



**Little
Brothers**

Embracing
the Elderly

Your guide to services and home help



A quick and easy guide for finding
the resources you need.

Helpful information to keep at your fingertips

**This short directory contains a list of useful
resources to help you with everyday living.**

You will find, among others:



Transportation services



Services that offer help with tasks
around the home

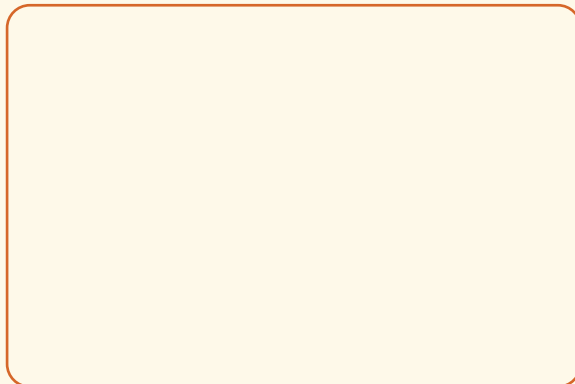


Resources for staying in touch,
breaking isolation and staying active



Contact information for reliable
and trustworthy organizations

Contact information for your regional team



In case of emergency, call 911.

For non-urgent health concerns, call 811.

211: Free online and phone directory, to find local resources and support

This guide is designed to be simple and easy-to-use. Consult it often and feel free to share it with a loved one or with your volunteer companion.



Services to help you at home and in your everyday life

Preparing a meal, doing your laundry, going to the grocery store, taking a bath or just running an errand... Over time, certain tasks can become too demanding.

There are many resources available to lend you a hand.

Here is a list of services that can support you with your everyday needs.



Resource	Phone number & Website	Service offered
Network of meals on wheels	1-877-277-2722 ext. 2025 popotes.org	Meals delivered to the homes of seniors who are isolated or losing their independence.
In-home support (CAB)	1-800-715-7515 fcabq.org	Various services to help seniors remain in their own homes.
Personalized home services (Bien Chez Soi)	1-866-427-7373 bienchezsoi.ca	Personalized home services: home assistance, support and safety.
Social geriatrics	581-700-7068 geriatriesociale.org	Specialized team to support vulnerable seniors (listening, follow-up, prevention).
Social enterprises in home care (EÉCAD)	1-855-837-9142 eesad.org	Affordable home help: home maintenance, meals, errands, personal care.
PAIR program	1-877-997-7247 programmepair.ca/en/	Daily automated calls to make sure you're okay.
Paratransit	1-888-717-8082 ext. 3 quebec.ca/en/transports/paratransit	Specialized transportation service for people with reduced mobility.
Québec food banks	1-877-478-4040 banques alimentaires.org	Emergency food aid for those in need.
Canadian Dental Care Plan	1-833-537-4342 Canada.ca/en/services/benefits/dental/dental-care-plan.html	Assistance program to cover basic dental expenses.

Your personal resources

Use this page to write down the services or numbers that are useful for you (neighbor, relative, clinic, pharmacy, etc.)



Services to assert **your rights** and remain socially active

Understanding your rights, doing your paperwork, voting, managing a budget or filling out a form...

Certain responsibilities can become difficult over time. Fortunately, there are resources to support you and help you make your voice heard. Here are a few:



Resource	Phone number & Website	Service offered
Ministry of Health and Social Services	1-877-644-4545 quebec.ca/en/health	Information on health and support services for seniors.
Administrative Housing Tribunal (TAL)	1-800-683-2245 tal.gouv.qc.ca	Support and advice for housing or lease issues.
Consumer protection agency (Office de la protection du consommateur)	1-888-672-2556 opc.gouv.qc.ca	Advice and help defending your rights as a consumer.
Assistance measures for legal affairs	1-844-532-8728 quebec.ca/en/justice-and-civil-status/legal-protection/assistance-measure	Help for making certain decisions and managing your affairs, without taking away your autonomy.
Revenu Québec	1-800-267-6299 revenuquebec.ca/en	Help with your taxes, credits, and government benefits.
Quebec Association of Senior Centres	1-844-672-7222 aqcca.org	Activities and services offered through the senior centre network.
FADOQ network	1-800-544-9058 fadoq.ca/en	Activities, advocacy, and benefits for people aged 50 and over.

Resource	Phone number & Website	Service offered
The Mistreatment Helpline	1-888-489-2287 lignemaltraitance.ca/en	Confidential listening and support if you witness or experience abuse.
Subsidized housing assistance	1-800-463-4315 ext. 3 habitation.gouv.qc.ca/en-vedette/besoin-dun-logement-on-est-la-pour-vous-aider	Support for finding low-cost housing (HLM) adapted to your needs.
Québec association for the rights of retired and pre-retired individuals (AQDR)	1-877-935-1551 aqdr.org	Assistance and advocacy for the rights of retired and pre-retired individuals.
Tel-Écoute – Ligne Tel-Ainés	514-353-2463 tel-ecoute.org	Listening, support and information provided by phone, to break isolation or in case of distress.
Educaloi	- educaloi.qc.ca	Clear legal information for understanding your rights and obligations.

Please note: This document was printed in August 2025.
Some of the phone numbers or services may have changed in the meantime.

This document does not replace the advice of a health or social services professional.



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Canada

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