

## Useful Resources

1. **Ontario Health at Home** 613 745-5525
  - Responsible for placement to a Long-Term Care Home
  - Provides care coordinator for personal support workers, physio, and occupational therapists assessments.
  - Can self-refer. Faster if referral made by your physician.
  - Government agency, no fee for services. Must have a valid OHIP card.
  
2. **Solva Senior Housing Consultants** 613 421-6073 <https://solvaseniorliving.ca/>
  - Familiar and work with all the Retirement Homes in Ottawa.
  - Assist you to select retirement homes that meet your criteria and arranges for you to visit.
  - No fee.
  
3. **Darling Solutions** 613 850-2047
  - Assists with downsizing and moving.
  
4. **Old Forge Community Resource Centre 613 829-7777**  
<https://www.oldeforge.ca/programs-services/our-services/home-help-maintenance>
  - Footcare, adult day program, transportation, grocery support, home help (light housekeeping, and maintenance (example, mowing lawn)
  - Catchment specific. If live outside their catchment area, give your address to find out which community resource center services your area.
  
- Western Ottawa Community Resource Centre 613 591-3683 option 3**  
<https://wocrc.ca/wp-content/uploads/2019/10/CSS-Brochure-2019.pdf>
  - Service arrangements for housekeeping, personal care/respice care
  - Foot care clinics, Friendly visiting, Transportation, diners clubs.
  
5. **Jewish Family Services: Thelma Steinman Senior Support Service Unit**
  - Clinical Services & Services for Holocaust Survivors: Iris Beer 613 722-2225 X 314
  - Transportation & Volunteers: Brad Chabot 613 722-2225 X 249
  - Kosher Meals on Wheels: Gilda Cohen 613 722-2225 X 315
  - Adult Day Program and Chaplain services: George Sladowski 613 722-2225 X 350
  - Kol B'Yachad Choir: Sarah Agulnik 613 722-2225 X 405
  
6. **Private Homecare Services**
  - 613 Homecare Services Lisa Cohen 613 617-4638 [www.613hcs.co](http://www.613hcs.co)

**7. Other Meal Services:**

- Meals on Wheels Ottawa 613 233-2424 <https://www.mealsonwheels-ottawa.org/>
- Heart to Home 1 888-777-2219  
<https://www.hearttohomemeals.ca/?remembersite=true>

**8. Active Jewish Adults Fifty Plus**

[ajafiftyplus@gmail.com](mailto:ajafiftyplus@gmail.com)

- Creative Connections: Older Adult programming  
Meets every Tuesday at KBI from 10-2:00