

COMMUNITY ORGANIZATIONS PROVIDING SUPPORT TO SENIORS

(sectors: Aylmer, Gatineau & Hull)

► *contact info on reverse*

I NEED HOUSING/RESPITE



RESPITE OR PRESENCE-MONITORING

- Baluchon Alzheimer
- Centre d'action bénévole Accès (Aylmer)
- Hébergevac
- RMO – In-home support services
- Société Alzheimer de l'Outaouais québécois

CONVALESCENCE

- Most private residential facilities provide accommodation for respite-convalence

SUPPORT FOR CHOOSING PRIVATE RESIDENTIAL FACILITIES

- Habitations partagées de l'Outaouais
- See information on the directory of certified private residential facilities

<http://wpp01.msss.gouv.qc.ca/appl/k10/K10accueil.asp>

SUPPORT FOR MOVING (sorting & packing of belongings)

- Habitations partagées de l'Outaouais

I NEED HOUSING



- Office municipal d'habitation de Gatineau

I NEED HELP AT HOME



- RMO – In-home support service

I NEED HELP WITH FORMS



HELP TO FILL OUT INCOME TAX RETURNS, GOVERNMENT FORMS

- Centre d'action bénévole Accès (Aylmer)
- Centre d'action bénévole de Gatineau
- Centre d'action bénévole de Hull (Income Tax returns only)

CARREFOUR D'INFORMATION POUR AÎNÉS & PROGRAMME PAIR

Personalized automated calling service for health conditions

- Centre d'action bénévole de Gatineau

FRIENDLY VISITS

- Centre d'action bénévole de Gatineau
- Centre d'action bénévole Accès (Aylmer)
- Centre d'entraide aux aînés

“PAVRE” PROGRAM

(Personne aînée vulnérable à risque d'exclusion)

An efficient approach to reach vulnerable seniors

- Centre des aînés de Gatineau
819 790-3668 or
819 663-3305, ext. 206
- Centre d'action bénévole de Hull
819 778-2900, ext. 28

I NEED ACCOMPANIMENT-TRANSPORTATION



- Centre d'action bénévole de Hull – *For people 65 and younger*

- Centre d'action bénévole Accès (Aylmer)

- Centre d'action bénévole de Gatineau

- Centre d'entraide aux aînés (Hull sector)
For people 65 and older

I NEED TO HAVE MEALS PREPARED / DELIVERED



MEALS ON WHEELS

- Popote roulante d'Aylmer Meals on wheels
- Centre d'action bénévole de Gatineau (Gatineau sector)
- Centre d'action bénévole de Hull (Hull sector)

DELIVERY & CATERING

- Centre alimentaire d'Aylmer
- Regroupement des cuisines collectives de Gatineau (Senior groups)
- Centre des aînés de Gatineau: purchase of vacuum-packed meals

ENGLISH SERVICES *connexions*

Promote the health and well-being of the English-speaking population by providing information and health promotion activities

I WANT TO REMAIN ACTIVE



- Académie des retraités de l'Outaouais : VIACTIVE
- Centre d'action bénévole Accès (Aylmer)
- Centre des aînés de Gatineau
- Centre d'entraide aux aînés
- Corporation des aînés de la Cabane en bois rond
- Centre d'action bénévole de Gatineau
- Did you know that Gatineau was a senior-friendly city?



I NEED SUPPORT SOMEONE TO TALK TO



TELEPHONE HELPLINES

- Aide Abus Aînés
1 888 489-2287
- Entraide-Deuil de l'Outaouais
819 770-4814
- Info-aidant (l'APPUI)
1 855 852-7784
- Société d'Alzheimer de l'Outaouais québécois
- 811 - Info-Social & suicide helpline
1 866 277-3553

SUPPORT PROGRAM FOR CAREGIVERS OF SENIORS

- Centre d'entraide aux aînés
- L'Appui pour les proches aidants d'aînés
- Société d'Alzheimer de l'Outaouais québécois

