

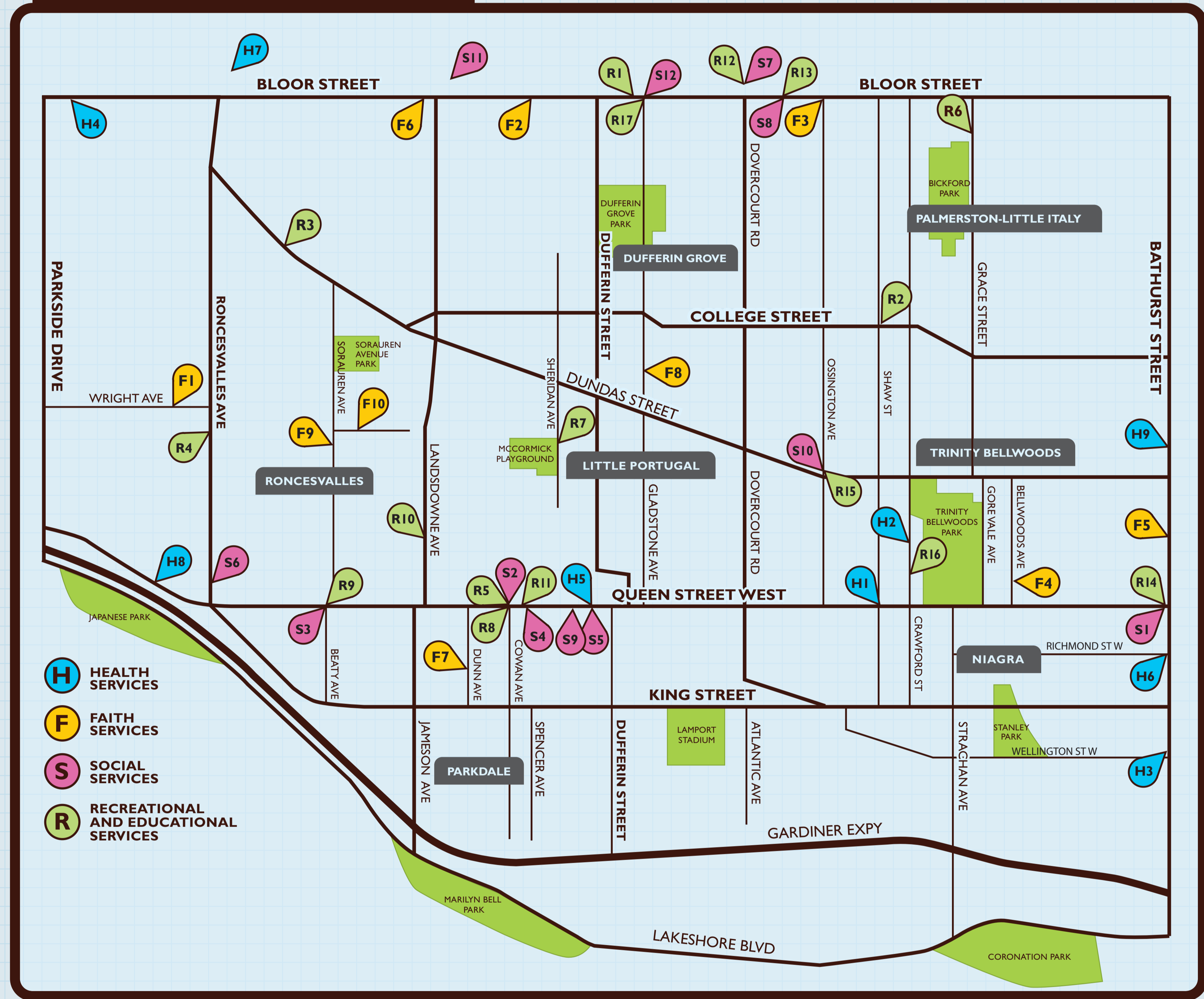
# A MAP OF AGING IN PLACE IN WEST-CENTRAL TORONTO NEIGHBOURHOODS

## WHAT IS AVAILABLE TO SUPPORT AGING IN PLACE?

<b>H HEALTH SERVICES</b>			
<b>H1</b>	Centre for Addiction and Mental Health, Geriatric Mental Health Program	1001 Queen St.W.	416-535-8501
<b>H2</b>	Chandrakirti Kadampa Meditation Centre	629 Crawford St.	416-762-8033
<b>H3</b>	Community Outreach Programs in Addictions	49 Bathurst St.	416-516-2982
<b>H4</b>	Four Villages Community Health Centre	1700 Bloor St.W.	416-604-3361
<b>H5</b>	Parkdale Community Health Centre	1228 Queen St.W.	416-537-2455
<b>H6</b>	Queen West Community Health Centre	168 Bathurst St.	416-703-8480
<b>H7</b>	Seniors' Dental Clinic	2430 Dundas St.W.	416-392-0988
<b>H8</b>	St. Joseph's Health Centre	30 The Queensway	416-530-6000
<b>H9</b>	Toronto Western Hospital	399 Bathurst St.	416-603-2581

