



Community Service Agencies

Home & Community Care Support Services

Coordinate in-home and community-based care or prepare long-term care applications

905-684-9441

www.healthcareathome.ca/hnhb

Community Support Services of Niagara

Homemaking, Home Maintenance & Repair, Transportation, Volunteer Visiting

www.happyinmyhome.ca

St. Catharines: 905-682-3800

Welland: 905-788-3181

Beamsville: 905-563-9501



Société Alzheimer Society
NIAGARA REGION

905-687-3914

www.alzheimerniagara.ca



The Alzheimer Society of Niagara Region is the first place to turn to when you need support, education & system navigation with any memory changes and concerns.

You don't need a diagnosis or referral to connect to a community of experts.

Niagara Region Seniors Community Programs

Adult Day Services, Respite Companion Program, Supportive Housing

905-984-2621

www.niagararegion.ca

Behavioural Supports Ontario-Community Outreach Team

Enhance the behavioural support system of care for older adults across Ontario who have complex behavioural health need(s) and their care partners.

1-855-406-2163

www.rgpc.ca/centralintake

InCommunities

Dial: 211

211 is here to help you find the right community and social services.



Meals on Wheels

Fort Erie: 905-871-9366

www.mealsonwheelsforerie.ca

Niagara Falls (incl. NOTL): 905-356-7548

www.mealsonwheelsniagara.ca

Port Colborne: 905-835-1581

www.mealsonwheelspc.ca

Thorold-St. Catharines: 905-682-0333

www.mealsonwheels-tsc.ca

Welland & Pelham: 905-788-3181 ext. 771

Beamsville: 905-563-9501 ext. 752

www.happyinmyhome.ca/services/meals-on-wheels

Distress Numbers

For Emergencies dial 911

Niagara Crisis Line

1-866-550-5205

Telehealth (24-hour Caregiver Support)

1-866-797-0000

Distress Centers

Beamsville, Grimsby, West Lincoln

905-563-6674

Fort Erie/Ridgeway

905-382-0689

Port Colborne/Wainfleet

905-734-1212

St. Catharines & Niagara Falls

905-688-3711

www.distresscentreniagara.com

Seniors Safety Line

24/7 confidential and free resource that provides information, referrals and support in over 150 languages for seniors experiencing abuse

1-866-299-1011

Government Benefits

Service Canada

1-800-622-6232

www.canada.ca

Service Ontario

1-866-532-3161

www.ontario.ca

Legal Resources

**Office of the Public Guardian
Trustee**

1-800-891-0502

www.ontario.ca/page/office-public-guardian-and-trustee

Advocacy Centre for the Elderly

1-416-598-2656

www.ancelaw.ca

**Niagara North Community
Legal Assistance**

905-682-6635

www.niagaracommunitylegalclinic.com

This Brochure Made Possible By:



Niagara Seniors Community Resource Guide

**Where to turn to navigate
memory changes**