<p>Académie des retraités de l'Outaouais</p> <p>Mission: Encourage retirees to develop and thrive.</p> <p>Address: 331, boulevard de la Cité-des-Jeunes Gatineau, QC J8Y 6T3 ☎ (819) 776-5052 Fax: (819) 777-5090 E-mail: aro2@videotron.ca 🌐 http://www.academiedesretraites.ca</p>	<p>Centre d'action bénévole de Hull</p> <p>Mission: Promote volunteerism in the Hull sector community.</p> <p>Address: 4, rue Taschereau, Gatineau, QC J8Y 2V5 ☎ (819) 778-2900 Fax: (819) 778-6133 E-mail: info@benevoles-outaouais.org 🌐 http://www.benevoles-outaouais.org</p>	<p>Habitations partagées de l'Outaouais</p> <p>Mission: Help seniors stay at home and improve their quality of life, as well as that of adults who wish to co-habit under the same roof.</p> <p>Address: 331, boulevard de la Cité-des-jeunes, suite 109, Gatineau, QC J8Y 6T3 ☎ (819) 771-6576 Fax: (819) 771-1063 E-mail: pg.hpouvideotron.ca 🌐 http://habitationspartagees.ca</p>	<p>Meals on Wheels (Aylmer sector)</p> <p>Mission: Deliver hot meals at home to seniors, people who are sick or who are unable to meet their own food needs.</p> <p>Address: 160, rue Principale, Gatineau, QC J9H 3M8 ☎ (819) 684-9800</p>	<p>Société Alzheimer de l'Outaouais Québécois</p> <p>Mission: Support, help and accompany persons with Alzheimer's, their families and friends.</p> <p>Address: 440, boul. Maloney Ouest, Gatineau QC J8T 2T1 ☎ 891 777-4232 or 1-877-777-0888 Fax: (819)777-0728 E-mail: saog@saog.org 🌐 http://www.alzheimer.ca/fr/outaouaisqc</p>
<p>Baluchon Alzheimer</p> <p>Mission: Offer respite, support and accompaniment to caregivers who want to keep a loved one suffering from Alzheimer's or other similar conditions at home.</p> <p>Address: 10138, rue Lajeunesse, suite 200, Montreal, QC H3L 2E2 ☎ 1-855-762-2930 E-mail: info@baluchonalzheimer.com 🌐 http://baluchonalzheimer.com</p>	<p>Centre d'entraide aux aînés</p> <p>Mission: Improve the quality of life of seniors and their families.</p> <p>Address: 331, boulevard de la Cité-des-Jeunes, suite 101, Gatineau, QC J8Y 6T3 ☎ (819) 771-6609 Fax: (819) 771-4923 E-mail: centredentraideauxaines@videotron.ca 🌐 http://www.entraideauxaines.ca</p>	<p>Hébergevac</p> <p>Mission: Offer temporary respite lodging for people age 50 and over living at home with loss of autonomy, as well as for their caregivers, to help improve their quality of life by encouraging them to interact with their environment.</p> <p>Address: 140, chemin de la Montagne, Val-des-Monts, QC J8N 1B4 ☎ (819) 457-2474 🌐 http://www.ainesdegatineau.ca/fr/services-repis/centre-herbegevac</p>	<p>Meals on Wheels (Gatineau sector)</p> <p>Mission: Support and promote volunteerism in the Gatineau sector community.</p> <p>Address: 42, av. Gatineau, Gatineau, QC J8T 4J3 ☎ (819) 568-0747 Fax: (819) 568-1704 E-mail: benevole@ncf.ca 🌐 http://benevole.ncf.ca</p>	<p>Popote roulante d'Aylmer Meals on wheels</p> <p>Mission: Hot meal delivery service for seniors and those who are sick or unable to meet their own food needs.</p> <p>Address: 59, rue Bancroft, Gatineau, QC J9H 4N6 ☎ (819) 557-0556</p>
<p>Centre alimentaire d'Aylmer</p> <p>Mission: Develop various alternatives to counteract the impoverishment and poverty trend in the Alymer sector community.</p> <p>Address: 70, route Eardley, Gatineau, QC J9H 4k2 ☎ (819) 684-0163 Fax: (819) 684-4714 🌐 http://www.centrealimentaireaylmer.ca</p>	<p>Centre des aînés de Gatineau</p> <p>Mission: Meet the needs of Gatineau residents age 50 and over in terms of engagement, learning, support and socialization.</p> <p>Address: 196, rue Notre-Dame, Gatineau, QC J8P 0E6 ☎ (819) 663-3305 Fax: (819) 669-9465 E-mail: cag@videotron.ca 🌐 http://www.ainesdegatineau.ca</p>	<p>L'Appui pour les proches aidants (Caregivers)</p> <p>Mission: Support caregivers who provide ongoing care and support free of charge to incapacitated seniors.