



Telephone support for seniors



CANDIAC
ma ville sous les arbres

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For questions concerning services offered to seniors within the territory, please call the City of Candiac’s Senior Hotline at 514 702-6020, Monday to Thursday from 8:30 a.m. to noon and from 1:00 to 4:30 p.m. and Friday from 8:30 a.m. to 1:00 p.m. You can also send an email to: emuller@ville.candiac.qc.ca

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Food services



Centre de Bénévolat Rive-Sud
450 659-9651

- Meals on wheels services, menu varies with each delivery
- Delivery of hot meals (\$6.50) on Wednesdays (generally Mondays, Wednesdays and Fridays)
- Delivery of frozen meals (\$5.50) on Mondays, Wednesdays and Fridays

Artoun Traiteur
450 659-4844

- Caterer: soup, poultry, beef, pasta, pork, fish and more
- Delivery of frozen meals (between \$6 and \$28, free delivery)

Metro Plus Candiac
450 444-2300

metro.ca

- Grocery orders online or by phone
- Currently about a one-week delay
- Hygiene and household cleaning products also available

IGA Candiac
450 659-3434

iga.net

- Grocery orders online or by phone
- Currently about a one-week delay
- Hygiene and household cleaning products also available

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Pharmaceutical services



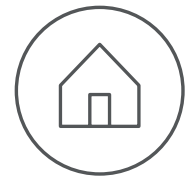
Jean Coutu Candiac
450 659-0666

- Delivery available

Pharmacy Étienne Beaulieu of Candiac
450 659-5426

- Delivery available
-

CISSS services



CISSS

- CIUSSS services are maintained for seniors who already use them.

CISSS de la Montérégie-Ouest
450 659-7661

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Animal services



Candiac veterinary hospital
450 633-9099

- Online shop with delivery
- boutique.passionimo.ca

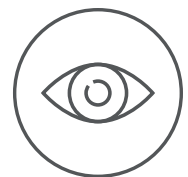
South Shore veterinary clinic (Brossard)
450 656-3660

- Food and medication orders (with veterinarian prescription)
- Option of paying online by credit card
- Pick-up by a mandated family member

DMV Veterinary Emergency (Saint-Hubert)
514 633-8888

- For euthanasia only

Optometry services



L'Ordre des optométristes du Québec
(Ordre of optometrists of Québec)

- The order has advised its members not to conduct eye exams on those 70 years of age or older.

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2-1-1 phone line



- 2-1-1 is a free and easy-to-access information and reference service available 7 days a week, from 8:00 a.m. to 6:00 p.m., 365 days a year. The service will soon be available 24 hours a day.
- The 2-1-1 phone line aims to combat poverty and social exclusion by providing individuals facing non-urgent social needs with quick access to information on nearby socio-community resources that can help them get out of a precarious situation.
- 2-1-1 is a complement to other N11 services:

211	Information and reference on community, public and para-public services
811	Info-santé (Option 1) – information on health Info-social (Option 2) – psychosocial intervention
911	Emergency

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8-1-1 phone line



The 811 Info-santé phone line is a free and confidential phone consultation service that allows you to quickly reach a nurse for non-urgent health matters. However, if the situation is serious or urgent, you must dial 9-1-1 or go to the emergency room. This service is available 24 hours a day, 365 days a year. Anyone who resides in Quebec can call Info-santé 811 for themselves or a loved one.

Nurses with the 811 phone consultation service assess your situation and make recommendations based on your state of health. They can answer your questions and direct you to the most appropriate resource within your territory.

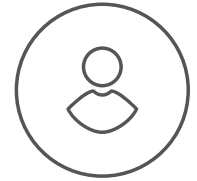
9-1-1 phone line



For emergencies only.

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PAIR program



Régie intermunicipale de police Roussillon
450 638-0911, extension 430

The PAIR Program is a daily call service that allows seniors and individuals at risk who live alone to feel more secure. These daily calls are reassuring for both the subscribers and their families.

Tel-Aînés hotline



Tel-Aînés hotline
514 353-2463 or 1 877 353-2460

Tel-Aînés offers different free and confidential listening and reference services aimed at helping individuals 60 years of age or older to break out of isolation and express their emotions in different situations.

Elder Mistreatment Helpline

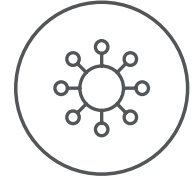


Elder Mistreatment Helpline
1 888 489-ABUS (2287)

The Elder Mistreatment Helpline is a province-wide phone line aimed at helping seniors who are being mistreated, specifically within the health and social services network.

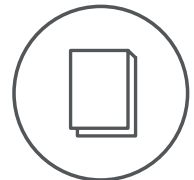
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COVID-19 and seniors' mental health



The FADOQ network is launching an operation of courtesy calls for its members due to COVID-19.
fadoq.ca

Digital resources



City of Candiac library

biblio.ville.candiac.qc.ca
Online portal for digital loans

Orchestre symphonique de Montréal

osm.ca/fr/ecouter-et-visionner
Online concerts

La Fabrique culturelle

lafabriqueculturelle.tv

Tips from the FADOQ network for staying fit in your home

fadoq.ca/rive-sud-suroit/activites/activites-physiques-et-sportives/gardez-la-forme-dans-le-confort-de-votre-foyer



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