

## 提供護理人員支援的服務機構

這裏盤點的活動為護理人員、家庭成員和/或其他服務提供者提供資訊、教育、培訓和治療性輔導，幫助他們直接或間接地為特定個人提供護理和支持。

請注意：此次盤點的最後更新日期為 **2022 年 1 月 25 日**，計劃可能會有更改

#	組織 Organization	服務描述 Service Description	資源類型 Type of Resource	服務區 Service Area	語言 Languages	聯絡資訊 Contact Information
1.	211 Ontario – multilingual	為您介紹本地資源/服務的電話線路。	Online and phone service	Ontario	Multiple languages	Free, Call 211. Available 24 hours a day, 7 days a week. <a href="https://211ontario.ca/">https://211ontario.ca/</a>
2.	Alzheimer Society Canada –Educational resources	為護理人員提供的關於腦退化症的情況和支持（有多種語言）。 提供資源幫助您辨別某人失蹤的風險（有多種語言） 免費網上課程和網路研討會介紹關於腦退化症和腦退化症護理（英語）。	Online, Downloadable resource	None	English, French, Hindi, Simplified Chinese, Traditional Chinese Spanish, Italian, Portuguese, Tagalog, Urdu, Bengali	Free, multilingual ‘Introduction to Dementia’ (2020), <a href="https://alzheimer.ca/en/help-support/dementia-resources/national-resource-library">https://alzheimer.ca/en/help-support/dementia-resources/national-resource-library</a>  Free resources <a href="http://findingyourwayontario.ca">http://findingyourwayontario.ca</a>  Free courses (English), <a href="https://alz.to/courses-learning-programs/">https://alz.to/courses-learning-programs/</a>

3.	Alzheimer Society Toronto - Cantonese Peer Support Group for Caregivers	為患有阿茲海默症或其他腦退化症的家庭成員提供8節粵語同伴領導的支持小組。	Online, Downloadable resource	Ontario	Traditional Chinese	Free, <a href="https://alz.to/event/cantonese-peer-support-group-online/">https://alz.to/event/cantonese-peer-support-group-online/</a>
4.	Alzheimer Society Toronto - Resource Book for Caregivers	一本 13 頁的小冊子，為腦退化症患者及其護理人員提供支持和資訊。	Online, Downloadable resource	Toronto	English	Free <a href="https://alz.to/wp-content/uploads/2019/04/AST_Resource_Book_for_CG_and_PWD_English_10.2.2018.pdf">https://alz.to/wp-content/uploads/2019/04/AST_Resource_Book_for_CG_and_PWD_English_10.2.2018.pdf</a>
5.	Baycrest Quick-Response Caregiver Tool	為護理人員提供教育和支持指引。	Online education and videos	None	English WoodGreen is working on having this translated	Free <a href="https://www.baycrest.org/Baycrest/Education-Training/Educational-Resources/Baycrest-Quick-Response-Caregiver-Tool">https://www.baycrest.org/Baycrest/Education-Training/Educational-Resources/Baycrest-Quick-Response-Caregiver-Tool</a>
6.	CABHI - LEAP	社區平台為護理人員和長者提供學習和協作，改善老齡化和大腦健康。	Online educational group	None	English	Free, register to join. <a href="https://www.cabhi.com/leap">https://www.cabhi.com/leap</a>
7.	CareFirst – Caregivers Support and Education Program	促進護理人員的健康和福祉。 個人支持輔導、支持小組；教育研討會；社交活動	Online and in-person education.	Toronto	English, Simplified Chinese, Traditional Chinese	Free, some fee for service. <a href="https://carefirstontario.ca">https://carefirstontario.ca</a>

