



Large print, easy-to-read information, and a question and answer format make this an excellent book to help seniors look after their own health. Also good for those who have a first language other than English.

Availability for loan:

GT100 W42 2004 Health Information and Wellness Centre, both locations
613.0438 BAR Toronto Library System

Navigating the Journey of Aging Parents by Cheryl A. Kuba. New York: Routledge, 2006

This books addresses the topic of elder care solely from the perspective of the care receivers. Drawing on numerous interviews with elderly people, it explores the issues of housing, spirituality, personal care, and death to provide caregivers with a unique insight on how best to care for their parents and other relatives.

Availability for loan:

GT 100 K82 2006 Health Information & Wellness Centre, both locations

COMMUNITY RESOURCES

Ontario Seniors' Secretariat

77 Wellesley Street West
6th Floor, Ferguson Block
Toronto ON M7A 1R3
Tel: 416-326-7076
INFOline: 1-888-910-1999
TTY: 1-800-387-5559
Email: info@mcczcr.gov.on.ca
<http://www.citizenship.gov.on.ca/seniors/index.html>

Ontario Society of Senior Citizen's Organizations

Tel: 416-785-8570
Toll-Free: 1-800-265-0779
Email: osco@web.net

CONTACT

Health Information & Wellness Centres

Trillium Health Centre - Mississauga

100 Queensway West
Mississauga L5B 1B8
(905) 848-7511

Trillium Health Centre - West Toronto

150 Sherway Drive
Toronto M9C 1A5
(416) 521-4187

Email: hiwc@thc.on.ca
<http://www.trilliumhealthcentre.org/health>

Mississauga Library System

(905) 615-3500 (for book locations)
<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library

(416) 393-7131 (for book locations)
<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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Life. We're in it together.

INTERNET SITES

Health Canada's Division of Aging and Seniors

<http://www.hc-sc.gc.ca/seniors-aines>

This section of the Health Canada web site provides regular updates to help locate new services, publications, news releases and articles of interest to seniors and their families and caregivers. Many useful Health Canada publications can be directly downloaded from the site, and there is an excellent set of links to further resources on the subject.

Ontario Seniors' Secretariat

<http://www.citizenship.gov.on.ca/seniors/index.html>

The secretariat assists the Minister of Citizenship, Minister responsible for Seniors to ensure other sectors of government, government-funded agencies and the public are sensitized to the needs and concerns of Ontario's 1.5 million seniors. The secretariat also responds to a large volume of requests for information for seniors on a wide range of topics, and some of these questions and answers are posted at the site.

Ontario Society of Senior Citizen's Organizations

<http://www.web.net/~ocsc>

OCSCO is a community based, not for profit organization. Their mission is to improve the quality of life for Ontario's seniors through education, information, referral, counseling, outreach and support, self-help and volunteer programs. Among the many services offered by OCSCO are computer classes and a Resource Centre. The text is enlarged, with a clearly designed layout.

Canadian Health Network

<http://www.canadian-health-network.ca>

The CHN has a good section on senior's health. Click on the link 'Seniors' in the left-hand column at the home page to access information on various topics from Alzheimer's to Healthy Eating to Sexual Health.

Canada's Association for the Fifty-Plus

<http://www.fifty-plus.net>

This is a national, non-profit organization whose mandate is to effectively promote the rights and quality of life of mature Canadians. It has an informative section on health matters, as well as comprehensive information on retirement living, housing, travel and finance.

Advocacy Centre for the Elderly

<http://www.advocacycentreelderly.org>

This is a community based legal clinic for low income senior citizens, managed by a volunteer board of directors. It provides useful information about services for seniors, including home care, nursing homes and income issues.

BOOKS

The Complete Canadian Eldercare Guide by Caroline Tapp-McDougall. Mississauga: Wiley, 2004

This is a book for caregivers of elderly relatives, and provides advice on long term decisions. Topics covered include housing, finances, estate planning, medical needs and independence and mobility.

Availability for loan:

GT 22 T27 2004 Health Information and Wellness Centre, both locations
362.60971 TAP Mississauga Library System
362.60971 TAP Toronto Library System

Mental Fitness for Life: 7 Steps to Healthy Aging

by Sandra Cusack and Wendy Thompson.
Toronto: Key Porter, 2003

This is an interesting book on how to maintain mental fitness throughout life, with the emphasis on the years following retirement. The authors, both experts in the gerontology field, introduce seven key components of mental fitness, citing both research and practical experience.

Availability for loan:

GT 300 C88 2003 Health Information and Wellness Centre, both locations
613.0438 CUS Mississauga Library System
613.0438 CUS Toronto Library System

Fitness over Fifty by the National Institute on Aging. New York: Healthy Living Books, 2003.

Older adults who are active are generally able to maintain their health and independence for a longer period. This book provides practical, safe ways in which older people can remain physically active with little or no cost and with maximum health benefits. The book is clearly written and well illustrated throughout.

Availability for loan:

GT 270 N28 2001 Health Information and Wellness Centre, West Toronto
613.70446 FIT Mississauga Library System
613.70447 FIT Toronto Library System

What to do for Senior Health by Albert Barnett, Nancy Rushton & Lynne Mumaw. La Habra, CA: Institute for Health Care Advancement, 2004