

Resource Directories

Community Resource Guide for Caregivers of Seniors

613-580-6744
www.ottawa.ca

Directory of Resources for Senior Citizens of Ottawa

613-234-8044
www.seniorcouncil.org

Family Guide to Dementia Care

(includes insert on local programs and services)

613-523-4004
www.alzheimer-ottawa-rc.org

Please Note:

When contacting agencies for service, indicate that you need help for a person with dementia and ask about their staff's training and/or experience.

Emergency, Crisis & Elder Abuse

In case of immediate danger

911

In case of crisis

Tele-Health (24 hr. service)
1-866-797-0000

Crisis Line (24 hr. service)
613-722-6914 (inside Ottawa)
1-866-996-0991 (outside Ottawa)

Distress Centre (24 hr. service)
613-238-3311

Champlain Community Care Access Centre (Champlain CCAC)

613-745-5525
1-800-538-0520
www.champlain.ccac-ont.ca

Ottawa Public Health & Social Crisis Program

613-580-6744

In case of abuse

Ottawa Police Service

613-236-1222

- Elder Abuse Investigations ext. 5639
- Victim Crisis Unit Central Intake ext. 5822
- Fraud Section ext. 5190

Victim Support Line

1-888-579-2888

Housing

Long Term Care Homes Champlain Community Care Access Centre (Champlain CCAC)

613-745-5525
1-800-538-0520
www.champlain.ccac-ont.ca

Retirement Homes

Ontario Retirement Communities Association (ORCA)
1-800-361-7254
www.orca-homes.com

Residential Homes with subsidy

City of Ottawa
613-560-0622 ext. 26586 (intake)

Legal and Financial

(Power of Attorney, Legal Advice)

Office of the Public Guardian & Trustee

613-241-1202
www.attorneygeneral.jus.on.ca

Legal Aid

613-238-7931
www.legalaid.on.ca

Lawyer Referral Service

1-900-565-4577
(small fee for call applies)

Capacity Assessment

For a list of capacity assessors, call the Office of the Public Guardian and Trustee
1-800-366-0335

A Quick Guide to Services in OTTAWA for Persons Living with Dementia and Their Families



The purpose of this guide is to help point you in the right direction to find the agency or program that provides the service you need.



Champlain Dementia Network
Réseau de la démence de la région Champlain

www.champlainedmentianetwork.org

Diagnostic Assessment & Treatment

Memory Disorder Clinic

(Physician referral needed)
613-562-6322

Regional Geriatric Assessment Program - Outreach Teams

- East of Bronson Avenue
613-562-6362
- West of Bronson Avenue
613-721-0041
www.rgpeo.com

Geriatric Psychiatry Community Services of Ottawa

(Physician referral needed)
613-562-9777

Royal Ottawa Mental Health Centre

(Physician referral needed)
613-722-6521 ext. 6507
www.rohcg.on.ca

Information and Referral

First Link™

613-523-4004
www.alzheimer-ottawa-rc.org

Alzheimer Society of Ottawa and Renfrew County

613-523-4004
www.alzheimer-ottawa-rc.org

Champlain Community Care Access Centre (Champlain CCAC)

613-745-5525
1-800-538-0520
www.champlain.ccac-ont.ca

Education and Support

(for persons with dementia and their families)

Alzheimer Society of Ottawa and Renfrew County

613-523-4004
www.alzheimer-ottawa-rc.org

Counseling & On-Going Management

Family Physician or Specialist

Geriatric Psychiatry Community Services of Ottawa

613-562-9777

Champlain Community Care Access Centre (Champlain CCAC)

613-745-5525
1-800-538-0520
www.champlain.ccac-ont.ca

Personal Care

Champlain Community Care Access Centre (Champlain CCAC)

613-745-5525
1-800-538-0520
www.champlain.ccac-ont.ca

Private Nursing Agencies

See Yellow Pages under “Nurses”

Home Making & Maintenance

See Yellow Pages under “Senior Citizens Services & Centres”

Local Community Support Service Agencies for Seniors

www.communitysupportottawa.ca

Essential Health & Social Support, Based on financial needs test

613-560-6000
www.ottawa.ca

Veterans Independence Program

1-866-522-2122
www.vac-acc.gc.ca

Meal Services

See Yellow Pages under “Senior Citizens Services & Centres”

Local Community Support Service Agencies for Seniors

www.communitysupportottawa.ca

Safety at Home

(Wandering Registry, Equipment, Medical Alarms)

Safely Home™

(Alzheimer Wandering Registry)
Alzheimer Society of Ottawa and Renfrew County
613-523-4004
www.alzheimer-ottawa-rc.org
www.alzheimer.ca

Safety Assessment

Champlain Community Care Access Centre (Champlain CCAC)
613-745-5525
1-800-538-0520
www.champlain.ccac-ont.ca

Home Security Alarms

See Yellow Pages under “Security Control Equipment & Systems”

Medical Alarms

(“Helpline”, “Lifeline”)

See Yellow Pages under “Medical Alarms”

Respite

Rest for the caregiver by having the person with dementia receive services at home or in a community program

Champlain Community Care Access Centre (Champlain CCAC)

613-745-5525
1-800-538-0520
www.champlain.ccac-ont.ca

For referrals to:

- Day program
- In home respite program
- Short stay in a long term care home or the Guest House

Champlain Community Care Access Centre (Champlain CCAC) can also provide information of other options for respite.

Retirement Residences Rapid Response Hotline (for immediate respite)
613-298-2957

Private Nursing Agencies

See Yellow Pages under “Nurses”

Community Service Centres & Agencies

See Yellow Pages under “Senior Citizens Services & Centres”
www.communitysupportottawa.ca