<b>S SOCIAL SERVICES</b>			
<b>S1</b>	St. Christopher House - Meeting Place	588 Queen St.W.	416-504-4275
<b>S2</b>	Kababayan Community Centre	1313 Queen St.W.	416-532-3888
<b>S3</b>	Parkdale Activity-Recreation Centre	1499 Queen St.W.	416-537-2262
<b>S4</b>	Parkdale Community Information Centre	1303 Queen St.W.	416-393-7689
<b>S5</b>	Parkdale Community Legal Services	1266 Queen St.W.	416-531-2411
<b>S6</b>	Parkdale Golden Age Foundation	27 Roncesvalles Ave.	416-536-6077
<b>S7</b>	Salvation Army Services to Seniors	789 Dovercourt Rd.	416-532-4511
<b>S8</b>	Sistering	962 Bloor St.W.	416-926-9762
<b>S9</b>	St. Francis Table	1322 Queen St.W.	416-532-4172
<b>S10</b>	St. Christopher House	248 Ossington Ave.	416-539-9000
<b>S11</b>	West Toronto Support Services for Senior Citizens and the Disabled	80 Ward St.	416-653-3535
<b>S12</b>	Working Women Community Centre	533A Gladstone Ave.	416-532-2824

## MAP OF SERVICES



<b>R RECREATIONAL AND EDUCATIONAL SERVICES</b>			
<b>R1</b>	Bloor/Gladstone Library	1101 Bloor St.W.	416-393-7674
<b>R2</b>	College/Shaw Library	766 College St.	416-393-7668
<b>R3</b>	Eldery Vietnamese Association Toronto	2100 Dundas St.W.	416-588-5832
<b>R4</b>	High Park Library	228 Roncesvalles Ave.	416-393-7671
<b>R5</b>	Kababayan Community Centre	1313 Queen St.W.	416-532-3888
<b>R6</b>	Korean Senior Citizens Society of Toronto	476 Grace St.	416-532-8077
<b>R7</b>	Mary McCormick CRC	66 Sheridan Ave.	416-392-0742
<b>R8</b>	Masaryk-Cowan CRC	220 Cowan Ave.	416-392-6928
<b>R9</b>	Parkdale Activity-Recreation Centre	1499 Queen St.W.	416-537-2262
<b>R10</b>	Parkdale CRC	75 Lansdowne Ave.	416-392-6696
<b>R11</b>	Parkdale Library/CIC	1303 Queen St.W.	416-393-7686
<b>R12</b>	Salvation Army Services to Seniors	789 Dovercourt Rd.	416-532-4511
<b>R13</b>	Sistering	962 Bloor St.W.	416-926-9762
<b>R14</b>	St. Christopher House - Meeting Place	588 Queen St.W.	416-504-4275
<b>R15</b>	St. Christopher House	248 Ossington Ave.	416-539-9000
<b>R16</b>	Trinity CRC	155 Crawford St.	416-392-0743
<b>R17</b>	Working Women Community Centre	533A Gladstone Ave.	416-532-2824

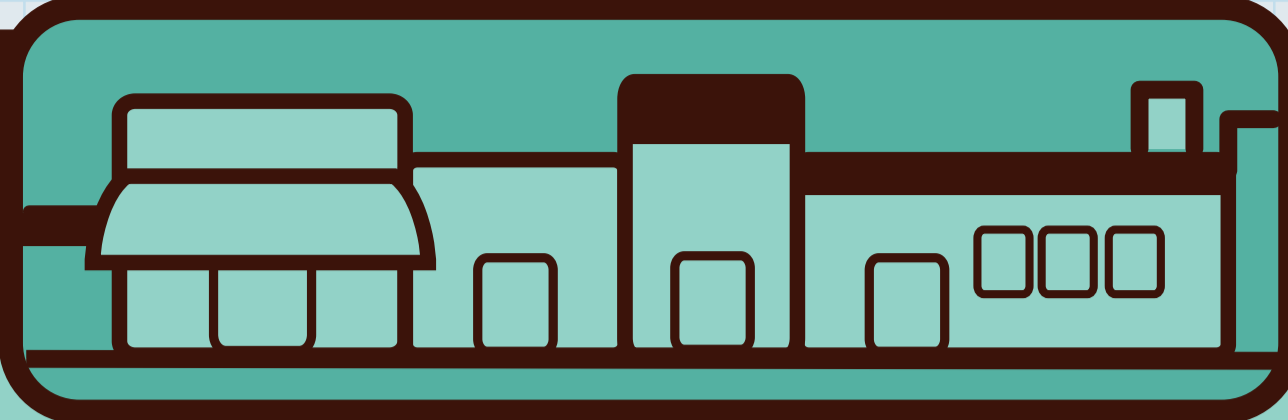
<b>F FAITH SERVICES (Not a complete list)</b>			
<b>F1</b>	Emmanuel-Howard Park United Church	214 Wright Ave.	416-538-3461
<b>F2</b>	Islamic Information Da'wah Centre	1168 Bloor St.W.	416-536-8433
<b>F3</b>	Ossington Baptist Church	720 Ossington Ave.	416-533-5091
<b>F4</b>	St. Matthias Anglican Church	45 Bellwoods Ave.	416-603-6720
<b>F5</b>	St. Mary's Catholic Church	276 Bathurst St.	416-603-8049
<b>F6</b>	Buddhist Association of Canada & Hong Fa Temple	1330 Bloor St.W.	416-537-1342
<b>F7</b>	Bonar-Parkdale Presbyterian Church	250 Dunn Ave.	416-532-3729
<b>F8</b>	St. Anne's Anglican Church	270 Gladstone Ave.	416-536-3160
<b>F9</b>	Greek Orthodox Cathedral Annunciation of the Virgin Mary Church	136 Sorauren Ave.	416-537-2665
<b>F10</b>	Hindu Prarthana Samaj	62 Fern Ave.	416-536-9229