8.	ELIZZ 'Care Channel' by SE Health	為家庭和社區護理人員提供支持性資源。	Online education and videos	None	English, French, Punjabi, Simplified Chinese	Free <a href="https://carechannel.elizz.com">https://carechannel.elizz.com</a>
9.	Family Service Toronto (Victoria Park Hub)	必須是 60 歲以上（或 50 歲以上的殘疾人士）或長者的護理人員。 輔導服務包括：處理慢性或退化性疾病；家庭關係的壓力；喪親之痛。	Services	Toronto	English, French, Italian, Portuguese, Spanish, Farsi, Tagalog, Swahili	<a href="http://www.familyserVICEToronto.org">www.familyserVICEToronto.org</a> <a href="mailto:sau@familyserVICEToronto.org">sau@familyserVICEToronto.org</a>
10.	Home and Community Care Support Services (formerly 'LHIN')	有關當地護理選擇的資訊。 幫助人們在家中獨立生活或申請長期護理。	Services	Ontario	English	Free <a href="http://healthcareathome.ca">http://healthcareathome.ca</a> 416-506-9888
11.	Hospice Toronto	為生命力弱的病患者家庭和護理人員提供 1 對 1 的支持。	Services	Toronto	English	Free <a href="mailto:info@hospicetoronto.ca">info@hospicetoronto.ca</a> <a href="http://www.hospicetoronto.ca">www.hospicetoronto.ca</a> (416) 364-1666
12.	iGeriCare	促進大腦健康的信息和關於照顧抑鬱症和腦退化症患者的資訊。	Online	None	English	Free, <a href="https://igericare.healthhq.ca/en/lessons">https://igericare.healthhq.ca/en/lessons</a>

13.	Kensington Health Second Mile Club of Toronto	資格：所有居住在多倫多的護理人員 <ul style="list-style-type: none"> <li>為護理人員提供 1 對 1 輔導和團體支持</li> <li>培訓、資訊和教育</li> <li>信息和轉介</li> <li>每周支持小組</li> </ul>	Services	Toronto	English	Free  <a href="mailto:contactsmc@kensingtonhealth.org">contactsmc@kensingtonhealth.org</a> <a href="http://www.kensingtonhealth.org/community-care">www.kensingtonhealth.org/community-care</a>  (416) 597-0841 ext. 3620
14.	Ontario Caregiver Coalition	安大略省護理人員自我倡導和聯盟	Online, advocacy, info group	None	English	Free,  <a href="https://www.ontariocaregivercoalition.ca">https://www.ontariocaregivercoalition.ca</a>
15.	Ontario Caregiver Organization (OCO) COVID-19: Multilingual Helpline	為護理人員聯繫他們需要的支持，包括為您的看護的人提供喘息服務、支持小組或計劃。	Helpline  Downloadable resources	Ontario	Need basic English to access multiple languages on phone.	Contact Helpline at 1-833-416-2273 Available 24/7 or live chat on the website, Monday – Friday, 7am - 9pm.  <a href="https://ontariocaregiver.ca/wp-content/uploads/2021/10/Programsandservicesforcaregivers_04Oct21.pdf">https://ontariocaregiver.ca/wp-content/uploads/2021/10/Programsandservicesforcaregivers_04Oct21.pdf</a>
16.	Ontario Caregiver Organization (OCO) COVID-19: Multilingual Tip Sheet	支持護理人員的貼士單張： <ul style="list-style-type: none"> <li>護理人員入門</li> <li>如何照顧長者</li> <li>護理人員希望醫療保健提供者知道什麼？</li> </ul>	Online, Downloadable resource	Ontario	Arabic, Simplified Chinese Farsi, Spanish, Tamil, Urdu	Free,  <a href="https://ontariocaregiver.ca/covid-19/multilingual-resources">https://ontariocaregiver.ca/covid-19/multilingual-resources</a>
17.	Petro-Canada CareMakers Foundation	該計劃提供具體關於護理方面的教育課程，以及網上支持小組。	Online education and Videos	None	English	Free,  <a href="https://www.caremakers.ca/en/resources">https://www.caremakers.ca/en/resources</a>

18.	Public Health Ontario (PHO) Multilingual COVID-19 Resources	用多種語言向公眾解釋 COVID-19。	Online, Downloadable resource	Ontario	Multiple languages	<a href="https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources?tab=0">https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources?tab=0</a>
19.	Regional Geriatric Programs of Ontario (RGPO) - Caregiving Strategies	給護理人員的書籍 <ul style="list-style-type: none"> <li>• 臨床主題</li> <li>• 護理策略</li> <li>• 同專業人士溝通的技巧</li> <li>• 資源</li> </ul>	Online, Downloadable resource	Ontario	English, French, Simplified Chinese, Traditional Chinese, Spanish, Italian, Portuguese, Tagalog, Urdu, Bengali	Free <a href="https://rgps.on.ca/resources/caregiving-strategies-handbook-additional-languages">https://rgps.on.ca/resources/caregiving-strategies-handbook-additional-languages</a>
20.	Seniors Persons Living Connected - Caregiver Support Group	護理人員的網上支持小組。每個語言組每月一次。	Online support group	Greater Toronto Area	English, Simplified Chinese, Korean, Tamil	Free <a href="https://www.splc.ca/caregiver-support-groups">https://www.splc.ca/caregiver-support-groups</a> Contact Elsa at 416-493-3333 ext. 305 or email: <a href="mailto:elsa@splc.ca">elsa@splc.ca</a>
21.	Seniors Persons Living Connected - The Geriatric Assessment and Intervention Network (GAIN) Clinic	醫療保健專業人員團隊同患病者及其家屬合作，提供臨床護理和教育。	Online, Downloadable referral form	Scarborough	English, Italian, French, Simplified/Traditional Chinese, Korean, Arabic, Punjabi, Urdu, Tagalog, Filipino, Tamil	Free For more information, call 416-493-3333 ext. 311 <a href="https://www.splc.ca/gain-community-team">https://www.splc.ca/gain-community-team</a>

