

Lanark, Leeds & Grenville

***Community Resource Directory for
Stroke Survivors and Care Partners***

March 2014

STROKE NETWORK
of Southeastern Ontario

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At-A-Glance Directory for Non-Profit Personal Care and Home Help Organizations

The information in this directory is current as of March 2014. Please contact organizations directly for more up-to-date information.

Personal Care and Home Help

The organizations listed below provide help with activities such as bathing, dressing, housekeeping, meal preparation, shopping and escorts to appointments. They may also have registered nursing staff that can provide nursing care or foot care. Some organizations provide other services that are listed in other sections of this directory. For a summary of non-profit services in this section, see the *at-a-glance directory* on pages 61-64.

In some cases services are provided at no cost to the recipient. If you require personal care or home help, your first step is to call your local **Community Care Access Centre (CCAC)** to determine if you are eligible for services. If you or your spouse is a veteran, check with **Veteran's Affairs Canada** (see p. 20 for contact information) to find out if the services you need can be covered. If you have an extended health insurance plan, check with the company to see if your policy will cover any part of the cost for services you pay for. Remember to keep receipts for any care that you pay for; if you qualify for the *Disability Tax Credit* (see p. 21), you may be able to claim these expenses on your income tax.

Non-Profit Service Providers

South-East Community Care Access Centre (CCAC)

www.se.ccac-ont.ca

Regional Office: 1471 John Counter Blvd, Suite 200, Kingston, ON K7M 8S8

Brockville Office: 555 California Ave, Unit 1, Brockville, ON K6V 7K6

Smiths Falls Office: 52 Abbott St N, Unit 1, Smiths Falls, ON K7A 1W3

Intake for new referrals: **1-800-869-8828**

- Provides personal and medical care to help people of all ages to live independently
- Provides information and referral to community resources
- Referral to specialized services: nursing, social work, occupational therapy, physiotherapy, speech therapy
- No fee for individuals who qualify for services

Champlain Community Care Access Centre (CCAC)

www.ccac-ont.ca

545 McNeely Ave, Unit E1, Carleton Place, ON K7C 0A8

613-253-9000 or 1-800-538-0520

- Serves areas in Northern Lanark County (Champlain LHIN)
- Services same as South-East CCAC

Red Cross Care Partners

www.redcross.ca

163 Ormund St. Unit B Brockville, ON K6V 2L2

613-342-3528 or 1-800-668-0842

- Provides personal care and home support services, including meal preparation, housecleaning, laundry, light yard work and caregiver respite
- Fee for service; financial assistance available

Community Home Support – Lanark County

www.chslc.ca

Lanark County Office: 40 Sunset Blvd, Ste D, Unit 100, Perth, ON K7H 2Y4

613-267-6400

Lanark Highlands Office: 207 Robertson Dr., Lanark, ON K0G 1K0

613-259-5412

Pakenham Office: 178 Five Arches Dr., Pakenham, ON K0A 2X0

613-624-5647

Smiths Falls Office: 2 Gould St., Smiths Falls, ON K7A 2S5

613-283-6745

- Home support program for seniors and adults with physical disabilities
- Programs include: Home Help/Home Maintenance, Friendly visiting, transportation to medical appointments, Meals on Wheels/Diner's Club, foot care clinics, telephone reassurance, income tax clinics
- Fees for some services

Community and Primary Health Care

www.cphcare.ca

2235 Parkedale Ave. Brockville, ON K6V 6B2

613-342-1313 or 1-800-465-7646

- Maintains a list of screened workers for home help and maintenance
- Services available include: light housekeeping, laundry, shopping and meal preparation, yard work, window cleaning, snow removal
- Fee for service; subsidy may be available for those who cannot afford the full fee
- Area served includes Lanark, Leeds and Grenville

