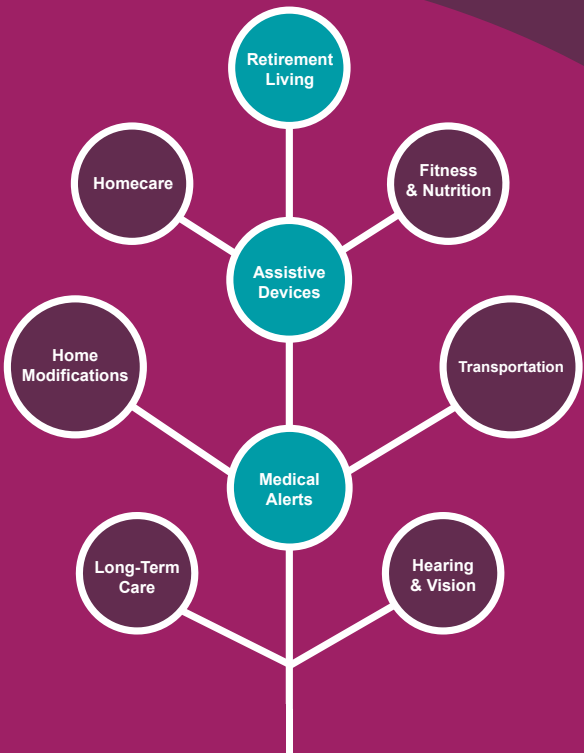




BARRIE SENIOR SERVICES NETWORK

Support Services for Seniors Living in Barrie & Area



Barrie Senior Services Network - sharing information about programming, services, accommodations and supports available to seniors in our community.

**For more information visit:
www.barrieseniorservicesnetwork.com**

COMMUNITY SUPPORT SERVICES

Canadian Red Cross

Providing Community Health and Wellness services for seniors. Transportation is available in accessible vehicles and volunteer cars. Meals on Wheels offers delivery of hot and frozen meals to meet your dietary needs. Friendly Visiting and Telephone Assurance provide social interaction and wellness checks to isolated seniors. Rewarding volunteer opportunities also available.

Tel: 705-721-3313

www.redcross.ca

City of Barrie 55+ Centers

Offering recreation, education and active living programs that promote healthy lifestyles, and enhance your opportunity to be physically, socially and mentally active every day.

Parkview 55+ Centre 705-737-0755

Allandale 55+ Centre 705-728-6332

www.barrie.ca

Independent Living Services

Accessibility Resource Centre provides support and information on assistive devices, home and vehicle modifications for accessibility

Tel: 705-737-3263

www.ilssimcoe.ca

Ministry with Maturing Adults St Mary's Church

A spiritual ministry for maturing adults, pre and early retired(50-70) seasoned retired (70-90) and elders (85-90+). Supporting lifelong faith development through connection, outreach and community building.

Tel: 705-728-2985

www.stmarysba.archtoronto.org

Prevention of Senior Abuse Network - Simcoe County (PSAN)

PSAN-SC is a voluntary network with representatives from service sectors across Simcoe County including community members and seniors themselves. PSAN-SC is dedicated to promoting awareness, prevention and response to senior abuse in Simcoe County through advocacy, education and collaboration. Our vision is that all seniors in Simcoe County live with dignity and respect in a safe environment.

Tel: 705-717-5147

www.psan-sc.ca

VON Simcoe County

Community Support Services offered through a variety of professional and volunteer programs including: SMART Exercise, Home At Last, Adult Day and Respite/Enrichment Programs

Tel: 705-734-5044

www.von.ca/en/site/simcoe

HEMOCARE SERVICES

Bayshore Home Health

Home Health Care Services personalized to your individual needs.

Tel: 705-986-0127

www.bayshore.ca

Comfort Keepers

Keeping the Comforts of Home wherever you call home.

Tel: 705-728-8222

www.comfortkeepers.ca

Coordinated Senior Services

Private provider of homecare, companionship, outings, driving, personal care & Alzheimer's/dementia care.

Tel: 705-725-1600

www.coordinatedseniorservices.ca

Home Instead Senior Care

Non-medical home care for aging adults including personal care, memory care, meal planning and nutrition, medication reminders and assisted transportation.

Tel: 705-503-5501

www.homeinstead.com/3030

Home Care Assistance

In-home care provider that allows seniors to live happier, healthier lives at home. Offering quality caregivers from hourly to 24/7 care.

Tel: 705-503-2273

www.homecareassistancebarrie.ca

Senior Helpers

Helping Seniors remain in their homes despite age related challenges. Experts in Dementia and Parkinson's Care.