22.	Seniors Persons Living Connected - Adult Day Program	成人日間計劃，為護理人員提供喘息的機會。	In-person and Virtual Adult Day Program	Toronto	Greek, English	Fee for service - call 416-493-3333 or email info@splc.ca. For referrals, call Home and Community Care Support Services at 416-750-2444. <a href="https://www.splc.ca/adult-day-programs">https://www.splc.ca/adult-day-programs</a>
23.	Sinai Health - CARERS - Coaching, Advocacy, Respite, Education, Relationship, Simulation	小組計劃側重於護理腦退化症患者的實用技能和情感支持。  粵語 CARER 組	Virtual support group (due to COVID-19)	None	English, Simplified Chinese, Traditional Chinese	Free <a href="https://www.dementiacarers.ca/care-partner-programs/carers">https://www.dementiacarers.ca/care-partner-programs/carers</a>  Call: 416-291-3883 – staff speak Cantonese and Mandarin on the phone. Can self-refer, or be referred by family doctor or worker.
24.	Sinai Health - Caregiver Psychotherapy program	為患有慢性抑鬱症和焦慮症長者的護理人員開辦的支持小組。  每週一次，為期 2 個月的計劃。	Virtual support group	None	English, Simplified Chinese, Traditional Chinese	Free Call: 416-291-3883 – staff speak Cantonese and Mandarin on the phone. Can self-refer, or be referred by family doctor or worker.
25.	Sinai Health - Dementia Advisor App	通過您的手機進行基於情景的培訓，提供有效的應對技巧和專家指導。	Downloadable mobile resource	None	English	Free, need a mobile phone  <a href="https://www.dementiacarers.ca/resources/dementia-advisor-app">https://www.dementiacarers.ca/resources/dementia-advisor-app</a>
26.	Sinai Health- Dementia Care Tip sheet	為看護腦退化症患者的人提供的貼士和自我說明策略。	Online, Downloadable resource	None	English	Free  <a href="https://www.dementiacarers.ca/resources/tip-sheets/">https://www.dementiacarers.ca/resources/tip-sheets/</a>

27.	Support House - Centre for Innovation in Peer Support	提供指引和資源以促進同伴支持計劃。	Online education platform	None	English	Free <a href="https://supporthouse.ca/peer-services/system-and-partner-services/">https://supporthouse.ca/peer-services/system-and-partner-services/</a>
28.	Toronto Seniors Helpline	通過電話連結社區支持和支持性輔導。	Helpline and directory	Greater Toronto Area	Multiple languages	Free <a href="https://211central.ca/directory-of-services-for-seniors-caregivers-in-toronto/">https://211central.ca/directory-of-services-for-seniors-caregivers-in-toronto/</a> Phone: 416-217-2077, Long Distance: 1-877-621-2077  Monday-Friday: 9AM-8PM, Saturday-Sunday/ Statutory Holidays: 10AM-6PM
29.	Warden Woods Community Centre  <i>Respite services remain open. Other programs suspended until further notice.</i>	資格：無家可歸者或涉及街頭問題的人。  Progress Avenue (24 小時喘息中心)	Programs and services	East Toronto Area	English, Arabic, Tamil	<a href="mailto:warden@wardenwoods.com">warden@wardenwoods.com</a>  <a href="https://wardenwoods.com/en/respice-services/">wardenwoods.com/en/respice-services/</a>  416 639-6766