Independent Living Centre Kingston

Self Managed Attendant Services, Direct Funding Program

www.ilckingston.com

298 Concession St., Kingston, ON K7K 2C1

613-542-8353 or 1-800-553-4572

- Serves South-Eastern Ontario
- Program helps adults with physical disabilities to employ their own attendants to help with activities of daily living.
- The client is fully responsible for managing their own employees within a budget that is developed on an individual basis
- Application and interview are required

Kemptville and District Home Support

www.kdhsi.com

Raina's Northside Mall, 215 Sanders St, Ste 101, Kemptville, ON K0G 1J0

613-258-3203

- Serves North Grenville
- Referral program for workers who will do housekeeping, grass cutting and basic home repairs
- Services also include: drop in centre, Meals on Wheels, congregate dining, escorted transportation, friendly visiting, social and recreational programs, telephone reassurance, foot care clinics, home help, home maintenance, income tax preparation

Mills Community Support Corporation

<http://mmcleodblog.wordpress.com>

67 Industrial Dr., Almonte, ON K0A 1A0

613-256-1031

- Serves Mississippi Mills Area
- Provides a range of home support services: Personal companions, housekeeping, minor home repairs, Meals on Wheels/dining club, wheelchair accessible transportation, friendly visiting, telephone reassurance, foot care clinics, information and referral

Ontario March of Dimes

Brockville Region, Attendant Services

www.marchofdimes.ca

6 Glenn Wood Pl, Unit 6, Brockville, ON K6V 2T3

613-342-1935 or 1-888-252-9008

- Provides individual help with daily activities such as: taking medication, personal care, transferring, toileting, range of motion exercises and communication
- Self/family/friend or doctor referral; contact the office for an application. Assessment is required.
- If funded hours are available there is no fee for this service; there funded hours are not available there is an option to pay for services.

St. Elizabeth Health Care

www.saintelizabeth.com

1471 John Counter Blvd., Suite 410, Kingston, ON K7M 8S8

(613) 530-3400

- Serves Lanark, Leeds & Grenville
- Provides in-home nursing and personal and home support services through CCAC and directly to clients
- Services can include transportation to appointments and other outings, meal planning and preparation, laundry, light housekeeping, social interaction
- Fee for service when not provided through CCAC

Victorian Order of Nurses

Canada-Ontario Branch, South East Ontario

Seniors Managing Independent Living Easily (SMILE) Program

www.smileprogram.ca

80 Division St, Suite 14, Trenton, ON K8V 6L7

1-888-866-6647

- Provides eligible seniors with services to do daily tasks such as meal preparation, housekeeping, laundry, shopping, respite, transportation, lawn cutting and snow removal
- Serves only seniors who could lose their independence without help with several daily activities
- Services are free to eligible seniors; service providers of client's choice may bill SMILE directly
- Contact a participating local Community Support Agency or the SMILE office to arrange an assessment

Private Service Providers

All private service providers charge a fee, which can vary widely between providers.

If you are hiring a health care service provider privately, you may wish to ask the following questions:

1. Ask if the health care agency is accredited with [Accreditation Canada](#), which sets rigid national quality standards.
2. Ask if the health care agency is a member of the [Ontario Home Care Association \(OHCA\)](#).
3. Ask if the health care agency's staff are bonded, insured, criminal record and referenced checked, and covered by the [Workplace Safety and Insurance Board \(WSIB\)](#).
4. Ask about staff qualifications and training. You may wish to see copies of certification.
5. Is there access to 24 hour service?