Tel: 705-300-2424

www.seniorhelpers.ca

Seniors for Seniors

Non-medical home care for seniors including: companionship, personal care, meal preparation, light housekeeping, dementia care, accompanied transportation to appointments, overnight and live-in care.

Tel: 705-719-1444

www.seniorsforseniors.ca

Simcoe Senior Services

Personalized care for seniors at home.

Overnight and 24-hour care, dementia and Alzheimer's care, companionship, homecare.

Tel: 705-719-9000.

www.simcoeseniorservices.com

RETIREMENT COMMUNITIES & LONG TERM CARE HOMES

Allandale Station Retirement Residence

At Allandale Station Retirement Residence, your every need has been considered. Satisfying your lifestyle, nourishment, and wellness needs is our top priority. Our beautiful residence, desirable amenities, and caring, professionally-trained staff will ensure your peace of mind and enjoyment.

Tel: 705-721-7227,

www.allandalestation.ca

The Barrievue Retirement Community, Esprit Lifestyle Communities

Retirement living beyond your expectations.

Offering spacious living, exceptional dining and life enrichment in a convenient location at Park Place. Independent Living. Assisted Living.

Memory Care.

Tel: 705-812-6485 www.thebarrievue.ca

Amica Little Lake

Expect a first class experience! Independent Living, Assisted Living and Memory Care.

Tel: 705-722-9191

www.amica.ca/little-lake

Chartwell Retirement Residences

Making Peoples Lives Better

Three unique locations in our area to serve you!

Chartwell Barrington Retirement Residence

Residents don't just live at Chartwell Barrington - they become members of a warm and caring family. Located on Yonge st. in Barrie's south end providing independent supportive living with a selection of studio and one-bedroom suites along with a team of dedicated and caring staff

Tel: 705-309-5560

www.chartwell.com/barrington

Chartwell Whispering Pines Retirement Residence

Offers seniors an opportunity to maintain independent and active lives in a warm and welcoming atmosphere in Barrie's north end. With spacious studio and one-bedroom suites conveniently situated on the ground floor, some have balconies or terraces overlooking our beautiful central courtyard. With a focus on independent living, staff are also there to offer additional supportive services if needed.

Tel: 249-877-3117

www.chartwell.com/whispering-pines

Chartwell Tiffin Retirement Residence

A full-service, resort-style seniors' community in Midland, Ontario, offering upscale services and on-site amenities. The home offers a full spectrum of care including independent living, assisted living and memory care. A salon and spa, bistro, exercise pool, lush gardens and a theatre with cinema-style seating are only a few of our state-of-the-art amenities.

Tel: 705-527-5522

www.chartwell.com/tiffin

Roberta Place Retirement Lodge

We pride ourselves on great customer satisfaction, security and peace of mind in an environment that allows one to rekindle old friendships and create new ones. Our services allow each resident to decide how much they can do for themselves, or how much they choose to have done for them.

Tel: 705-728-2900

www.jarlette.com

Rosehill Heights

Celebrating independence, vitality, friendship, social engagement and meaningful connection through shared housing (for women). Our upscale home in Barrie includes four suites (bed/sitting room, private bathroom) and over 1600sq ft of shared space, professionally decorated and furnished. Reasonable all-inclusive monthly rent.

Tel: 1-833-456-7673

www.rosehillheights.com

Waterford Retirement Residence

Be social, Stay Active and live Carefree, the Waterford Barrie is designed for enjoying life. Live fully every day in our Independent, Assisted and Memory Care Neighbourhoods. Waterford Barrie Retirement Residence offers a range of services and amenities to make every day as comfortable and enjoyable as possible.

Tel: 705-792-2442

www.siennaliving.ca

Woods Park Care Centre

Overlooking parks in a lovely neighborhood, Woods Park offers a lively and warm atmosphere where independent, assisted living and long term care residents will always be greeted with a welcoming smile.

Tel: 705-739-6881

www.siennaliving.ca

SPECIALTY SERVICES & SUPPORTS FOR SENIORS

Barrie Public Library - Visiting Library Service

Offers free book delivery to homebound seniors unable to visit the library in person

Tel: 705-728-1010 x 2820

www.barrielibrary.ca

Canadian Hearing Services

Formerly: Canadian Hearing Society

Hearing Health Care for Adults 55+ Providing no cost Education & Counselling Services In Home. Widest selection of listening and home safety devices available.

Ask the operator for the "Barrie Office"

Tel: 1-866-518-000

www.chs.ca

Confident Careplanners Inc.

Are you a Caregiver? Key Decision Maker? Power of Attorney? Executor? We provide Advice, Coordination, & Training so you can create an action plan to be more confident in your Careplanner role.