30.	WoodGreen Community Services - Caregiver Support and Wellness Program	為照顧腦退化症患者或認知障礙者、長者心理問題患者提供個人和/或團體支持。	Virtual and in-person.	Yonge St. to Scarborough, Eglinton to Lake Shore Blvd.	English,  Access to over-the-phone interpretation	Free, weekday support  Call: 416-572-3575 (Intake), Email: <a href="mailto:cccentralintake@woodgreen.org">cccentralintake@woodgreen.org</a> . <a href="https://www.woodgreen.org/programs/caregiver-support-wellness">https://www.woodgreen.org/programs/caregiver-support-wellness</a>
31.	WoodGreen Community Services - Seniors Day Program	為 55 歲以上需要依靠的成人提供的團體環境，例如體弱的長者和患有殘障或腦退化症的人。  交通接送  送餐服務	Virtual and in-person program	Don Valley Pkwy to Victoria Park Ave., Eglinton Ave. E. to Lake Shore Blvd.	English, Simplified Chinese, Traditional Chinese	Fee: \$20.00/day and \$8 for transportation (2 ways).  Call: 416-572-3575 (Intake), Email: <a href="mailto:cccentralintake@woodgreen.org">cccentralintake@woodgreen.org</a> . <a href="https://www.woodgreen.org/programs/seniors-day-programs">https://www.woodgreen.org/programs/seniors-day-programs</a>
32.	YeeHong Caregiver Education and Support Services – CARE Learning	幫助護理人員獲得知識、基本技能和健康支持。	Online education and videos, virtual and drop-in support group.	None	Simplified Chinese, Traditional Chinese	Free <a href="https://www.yeehong.com/centre/community-services/community-services-online/care-learning/">https://www.yeehong.com/centre/community-services/community-services-online/care-learning/</a>  416-412-4571 Ext. 2363 or email: <a href="mailto:caregiver.edu@yeehong.com">caregiver.edu@yeehong.com</a> 廣東話/普通話/英語查詢，請電 416-412-4571 內線 2363 或電郵致 <a href="mailto:caregiver.edu@yeehong.com">caregiver.edu@yeehong.com</a>



喘息服務 - 2022 年 1 月 25 日更新

#	組織 Organization	資格 服務描述 Service Description	服務費 Type of Resource	服務區 Service Area	語言 Languages	聯絡人 Contact Information
1.	<b>Dixon Hall - Seniors Services</b>  <i>Not currently accepting referrals</i>	<p>長者人和殘障成年人。</p> <ul style="list-style-type: none"> <li>• 簡單個人護理、服藥提醒和膳食準備</li> <li>• 身體、社交或情感支持</li> <li>• 刺激活動</li> <li>• 社區內外出</li> <li>• 護理人員喘息機會</li> <li>• 送餐服務、交通接送、電話問候</li> </ul>	<p>Older adults and adults with disabilities.</p> <ul style="list-style-type: none"> <li>• Light personal care, medication reminders and meal preparation</li> <li>• Physical, social, or emotional supports</li> <li>• Stimulating activities</li> <li>• Outings in the community</li> <li>• Caregiver relief</li> <li>• Meals-on-wheels, transportation, friendly phone calls</li> </ul>	Toronto	English	<p>intake@dixonhall.org</p> <p><a href="http://www.dixonhall.org">www.dixonhall.org</a></p> <p>Intake: 416-863-0499 ext. 3222</p>
2.	<b>Kensington Health Centre* / Second Mile Club</b>  <i>Only phone call services and virtual meetings.</i>	<p>所有居住在多倫多的護理人員</p> <ul style="list-style-type: none"> <li>• 一對一和小組支持</li> <li>• 為護理人員提供輔導</li> <li>• 培訓和教育</li> <li>• 對客戶的身心關懷</li> <li>• 信息和轉介每周支持小組</li> <li>• 網上會議的技術支援。</li> </ul>	<p>All caregivers living in Toronto</p> <ul style="list-style-type: none"> <li>• One-on-one and group support</li> <li>• Counseling for caregivers</li> <li>• Training and education</li> <li>• Physical and emotional care to client</li> <li>• Information and referral weekly support group</li> <li>• Tech support for virtual meetings.</li> </ul>	Toronto	Mandarin and Cantonese - free Virtual Community Group Chat Wednesdays 1:00 – 2:00pm	<p>contactsmc@kensingtonhealth.org</p> <p><a href="http://www.kensingtonhealth.org">www.kensingtonhealth.org</a></p> <p>416- 597-0841 ext.3611</p>

