



## COVID-19 Ottawa Resources for Seniors and their Caregivers

### Community Information and Services for Seniors

#### **2-1-1**

[Community Information Centre of Ottawa](#) connects you with supports and services. Information available in 150+ languages.

#### **3-1-1**

[City of Ottawa](#) provides information and services for residents about municipal services.

### Resources to Stay Socially Connected

[A Friendly Voice](#) offers a telephone friendly visiting line for seniors 55+.

**613-696-9992** or **1-855-892-9992**

### Other Resources and Supports

[Distress Centre of Ottawa and Region](#) is a local connection to mental health support and resources, 24 hours a day, 7 days a week. Distress: **613-238-3311**

Crisis: **613-722-6914** or

**1-866-996-0991**

[LGBT Wellbeing Check-in Program](#) provides a telephone assurance program for LGBT adults with disabilities (18+) and older adults (55+). To access the program, contact Good Companions at **613-236-0428** or [info@thegoodcompanions.ca](mailto:info@thegoodcompanions.ca)

[Ontario Caregiver Helpline](#) provides caregivers with a one-stop resource for information and support. **1-833-416-2273 (CARE)**

**Elder Abuse Response and Referral Service** provides intake, information, consultation, referral, and support services for seniors at-risk or who are in an abusive situation.

**613-596-5626 ext. 230**

[Telehealth Ontario](#) is 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. **1-866-797-0000**



**Champlain Community Support Network [COVID-19 RESPONSE SITE](#)** Services for seniors are available right now:

[Pharmacy Delivery and help with Food](#): Includes food and other essential supplies

[Meals on Wheels](#): Delivery of nutritious frozen meals

[Telephone Safety Checks](#): Regular check in phone calls to ensure you or your loved ones are safe

[Transportation](#): Rides to essential medical appointments

[Dementia Support](#): Information, support, and care navigation for persons living with dementia, caregivers and families

[Staying Connected While at](#)

[Home](#): Join group social programs, by phone or online