Tel: 226-979-3162

www.confidentcareplanners.com

Deaf Access Simcoe Muskoka

Community Support Services, Outreach, Education, Interpreting Services and Sign Language Courses

Tel: 705-728-3577

www.deafaccess.ca

Focus 50+ News Magazine

Free monthly news magazine serving the 50+ readership of Simcoe County

Tel: 705-322-6789

www.focus50plus.ca

Heart to Home Meals

Frozen and nutritious meals designed for seniors. No commitment, no minimum order and always free delivery to the door.

Proudly serving Simcoe County since 2010. Call for your free menu today.

Tel: 1-888-444-0741

www.hearttohomemeals.ca

Lifestyle Moves

Downsizing and relocation specialist offering assistance with planning, packing, moving and preparing homes for sale.

Tel: 705-896-6040

www.lifestylemoves.ca

Holly Physiotherapy and Rehabilitation

Providing in-home physiotherapy services to seniors. Committed to getting seniors feeling and functioning better to improve their quality of life.

Tel: 705-252-6329

www.hollyrehabilitation.com

Meaningful Movement Physiotherapy

Providing customized in-home physiotherapy services for mobility problems, falls prevention, walker prescription (including ADP funding application if eligible), therapeutic exercise, and seniors' health and wellness.

Tel: 705-795-7039

www.meaningfulmovementphysio.ca

Royal Victoria Regional Health Center Lifeline Program

Proudly partnered with Philips Lifeline, the Number 1 Medical Alert Service at home or on the go.

Tel: 705-427-0934

www.lifeline.ca

RVH Patient Food Services – Meals To Go Program

Providing Food and nutrition management expertise and RVH's Meals To Go Program.

Tel: 705-728-9090 Ext. 44414

www.rvh.on.ca

Professional Footcare

Routine and Diabetic footcare provided by Nurses, in your home or at our clinic.

Tel: 705-739-4333

www.profootcare.ca

Sharpe Hearing Clinic

We are a local independent hearing provider. By putting your trust in our trained and licensed hearing health care professionals, you can be certain you're getting caring, objective advice about your hearing and your options. We are registered with the Ministry of Health, Assistive Devices Program, WSIB, Veterans Affairs and ODSP Programs.

Tel: 705-792-9494

www.sharpehearing.ca

Superior Home Health Care

Sales/rentals/home & vehicle modifications, mobility devices & aids for daily living.

Tel: 705-722-3376

www.SuperiorHomeHealthCare.ca

Susan Barnes – Sales Representative Exit Lifestyle Realty, Brokerage

Helping seniors and their families transition from their family home using good old fashioned values -- honesty, integrity and a strong work ethic together with the latest in modern technology.

Tel: 705-790-7592

www.susanbarnes.ca

The Move Planners

Certified Senior Move Managers assisting seniors and their families with all aspects of their downsizing, relocation and real estate needs. Members of National Association of Senior Move Managers and Institute for Chronic Disorganization.

Tel: (705) 791-7277

www.themoveplanners.ca

COMMUNITY RESOURCES

Simcoe Muskoka District Health Unit

With our communities, we prevent disease and injury, and promote and protect health for all.

Tel: 705-721-7520

www.simcoemuskokahealth.org

Elizz Paws, Saint Elizabeth Foundation

A dog visiting program which connects volunteers and their dogs with elderly clients who are living in isolation, in a hospice or receiving palliative care. The dogs (and their adult companions) visit clients, providing them the unconditional love and support that only dogs are capable of, enhancing their end of life care. There is no cost to become a client of Elizz Paws.

Tel: 647-522-7263

<https://sehc.com/foundation>

COMMUNITY RESOURCES

Information Barrie

A community information and referral service, bringing people and services together.

www.infobarrie.cioc.ca

Project Lifesaver Simcoe

Bringing Loved Ones Home who are at risk and prone to wandering. Using an FM radio frequency bracelet and receiver in conjunction with local police.

Tel: 249-888-0249

www.projectlifesaversimcoe.ca

211

Canada's primary source of information on government and community based health and social services.

Call 211

www.211.ca

Telehealth Ontario

A free, confidential service you can call to get health advice or information. A Registered Nurse will take your call 24 hours a day, seven days a week.

Tel: 1-866-797-0000

Home and Community Care

(formerly C.C.A.C.)

Tel: 705-721-8010

www.healthcareathome.ca/nsm/en

Assistive Device Exchange

A free online-classified website for selling, giving away or buying used assistive devices. ie. hospital beds, bath chairs, wheelchairs, etc.

www.assistivedeviceexchange.com