3.	<p><b>Native Canadian Centre of Toronto</b></p> <p><i>In-person program is cancelled due to COVID-19.</i></p>	<p>為原著民長者和殘障原著民的成年人提供支持和登門服務</p> <ul style="list-style-type: none"> <li>為原著民長者提供家庭護工支持和社區支持（即醫療接送）。</li> </ul>	<p>Support and outreach to Indigenous seniors, and Indigenous adults with disabilities</p> <p>PSW supports at home and community supports (i.e. Medical transportation) for Indigenous Seniors.</p>	<p>Downtown Core, Old Toronto Central LHIN -Victoria Park</p>	<p>Cree</p>	<p><a href="mailto:reception@ncct.on.ca">reception@ncct.on.ca</a></p> <p><a href="https://ncct.on.ca/">https://ncct.on.ca/</a></p> <p>Phone: 416-964-9087 x304</p>
4.	<p><b>Parkdale Golden Age Foundation – Respite</b></p> <p><i>Accepting referrals, 2 weeks waiting period.</i></p>	<p>長者/殘障人的家庭協助服務。為複雜疾病患者的護理人員提供臨時喘息。服務：</p> <ul style="list-style-type: none"> <li>家務</li> <li>個人護理</li> <li>簡單家務</li> <li>健康監測</li> </ul>	<p>Home help services for older adults/ people with disabilities.</p> <p>Temporary relief for caregivers of people with complex medical conditions. Services:</p> <ul style="list-style-type: none"> <li>homemaking</li> <li>personal care</li> <li>light housekeeping</li> <li>health monitoring</li> </ul>	<p>West Toronto -Geographic exceptions can be made.</p>	<p>Spanish  Portuguese  Tagalog</p>	<p><a href="mailto:pgaf@rogers.com">pgaf@rogers.com</a></p> <p><a href="http://www.pgaf.ca">www.pgaf.ca</a></p> <p>Phone: 416-536-5534 Home Health Coordinator 647-233-7423</p>

5.	<b>Reconnect Community Health Services</b>  <i>Accepting referrals. Set up an assessment with intake team.</i>	為長者和殘障成年人 <ul style="list-style-type: none"> <li>• ( Bloor 街) 喘息護理計劃為無法安全獨處的體弱和/或殘障成年人的主要護理人員提供喘息服務。</li> </ul>	For older adults/ adults with disabilities <ul style="list-style-type: none"> <li>• The (Bloor Site) Respite Care program offers relief to primary caregivers of frail and/or disabled adults who cannot be safely left alone.</li> </ul>	Service area is on the website.	No	<a href="mailto:contact@reconnect.on.ca">contact@reconnect.on.ca</a>  www.reconnect.on.ca  Phone: 416-248-2050 x8038
6.	<b>SPRINT Senior Care</b>  <i>No new referrals due to COVID-19</i>	為長者和殘障成年人的主要護理人員服務。 <ul style="list-style-type: none"> <li>• 接送服務</li> <li>• 送餐服務</li> <li>• 上門服務 - 護工護理</li> <li>• 社會工作支持</li> <li>• 服務區域：Bathurst 到 Bayview；北至 401 南至 Bloor。</li> </ul>	For caregivers to older adults and adults with disabilities. <ul style="list-style-type: none"> <li>• Transportation services</li> <li>• Meals on wheels</li> <li>• In home services - PSW care</li> <li>• Social work support</li> </ul>	401 to the North and Bloor to the South	No	<a href="mailto:info@sprintseniorcare.org">info@sprintseniorcare.org</a>  <a href="http://www.sprintseniorcare.org">www.sprintseniorcare.org</a>  Phone: 416-481-6411 for intake
7.	<b>Storefront Humber Support Services</b> 2445 Lake Shore W  <i>Accepting referrals</i>	為長者和殘障人服務。 為複雜疾病患者的護理人員服務： <ul style="list-style-type: none"> <li>• 家務</li> <li>• 個人護理</li> <li>• 簡單家務</li> <li>• 護理人員照顧</li> <li>• 健康監測</li> </ul>	For older adults and people with disabilities. For caregivers of people with complex medical conditions: <ul style="list-style-type: none"> <li>• homemaking</li> <li>• personal care</li> <li>• light housekeeping</li> <li>• attendant care</li> <li>• health monitoring</li> </ul>	Toronto	No	<a href="http://www.storefronthumber.ca">www.storefronthumber.ca</a>  <a href="mailto:sfh@storefronthumber.ca">sfh@storefronthumber.ca</a>  Phone: 416-259-4207 x 234