This map of "Aging in Place in a Changing Neighbourhood" was created by a working group of older adults living in West-Central Toronto. The map is a component of "Neighbourhood Change & Building Inclusive Communities from Within: A Case Study of Toronto's West-Central Neighbourhoods": a participatory research and community development partnership between St. Christopher House and the Centre for Urban and Community Studies in Toronto funded by SSHRC Community-University Research Alliance (CURA).

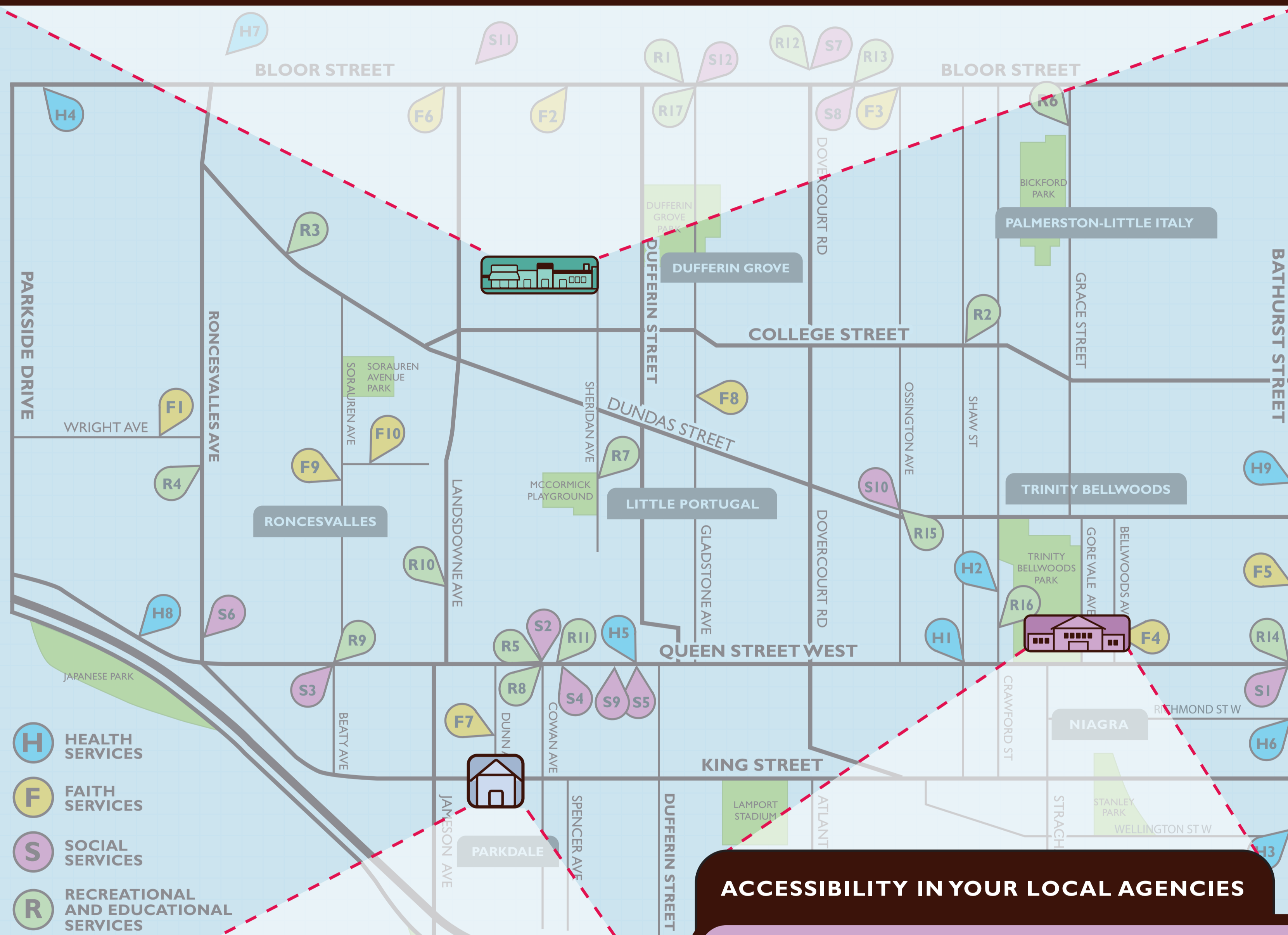
Design: Creeshla Hewitt

# WHAT COULD BE AVAILABLE TO **BETTER** SUPPORT AGING IN PLACE?

## ACCESSIBILITY IN YOUR NEIGHBOURHOOD



- Safe streets (policing, buddy walkers)
- Benches, public washrooms, well-lit sidewalks (no bikes!)
- Local businesses have ramps, wide doorways and aisles
- Direct access to policy and political representatives
- Free or low cost public spaces to gather
- Zoning practices that promote “livable” communities (for everyone, not just older adults)
- Supportive housing to meet the demand
- Substantial “senior discounts” for TTC, cultural/recreational events
- Enhanced use of libraries and Community Information Centres as information and health promotion hubs
- Older adults “trade” supports, services and resources in a “neighbourhood barter exchange”
- Community events (BBQs, picnics, cultural events)



## ACCESSIBILITY IN YOUR HOUSING



- Home modifications (grab bars, ramps)
- “Smart appliances” (stoves with automatic shut off)
- Resources and subsidies for repairs and renovations for older homeowners
- Rent supplements and subsidies for supportive seniors’ housing
- Utility subsidies (heat/hydro)
- Affordable home support services (PSWs, homemaking)
- Multi-lingual public service announcements on TV and radio
- Information on tenant rights (landlord’s “duty” to build ramps)
- Neighbourhood “buddy systems” (telephone trees)
- Well-paid personal support workers

## ACCESSIBILITY IN YOUR LOCAL AGENCIES



- Flexible program eligibility so that more people get the services they need!
- Multi-lingual materials and interpreters “on call”
- Reduced waiting times
- Dedicated “healthy aging” programs and services (“student clinics” in alternative therapies, “well seniors” programs)
- Supports for caregivers (respite programs, paid leave, training)
- Workshops led by older adults on aging and ageism
- Central multi-lingual portal for information and resources with well-trained staff
