

Community organizations providing support to seniors in Gatineau



I NEED HOUSING/RESPITE

RESPITE OR PRESENCE-MONITORING

- Baluchon Alzheimer
- Centre d'action bénévole Accès (Aylmer)
- Hébergevac
- RMO – Domestic support services
- Alzheimer Society Outaouais

CONVALESCENCE

- Most private residential facilities provide accommodation for respite-convalescence

SUPPORT FOR CHOOSING A PRIVATE RESIDENCE

- Habitations partagées de l'Outaouais
- Directory of private residential facilities http://bit.ly/Residences_privées

SUPPORT FOR MOVING (sorting & packing of belongings)

- Habitations partagées de l'Outaouais

I NEED HOUSING

- Office municipal d'habitation de Gatineau



I NEED CIVIC SUPPORT

HELP TO FILL OUT INCOME TAX RETURNS, GOVERNMENT FORMS

- CAGA (Centre Action Générations des Aînés)
- Accès Volunteer Action Centre (Aylmer)

- Centre d'action bénévole de Hull (Income tax returns only)
- Centre d'action bénévole de Gatineau
- Connexions Resource Centre

FRIENDSHIP VISITS

- CAGA (Centre Action Générations des Aînés)
- Centre d'action bénévole de Gatineau
- Access Volunteer Action Centre (Aylmer)
- Centre d'entraide aux aînés (Hull sector) – For persons 65 and over

MONITORING

- Centre d'action bénévole de Gatineau
Also offers the PAIR program, a personalized automated calling service to monitor health conditions.

REACHING OUT TO SENIORS AT RISK

- Campus 3
819 790-3668 or 819 663-3305, ext. 206
- Centre d'action bénévole de Hull
819 778-2900, ext. 28
- CAGA (Centre Action Générations des Aînés)
819 281-4343 ext. 106
- Connexions Resource Centre



I NEED TRANSPORTATION/ ACCOMPANIMENT

- Centre d'action bénévole de Hull – For people 65 and less
- Accès Volunteer Action Centre (Aylmer)
- Centre d'action bénévole de Gatineau
- Centre d'entraide aux aînés (Hull sector) - For people 65 and more



I NEED HELP AT HOME

- RMO - Domestic support services



I NEED TO HAVE MEALS PREPARED/ DELIVERED

MEALS ON WHEELS

- Popotte roulante d'Aylmer/Meals on Wheels
- Centre d'action bénévole de Gatineau
- Centre d'action bénévole de Hull
- CAGA (Centre Action Générations des Aînés)

DELIVERY & CATERING

- Aylmer Food Bank
- Regroupement des cuisines collectives de Gatineau (Senior groups)
- Campus 3 (purchase of vacuum-packed meals)



I NEED ENGLISH-LANGUAGE SERVICES

- Connexions Resource Centre
- CAGA (Centre Action Générations des Aînés)



I WANT TO REMAIN ACTIVE

- Académie des retraités de l'Outaouais : VIACTIVE
- Alzheimer Society Outaouais

- Centre d'action bénévole Accès (Aylmer)
- Campus 3
- Centre d'entraide aux aînés (Hull sector) – For persons 65 and over
- Corporation des aînés de la Cabane en bois rond
- Centre d'action bénévole de Gatineau
- CAGA (Centre Action Générations des Aînés)



I NEED TO TALK

TELEPHONE HELPLINES

- Aide Abus Aînés 1 888 489-2287 (Elder Mistreatment Helpline)
- Entraide-Deuil de l'Outaouais 819 770-4814
- L'Appui Outaouais Caregiver Helpline 1 855 852-7784
- Alzheimer Society Outaouais 819 777-4232 or 1 877 777-0888
- 811 - Info-Social & suicide helpline of the CISSS Outaouais

SUPPORT PROGRAM FOR CAREGIVERS OF SENIORS

- Centre d'entraide aux aînés (Ville de Gatineau)
- Service Info-aidant Appui Outaouais
- Alzheimer Society Outaouais
- CAGA (Centre Action Générations des Aînés)
- Carrefour d'Informations pour aînés (Centre d'action bénévole de Gatineau)

Académie des retraités de l'Outaouais VIACTIVE

Mission: Encourage retirees to develop and thrive.

☎ (819) 776-5052

✉ aro2@videotron.ca

🌐 www.academiedesretraites.ca

Accès Volunteer Action Centre (Aylmer)

Mission: Actively participate in improving the quality of life on an individual and collective basis through volunteerism and provide a range of home care assistance services to the elderly and/or people in need.

☎ (819) 684-2242

✉ cab.acces@videotron.ca

🌐 www.cabacces.ca

Alzheimer Society Outaouais

Mission: Accompany and educate people living directly or indirectly with Alzheimer's disease or related disorders by using a person-centered approach to care.