8.	<p><b>The Neighbourhood Link/ The Neighbourhood Group</b></p> <p>3036 Danforth Ave Toronto M4C 1N2</p> <p><i>(As of February 2, 2022)</i></p>	<p>為殘障成年人和曾中風患者服務。</p> <ul style="list-style-type: none"> <li>• 社交、娛樂和治療活動</li> <li>• 支持家庭看護者</li> <li>• 運動計劃</li> <li>• 護工做家務</li> <li>• 自我轉介或由組織轉介。</li> </ul>	<p>For adults with disabilities and who have experienced a stroke.</p> <ul style="list-style-type: none"> <li>• Social, recreational, and therapeutic activities</li> <li>• Support family caregivers</li> <li>• Exercise program</li> <li>• Personal Support Homemaking</li> <li>• Self-referral or organization can refer.</li> </ul>	<p>Toronto-wide for all programs except north of Bloor and west of Yonge and Etobicoke.</p>	<p>Adult Day Program 340 College Street – seniors (Chinese-Mandarin, Cantonese Portuguese, Korean).</p> <p>If there's a language need for respite care, they can provide it.</p>	<p>E-mail : <a href="mailto:info@neighbourhoodlink.org">info@neighbourhoodlink.org</a></p> <p><a href="https://www.theneighbourhoodgroup.org/">https://www.theneighbourhoodgroup.org/</a></p> <p>For urgent Respite Care needs only 9:00 – 5:00 (416-649-1000)</p> <p>Adult Day Program is in-person /phone (416-698-5908)</p>
9.	<p><b>West Neighbourhood House</b></p> <p>248 Ossington Ave Toronto, ON M6J 3A2</p> <p><i>Accepting referrals but will be waitlisted. Home help-</i></p>	<p>為複雜疾病患者的護理人員服務。</p> <p>長者服務：</p> <ul style="list-style-type: none"> <li>• 家務</li> <li>• 個人護理</li> <li>• 清潔</li> <li>• 日間登門服務。</li> </ul>	<p>For caregivers of people with complex medical conditions.</p> <p>Older Adult Services:</p> <ul style="list-style-type: none"> <li>• Homemaking</li> <li>• Personal care</li> <li>• Cleaning Services</li> <li>• In-home day program support.</li> </ul>	<p>Toronto</p>	<p>No</p>	<p><a href="mailto:info@westnh.org">info@westnh.org</a></p> <p><a href="http://www.westnh.org/homesupports/">www.westnh.org/homesupports/</a></p> <p>Phone: 416-532-4828</p>

	<i>cleaning services – no waitlist</i>					
10.	<b>WoodGreen Community Services</b>  <i>New referrals to ADP and SALCs are on hold but maintaining a waitlist.</i>	為長者和殘障成年人服務 <ul style="list-style-type: none"> <li>• 成人日間計劃、接送服務、送餐服務</li> <li>• 長者積極活動中心</li> <li>• 轉介到 WoodGreen 護理人員支持和健康計劃及其他社區服務</li> <li>• 多個地點有託兒服務。</li> </ul>	For older adults, and adults with disabilities <ul style="list-style-type: none"> <li>• Adult Day Program, Transportation services, Meals on Wheels</li> <li>• Seniors Active Living Centre</li> <li>• Referral support to WoodGreen’s Caregiver Support &amp; Wellness program and other community services</li> <li>• Child care in several locations.</li> </ul>	East Toronto (ADP and SALC): Don Valley Parkway to Victoria Park Ave., Eglinton Ave. E. to Lake Shore Blvd	Cantonese and Mandarin in Adult Day program	Email <a href="mailto:cccentralintake@woodgreen.org">cccentralintake@woodgreen.org</a>  Call (416) 572-3575 <a href="http://www.woodgreen.org">www.woodgreen.org</a>
11.	<b>Etobicoke Services for Seniors In-Home Respite Care</b>  <i>Currently accepting referrals for respite services</i>	提供服務給需要身體活動、社交或情緒支持的長者和給護理人員喘息空間。 <ul style="list-style-type: none"> <li>• 服務包括個人護理、簡單家務、洗衣、陪伴、膳食準備和服藥協助</li> </ul>	Older adults who need physical, social, or emotional supports and caregiver relief. <ul style="list-style-type: none"> <li>• Services include personal care, light housekeeping, laundry, companion, meal preparation and medication assistance.</li> <li>• Children and youth 0-18 years, who have multiple disabilities and complex medical needs; and caregivers.</li> </ul>	Etobicoke	No	<a href="mailto:agency@esssupportservices.ca">agency@esssupportservices.ca</a>  <a href="http://www.esssupportservices.ca">www.esssupportservices.ca</a> Phone: 416-243-0127 x 301