- Older adults are empowered to participate in agency decision making
- Trips and other kinds of fun, not just gambling (seniors “summer camp,” intergenerational programs)
- Agency and community advocacy on issues prioritized by older adults
- Enriched volunteering with more choices, recognition and power
- Effective outreach to isolated seniors and to ethno-cultural and faith communities

# WHAT ACTIONS COULD BE TAKEN TO ENSURE **BETTER** SUPPORTS TO AGING IN PLACE?

## ACCESSIBILITY IN YOUR NEIGHBOURHOOD



- Safe streets (policing, buddy walkers)
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### TAKE ACTION

1. Advocate at a local Business Improvement Association meeting to include incentives for accessibility in the business façade improvement grants.
2. Work with Cable TV to create seniors programs and community information broadcasts.
3. Make a deputation at the Advisory Committee on Accessible Transportation regarding greater senior TTC discounts, more liberal transfer use and the immediate need for escalators and elevators at every subway station.



### TAKE ACTION

1. Participate in National Housing Day events to raise awareness of the unique housing needs of older adults.
2. Request that agencies provide comprehensive information and resources on home modifications, assistive technologies, housing subsidies (e.g. RRAP, HAS, ERP), and tenant rights and landlord responsibilities regarding structural supports.
3. Advocate to the City Community Development and Recreation Committee on a range of topics related to aging in place (e.g. tax and user fee concessions, City management of home modification contractors to prevent fraud, incentives for the development of accessible, affordable housing).

### TAKE ACTION

1. Meet with alternative health colleges about providing free/low cost seniors clinics at local health and social service agencies.
2. Request that agencies facilitate peer programs (e.g. “friendly visitors,” “train the trainer” workshops on aging and ageism, and peer translation) including in kind or financial recognition of volunteers, and securing outside funding for these programs (e.g. New Horizons Grant for Seniors).
3. Meet with the Ministry of Health and Long-Term Care to advocate emphasize the need for expanded home and dental care, as well as higher levels of subsidy for vision and hearing aids, and fair wages for personal support workers.

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