</p> <p>Address: 180, boulevard du Mont Bleu, Gatineau, QC J8Z 3J5 ☎ (819) 205-7705 🌐 http://www.lappui.org/outaouais</p>	<p>Meals on Wheels (Hull sector)</p> <p>Mission: Deliver hot meals at home to people who are unable to meet their own food needs, whether temporarily or on a permanent basis.</p> <p>Address: 256A, boul. St-Joseph, Gatineau, QC J8Y 3X8 ☎ (819) 778-2900 Fax: (819) 778-6133 E-mail: info@benevoles-outaouais.org 🌐 http://www.benevoles-outaouais.org</p>	<p>City of Gatineau</p> <p>Call 311 or visit www.gatineau.ca to see what the City has to offer!</p>
<p>Centre d'action bénévole Accès (CABA)</p> <p>Mission: Support and promote volunteerism in the Aylmer community and actively work to improve the quality of life of seniors and people in need and to help them remain in their own home.</p> <p>Address: 67, rue Principale, Gatineau, QC J9H-3L4 ☎ (819) 684-2242 Fax: (819) 682-2641 E-mail: cab.acces@videotron.ca 🌐 http://www.abaccs.ca</p>	<p>Corporation des aînés de la Cabane en bois rond</p> <p>Mission: Create an environment that promotes the social, cultural, intellectual and physical development of seniors and retirees.</p> <p>Address: 331, boulevard de la Cité-des-Jeunes, Gatineau, QC J8Y 6T3 ☎ (819) 776-6015 Fax: (819) 777-4991 E-mail: cabanecorpo07@gmail.com 🌐 http://www.corpocabane.net/index.htm</p>	<p>Elder Abuse Helpline Aide Abus Aînés</p> <p>Mission: Aide Abus Aînés is a provincial helpline and referral center specializing in elder abuse.</p> <p>☎ 1-888-489-2287 E-mail: ligneaideabusaines@ssss.gouv.qc.ca 🌐 http://www.aideabusaines.ca</p>	<p>Remue-Ménage de l'Outaouais</p> <p>Mission: Offer home support by participating in improving the quality of life of the population in general and particularly the elderly, disabled, sick or distressed.</p> <p>Address: 10, rue Noël, suite 110, Gatineau, QC J8Z 3G5 ☎ (819) 778-2461 Fax: (819) 778-8531 E-mail: See Website 🌐 http://rmo.ca/newsite</p>	<p>Office municipal d'habitation de Gatineau</p> <p>Mission: Provide support for housing by offering a quality living environment for modest to low-income persons.</p> <p>Address: 22, chemin de la Savane, Gatineau, QC J8T 1R5 ☎ (819) 568-0033 E-mail: omhg@omhgatineau.qc.ca 🌐 http://www.omhgatineau.qc.ca</p>
<p>Centre d'action bénévole de Gatineau</p> <p>Mission: Support and promote volunteerism in the Gatineau sector community.</p> <p>Address: 42, av. Gatineau, Gatineau, QC J8T 4J3 ☎ (819) 568-0747 Fax : (819) 568-1704 E-mail: benevole@ncf.ca 🌐 http://benevole.ncf.ca</p>	<p>Entraide-Deuil de l'Outaouais</p> <p>Mission: Help people who are in mourning following a death.</p> <p>Address: 115, boulevard Sacré-Cœur, suite 202 Gatineau, QC J8X 1C5 ☎ 1-866-770-4814 Fax: (819) 770-8176 E-mail: direction@entraide-deuil.qc.ca 🌐 http://entraide-deuil.qc.ca</p>	<p>Caregiver Information Helpline (L'Appui)</p> <p>Mission: Offer professional listening, support and referral services tailored to the needs of caregivers of seniors.</p> <p>☎ 1-855-852-7784 🌐 http://www.lappui.org/lappui-national/nouvelles/lancement-de-la-ligne-info-aidant</p>	<p>Regroupement gathering des cuisines de Gatineau</p> <p>Mission: Create and support collective kitchens in the Outaouais.</p> <p>Address: 180, boulevard Mont Bleu Gatineau, QC J8Z 3J5 ☎ (819) 771-8391 E-mail: info@cuisinescollectivesgatineau.ca 🌐 www.cuisinescollectivesgatineau.ca</p>	<p>Connexions Resource Centre</p> <p>Mission: Promote the health and well-being of the Anglophone population by providing information and health promotion activities.</p> <p>Address: 2, rue Millar, Gatineau, QC J8Y 3N3 ☎ (819) 777-3206 E-mail: info@centreconnexions.org 🌐 www.centreconnexions.org</p>