

Local resources to help you or a loved one remain independent



While you are receiving care at home from the Mississauga Halton LHIN you may need or want other supports to help you or your loved one remain independent in the community. These services are not paid for by the LHIN; however, your Mississauga Halton LHIN care coordinator can help you access those services or recommend services you or your loved one may need in the future.

MississaugaHaltonhealthline.ca

MississaugaHaltonhealthline.ca:

An online directory of more than 3,000 resources in the Mississauga Halton LHIN region. Topics include support groups, disease-specific resources, end-of-life care and contact information for health professionals, such as doctors and dentists. Visit the website to find out more about any of the types of services listed on this fact sheet.

www.mississaugahaltonhealthline.ca

Links2Care:

A multi-service agency that provides a variety of services to adults, children, youths and seniors in the Mississauga Halton LHIN region. Services may include home help or homemaking, friendly visiting, caregiver respite, bathing, nutrition support and meal delivery.



www.links2care.ca

Storefront Humber:

Storefront Humber provides programs to help seniors and adults with disabilities remain independent in their own home and in the community. Services include Adult Day Programs, group dining, foot care, friendly visiting, transportation and help with homemaking.



www.storefronthumber.ca

Fitness or therapy clinics:

Therapy clinics may be held in your community, offering physiotherapy or occupational therapy support, or falls prevention or exercise classes. Costs vary by clinic, but some are free. You can attend community clinics, if you are receiving therapy services at home through the Mississauga Halton LHIN. Please let your care coordinator know if you attend a community clinic.



fees vary by service



Transportation:

There are public or private (paid) transportation options available in the Mississauga Halton LHIN region to help you get to and from appointments and to other important locations.

www.mississaugahaltonhealthline.ca



Meal delivery:

If you have trouble getting out for groceries, or can no longer cook for yourself, there are options in the community to have meals or food delivered to your door.

www.mississaugahaltonhealthline.ca



Friendly visitors:

If you live alone or are feeling isolated, there are organizations in the community that will send volunteers to visit with you at home. Depending on your ability, visitors may also take you for a walk or drive. Friendly visits usually do not have a cost.

www.mississaugahaltonhealthline.ca

Foot care:



Taking care of your feet, especially for elderly people, can help improve your mobility and balance, and also reduce the risks or complications associated with other health conditions, such as diabetes or arthritis.

www.mississaugahaltonhealthline.ca

Canadian Mental Health Association:



Canadian Mental Health Association
Mental health for all

CMHA branches across Canada provide a wide range of innovative services and supports to people who are experiencing mental illness and their families. These services are tailored to the needs and resources of the communities where they are based. One of the core goals of these services is to help people with mental illness develop the personal tools to lead meaningful and productive lives.

www.cmha.ca

Nucleus Independent Living:



Nucleus Independent Living

Nucleus enables adults who require assistance in their daily activities to live independently in their own homes. Services include supportive housing, caregiver ReCharge, supports for daily living and attendant outreach, which includes providing an attendant at pre-determined times who acts as a physical extension of a person with a physical disability.

www.nucleusonline.ca

Summit Housing and Outreach Programs:

Summit Housing & Outreach Programs

Summit Housing & Outreach Programs provides supportive housing and outreach case management services throughout Halton for people diagnosed with a serious mental illness.

www.summit-housing.ca

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