

Tiny Senior Moment

The Local Aging Plan (LAP) identified Housing as one of the 8 goals to successful aging in place. *“The ability to live independently in one’s own home depends on a range of factors, including good health, finances, and the availability of support services. Many older persons feel that they could continue to live in the homes they have inhabited for years or decades, but under certain conditions.”*

Independent Living Services (IL) Simcoe County, a charitable organization, provide support services to assist adults to live independently and find resources to maintain or improve homes and vehicles. IL aids adults and seniors, with physical disabilities or limitations, in Simcoe County and area, to live independently in their homes.

Are you interested in obtaining, donating, or selling home care equipment? IIL provide a free online service (Quipit) to exchange or obtain assistive devices and home care equipment. It is a one stop shop and can be accessed online at www.goquipit.com.

In addition, IIL also offers information and guidance to Seniors on: Vehicle Modifications; Accessible Home Renovations; Assistive Devices; Assistance in identifying available funding resources.

IIL can be contacted as follows: phone - 705-737-3263 ext. 230 (office), 1-800-465-1133 (Toll Free), or 705-737-3242 (TTY); website is www.ilssimcoe.ca.

Simcoe County offered a grant for applicable renovations under the “Age-Friendly Seniors Housing Grant Program”. Although applications are now closed, watch for information on future grants on the Simcoe County website at Simcoe.ca, or phone local 705-735-6901 or Toll Free: 1-800-263-3199.

Perhaps you or a loved one are thinking of moving into a retirement home and in need of information. The North Simcoe Seniors Directory includes a list of all local retirement homes in Simcoe County. For your own copy of the Directory, contact the Township of Tiny municipal offices at 705-526-4204 ext. 3, or access it online at tiny.ca/seniors, or email seniors@tiny.ca.

Would you like to find ways to keep active at home? Southern Georgian Bay Ontario Health

Team have implemented an Activity Calendar - Connecting Seniors to Local Social Activities and Resources. Check it out online at www.southgeorgianbayoht.ca/connect-to-resources or Dial 211 for more information.

What do we need in this hot, humid weather besides air-conditioning? In addition, to swimming and bathing in it, our bodies crave water. As people age and may be taking medications that could interfere with natural processes, the body doesn’t always receive the information it needs to stay hydrated. One idea to ensure water is readily available and as a reminder, leave a thermos of water on the counter and refill it as soon as it is empty. Drink lots of water even if you’re not thirsty, anytime, year-round.

Keep in mind these support services are always available:

Dial 211 – A free non-emergency helpline that connects to community and social services in your area 24 hours a day, 365 days a year, in over 150 languages. Online at www.211centraleastontario.ca.

Tiny Connect – A free Notification System. Once registered, you will automatically receive Emergency Alerts to your phone, email or TTY/TDD device. To self-register go Tiny’s website at www.tiny.ca, and search for Tiny Connect which will take you to a registration page or contact Jenna Reid via email at jreid@tiny.ca or phone at 705-526-4204 ext. 277.

Seniors in Tiny – seniors@tiny.ca

Seniors in Ontario - www.seniorsinfo.ca/infoseniors@ontario.ca

“To be old and wise, you must first have to be young and stupid.”

Marilyn Hughes
Volunteer Writer
Senior Advisory Committee – Township of Tiny