

MyRide Travel Training: provides travel training for customers of all ages and abilities who need additional knowledge and skills to use YRT independently

Outdoor Education for 55+: programs designed to connect people with nature and inspire action

York Regional Forest Accessible Trails: four trails accessible to wheelchairs, strollers and other assistive devices that are wider, clear of large obstructions and graded for ease-of-movement

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**Seniors
Services**



**Paramedic
Services**



Access York



**Public
Health**



**Housing
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**Social
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**Public
Works**



**York Regional
Police**