☎ (819) 777-4232 or 1-877-777-0888

✉ saoq@saoq.org

🌐 www.saoq.org

Aylmer Food Bank

Mission: Develop alternatives to counteract poverty in the Aylmer sector.

☎ (819) 684-0163

🌐 Facebook: Centre Alimentaire Aylmer

Baluchon Alzheimer

Mission: Offer respite, support and accompaniment to caregivers who want to keep a loved one who suffers from Alzheimer's or other similar conditions at home.

☎ 1-855-762-2930

✉ info@baluchonalzheimer.com

🌐 www.baluchonalzheimer.com

CAGA (Centre Action Générations des Aînés) (Vallée de la lièvre)

Mission: To encourage the autonomy and well-being of seniors.

☎ (819) 281-4343 ext. 103

✉ www.centreactiongenerationsdesaines.com

Campus 3

Mission: Meet the needs of Gatineau residents aged 50 and over in terms of engagement, learning, support and socialization.

☎ (819) 663-3305

✉ info@campus3.ca

🌐 www.campus3.ca

Centre d'action bénévole de Gatineau

Mission: Support and promote volunteerism in the Gatineau sector community.

☎ (819) 568-0747

✉ benevole@ncf.ca

🌐 http://benevole.ncf.ca/cabg.htm

Centre d'action bénévole de Hull

Mission: Support and promote volunteerism in the Hull sector community.

☎ (819) 778-2900

✉ info@benevoles-outaouais.org

🌐 www.benevoles-outaouais.org

Centre d'entraide aux aînés

Mission: Improve the quality of life of seniors and their families.

☎ (819) 771-6609

✉ centredentraideauxaines@videotron.ca

🌐 www.entraideauxaines.ca

Connexions Resource Centre

Mission: Promote the health and well-being of the Anglophone population by providing information and outreach activities.

☎ (819) 777-3206

✉ info@centreconnexions.org

🌐 www.centreconnexions.org

Corporation des aînés de la Cabane en bois rond

Mission: Create an environment that promotes the social, cultural, intellectual and physical development of seniors and retirees.

☎ (819) 776-6015

✉ cabanecorpo07@gmail.com

🌐 www.corpocabane.net

Elder Mistreatment Helpline (Ligne Aide Abus Aînés)

Mission: A provincial helpline and referral center specializing in elder mistreatment.

☎ 1-888-489-2287

✉ ligneaideabusaines@ssss.gouv.qc.ca

🌐 www.aideabusaines.ca/?lang=en

Entraide-Deuil de l'Outaouais

Mission: Help people who are in mourning following a death.

☎ 1-866-770-4814

✉ direction@entraide-deuil.qc.ca

🌐 www.entraide-deuil.qc.ca

Habitations partagées de l'Outaouais

Mission: Help seniors stay at home and improve their quality of life, as well as that of adults who wish to live under the same roof.

☎ (819) 771-6576

✉ hpou@videotron.ca

🌐 www.habitationspartagees.ca

Hébergevac

Mission: Offer temporary respite lodging for people aged 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.

☎ (819) 457-2474

🌐 www.bit.ly/hebergevac

L'Appui Outaouais Caregiver Helpline

Mission: Offer professional listening, support and referral services tailored to the needs of caregivers of seniors.

☎ 1-855-852-7784

✉ Info-Aidant@lappui.org

🌐 www.bit.ly/repertoireappui

Meals on Wheels (Aylmer sector)

Mission: Deliver hot meals at home to seniors, people who are sick or who are unable to meet their own food needs.

☎ (819) 664-2529

🌐 Facebook: mow Aylmer

Office municipal d'habitation de Gatineau

Mission: Provide support for housing by offering a quality living environment for modest to low-income persons.

☎ (819) 568-0033

✉ omhg@omhgatineau.qc.ca

🌐 www.omhgatineau.qc.ca

Regroupement des cuisines collective de Gatineau

Mission: Create and support collective kitchens in the Outaouais.

☎ (819) 771-8391

✉ info@cuisinescollectivesgatineau.ca

🌐 www.cuisinescollectivesgatineau.ca

RMO - Services de maintien à domicile

Mission: Offer home support by helping to improve the quality of life of the population in general and particularly the elderly, disabled, sick or distressed.

☎ (819) 778-2461

✉ See Website

🌐 www.rmo.ca

811 Info Social - CISSS de l'Outaouais

Mission: Info-social 811 is a telephone consultation service staffed by qualified social workers, for yourself or a loved one.

☎ Contact: 811 option 2

🌐 https://cisss-outaouais.gouv.qc.ca/language/en/welcome/

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