12.	<p><b>Safehaven Project for Community Living</b></p> <p><i>Program is closed, but they can review request for crisis respite.</i></p>	<p>服務於患有多種殘疾和複雜醫療需求的 0-18 歲兒童和青少年；和護理人員。</p> <ul style="list-style-type: none"> <li>• 10 個床位喘息中心，帶廚房、遊樂區、資源中心、Snoezelen 感官室</li> <li>• 位於北約克、怡陶碧谷、奧羅拉和伍德布裡奇的 4 座私人團體居所</li> <li>• 針對居民家屬而設的教育和支持計劃</li> </ul>	<ul style="list-style-type: none"> <li>• 10 bed respite facility, with kitchen, play areas, resource centre, Snoezelen sensory room</li> <li>• 4 private residential group homes in North York, Etobicoke, Aurora and Woodbridge</li> <li>• Educational and support programs for families of residents</li> </ul>	<p>Toronto – Bloor St. W.</p> <p>North York, Etobicoke, Aurora and Woodbridge</p>	<p>Phone interpretation available</p>	<p><a href="mailto:admin@safehaven.to">admin@safehaven.to</a></p> <p><a href="http://www.safehaven.to">www.safehaven.to</a></p> <p>Phone: 416-535-8525</p> <p>X226 Contact Maria</p>
13.	<p><b>Casey House</b></p> <p><i>Currently accepting referrals, but there is 1-2 month wait list.</i></p>	<p>為患有愛滋病毒/愛滋病的人服務。</p> <ul style="list-style-type: none"> <li>• 為晚期愛滋病毒/愛滋病患者提供住院、門診醫療保健服務和社區護理</li> <li>• 物理治療服務</li> <li>• 為愛滋病毒/愛滋病患者提供喘息護理</li> </ul>	<p>People experiencing medically complex HIV/AIDS.</p> <ul style="list-style-type: none"> <li>• Inpatient, outpatient health care services, and community care for people living with advanced HIV/AIDS</li> <li>• Physiotherapy services</li> <li>• Respite Care for people with HIV/AIDS</li> </ul>	<p>Toronto</p>	<p>Can connect to interpreter.</p>	<p><a href="mailto:heart@caseyhouse.ca">heart@caseyhouse.ca</a></p> <p><a href="http://www.caseyhouse.com">www.caseyhouse.com</a></p> <p>Phone: 416-962-4040 ext.8000</p>

14.	<b>Above &amp; Beyond Homecare (For-Profit)</b>  <i>Currently accepting clients for all services.</i>	<ul style="list-style-type: none"> <li>家庭協助、陪伴、喘息護理、醫療接送</li> <li>理髮和修指甲。</li> <li>徹底/深度清潔</li> <li>為蟲害侵擾或囤積行為提供支持，包括噴洒處理。</li> </ul>	<ul style="list-style-type: none"> <li>Home Help; companionship; respite care; medical transportation</li> <li>Hair and nail care.</li> <li>Extreme/deep cleaning</li> <li>Support for bug infestations or hoarding, including treatment spray.</li> </ul>	Toronto	English, but various languages are spoken by diverse PSW team.	<a href="mailto:info@aboveandbeyonhomecare.ca">info@aboveandbeyonhomecare.ca</a> <a href="http://www.aboveandbeyonhomecare.ca">www.aboveandbeyonhomecare.ca</a> Contact: Patricia Phone: 1-866-466-9091
15.	<b>Entrust the care (For-Profit)</b>  <i>Accepting referrals for home cleaning services – not respite</i>	<ul style="list-style-type: none"> <li>家庭護理服務包括徹底清潔、臭蟲處理和蒸汽消毒。</li> </ul>	<ul style="list-style-type: none"> <li>Home care services include extreme cleaning, bed bug prep and steaming.</li> </ul>	Toronto		<a href="mailto:luigia@entrustthecare.com">luigia@entrustthecare.com</a>  <a href="https://entrustthecare.com">https://entrustthecare.com</a> Contact: Luigi Alana 416-822-6670
16.	<b>Ethio Canadian Homecare (For-Profit)</b>  <i>Accepting referrals</i>	<ul style="list-style-type: none"> <li>家庭護理、個人護理、陪伴、膳食準備、服藥提醒、簡單家務、醫療護送、購物協助。</li> <li>可提供住宿護理人員服務。</li> </ul>	<ul style="list-style-type: none"> <li>Home care, personal care, companionship, meal prep, medication reminders, light housekeeping, medical escort, shopping assistance.</li> <li>Live in caregivers available.</li> </ul>	Toronto	Chinese Italian Arabic Amharic Tigrinya	<a href="mailto:Info@echomecare.ca">Info@echomecare.ca</a>  <a href="https://echomecare.ca/">https://echomecare.ca/</a>  647-350-8403
17.	<b>Angel's Home &amp; Community Care (For-Profit)</b>  <i>Accepting referrals</i>	<p>為長者和 13-24 歲的青少年服務，如果需要，可以為超過 24 歲的提供服務。</p> <ul style="list-style-type: none"> <li>家庭幫助、個人支持、護理、醫療護送。</li> </ul>	<p>Seniors and youth 13-24 years old, over 24 years if needed.</p> <ul style="list-style-type: none"> <li>Home help, personal support, nursing, medical escort.</li> </ul>	"M" postal codes only	Call for availability	Email: <a href="mailto:angelshomecommunity@gmail.com">angelshomecommunity@gmail.com</a>  <a href="http://Home(angelshome.ca)">Home(angelshome.ca)</a>

