

2024 VALUABLE WEBSITE RESOURCES FOR ELDERS & CAREGIVERS

Active Living Coalition for Older Adults www.alcoa.ca	Alliance for Aging Research www.agingresearch.org
Project Big Life www.projectbiglife.ca	Arthritis Society www.arthritis.ca
Canadian Association for 50Plus www.everythingzoomer.com	Canadian Diabetes Association www.diabetes.ca
Long Term Care Planning Network www.ltcplanningnetwork.com	Canadian Health Network www.canadianhealthnetwork.ca
National Institute on Aging Canada https://www.niageing.ca	Canadian Online Resources for the Elderly https://www.nicenet.ca/canada
Canadian Institute for Health Information www.cihi.ca/en	Home and Community Care Support Services www.healthcareathome.ca
National Institute on Aging www.nia.nih.gov	Health Canada Aging & Seniors https://www.canada.ca/en/public-health/services/health-promotion/aging-seniors.html
Older Women's Network www.olderwomensnetwork.org	Health Canada, The National Advisory Council on Aging https://publications.gc.ca/Collection/H88-3-28-1999E.pdf
Ontario Society (Coalition) of Senior Citizens' Organizations www.ossco.org	Health Check-ups https://choosingwiselycanada.org/pamphlet/health-check-ups/
Alzheimer Society of Canada www.alzheimer.ca	Heart and Stroke Foundation www.heartandstroke.ca
Active Aging Canada https://www.activeagingcanada.ca	Canadian Lung Association www.lung.ca
Canadian Benefits Finder https://www.canada.ca/en/services/benefits.html	Ontario Ministry of Long-Term Care https://www.ontario.ca/page/ministry-long-term-care
Canada Seniors On-line https://www.canadianseniorsdirectory.ca/senior-service-canada/seniors-canada/	Palliative Care-University of Ottawa www.pallcare.org

Canadian Dental Plan For Seniors https://www.nicenet.ca/articles/canadian-dental-plan-for-seniors	Parkinson's Foundation of Canada www.parkinson.ca
Senior Net http://www.seniornet.org/php/	Vitamins and Nutrition Center http://www.vitamins-nutrition.org
Age Comfort-Product For Seniors Healthcare www.agecomfort.com	Comfort Life-Seniors Online https://www.comfortlife.ca/retirement-communities/seniors-online