		<ul style="list-style-type: none"> <li>• 僅限「M」郵政編碼</li> <li>• 日間活動，喘息服務</li> </ul>	<ul style="list-style-type: none"> <li>• Day Program, respite</li> </ul>			647-380-3242
18.	<b>CareFirst</b>  <i>Accepting referrals through Home and Community Care (LHIN). Or self-referrals for virtual day program.</i>	<p>長者和護理人員</p> <ul style="list-style-type: none"> <li>• 個人護理</li> <li>• 家務</li> <li>• 家庭/護理機構/醫院環境中的護理人員喘息計劃。</li> <li>• 服務範圍：士嘉堡、多倫多市中心和約克區（列治文山和萬錦）</li> <li>• 如果不需要 CareFirst 交通接送，服務範圍以外的客戶可以自行參加</li> </ul>	<p>Older adults and caregivers</p> <ul style="list-style-type: none"> <li>• Personal Care</li> <li>• Homemaking</li> <li>• Caregiver Relief program in home/care facility/hospital setting.</li> <li>• Catchment area: Scarborough, Downtown and York Region (Richmond and Markham)</li> <li>• Client can attend on their own outside of catchment area if they don't need CareFirst transportation</li> </ul>	Scarborough, Victoria Park, York Region	Cantonese  Mandarin	<p><a href="mailto:info@carefirstseniors.com">info@carefirstseniors.com</a></p> <p><a href="https://carefirstontario.ca">https://carefirstontario.ca</a></p> <p>General Phone: 416-502-2323 Home Care Service Hotline: 416-847-8938 Direct contact, Carol: 416-847-0296</p>
19.	<b>YeeHong</b>  <i>Accepting referrals</i>	<p>成人日間活動：</p> <ul style="list-style-type: none"> <li>• 創意藝術和興趣培養</li> <li>• 運動和健身</li> <li>• 社交聯誼</li> <li>• 教育和學習</li> </ul> <p>家庭護理服務：</p> <ul style="list-style-type: none"> <li>• 個人護理</li> <li>• 家務</li> <li>• 安全檢查</li> <li>• 護理協調</li> </ul>	<p>Adult Day Program:</p> <ul style="list-style-type: none"> <li>• Creative arts and interest cultivation</li> <li>• Exercise and fitness</li> <li>• Social networking</li> <li>• Education and learning</li> </ul> <p>Home Care Services:</p> <ul style="list-style-type: none"> <li>• Personal care</li> <li>• Homemaking</li> <li>• Security checks</li> <li>• Care coordination</li> </ul>	Toronto, Mississauga	Cantonese  Mandarin	<p><a href="https://www.yeehong.com/">https://www.yeehong.com/</a></p> <p>General Phone: (416) 412-4571</p> <p>Scarborough-Finch: ext. 5612 Scarborough McNicoll: ext. 2621 Markham: ext. 3603 Mississauga: ext. 4301</p>