Bayshore Home Health

www.bayshore.ca

Brockville Office: 555 California Ave, Unit 9, Brockville, ON K6V 5V5

613-345-3371 or 1-866-227-3133

Smiths Falls Office: 94 Beckwith St N., Smiths Falls, ON K7A 2C1

613-283-1400 or 1-888-227-4599

- Serves Leeds & Grenville counties
- Provides in-home services through CCAC or directly to private clients
- services include: personal care, home making, housekeeping, shopping and meal preparation, childcare, companionship, respite care, palliative care, foot care, continence assessment and training, live-in help, appointment accompaniment, nursing
- referrals can be made by self, family or caregiver

Enriched Homecare

www.enrichedhomecare.com

6545 New Dublin Rd, Addison, ON K0E 1A0

613-340-7375 or 613-800-4935 (after hours)

- Services include personal care, housekeeping, transportation, companionship/respite

Home Instead Senior Care

www.homeinstead.com/3010

260 Hearst Way, Suite 210, Ottawa, ON K2L 3H1

613-599-6906 or 1-877-599-4472

- Serves Lanark County and North Grenville
- Provides personal care and home support, including meal preparation, light housekeeping, transportation and respite care

L L & T (Lana's Love & Trust)

www.lanasloveandtrust.ca

7284 Dixon Rd. Brockville, ON K7A 5L3

613-926-1757

- Services include housework, meal preparation, companionship, respite care, Life line

Premier Homecare Services

www.premierhomecareservices.com

2377 Isle of Man Road, RR #6 Kingston, ON K7I 4V3

(613) 531-0931

- Serves Brockville
- Provides a range of personal care and home support services, including housekeeping, shopping, meal preparation, driving, and respite care

Meal Services and Grocery Delivery

In general, there are two kinds of programs that provide meals: community support organizations may deliver hot or frozen meals to your home or you can attend a group dining program that provides a healthy meal and social activity on a pre-arranged day. Some community support and private home support organizations will provide meal preparation and grocery shopping services for a fee – see section on *Personal Care and Home Help* (p. 4-8) for a complete listing. If you are a Veteran, you may qualify for funding assistance for these services through **Veterans Affairs Canada** (see p.20 for contact information).

Meals on Wheels and Diner's Clubs

Community & Primary Health Care

www.cphcare.ca

2235 Parkedale Ave. Brockville, ON K6V 6B2

613-342-1313 or 1-800-465-7646

740 King St.W. Gananoque, ON K7G 2H5

613-382-1175 or 1-800-561-8024

- Services available in Brockville, Gananoque, Lansdowne, Mallorytown, Seeleys Bay
- Call for dates and locations of Diner's Clubs; rides are available
- Hot or frozen meals delivered at noon
- Special diets available
- Fee for service; financial assistance available

Community Home Support – Lanark County

www.chslc.ca

Lanark County Office: 40 Sunset Blvd, Ste D, Unit 100, Perth, ON K7H 2Y4

613-267-6400

Lanark Highlands Office: 207 Robertson Dr, Lanark, ON K0G 1K0

613-259-5412

Pakenham Office: 178 Five Arches Dr., Pakenham, ON K0A 2X0

613-624-5647

Smiths Falls Office: 2 Gould St. Smith Falls ON K7A 2S5

613-283-6745

- Fee for Service

Kemptville and District Home Support

www.kdhsi.com

Raina's Northside Mall, 215 Sanders St, Ste 101, Kemptville, ON K0G 1J0

613-258-3203

- A weekly meal is served at the Centre
- Hot or frozen meals are delivered weekdays
- Special diets available
- Fee for service

Mills Community Support Corporation

www.themills.on.ca

67 Industrial Dr., Almonte, ON K0A 1A0

613-256-4700

- Serves Mississippi Mills Area

Grocery Delivery

Your Independent Grocer

O'Reilly's, Prescott

150 Prescott Centre Dr., Prescott, ON K0E 1T0

613-925-4625

- offers weekly grocery delivery to local, home-bound seniors and disabled adults
- Delivery in Prescott area – charge is for one-way taxi

Valu-mart

Brockville

125 Stewart Blvd., Brockville, ON K6V 4W4

613-498-0622

- Services available to seniors age 65+
- Delivery within town limits – charge for shopping and delivery is \$6
- On Tuesdays the grocery store gives seniors who shop at their store \$2 towards a cab ride home, or a bus voucher.

Equipment

Special equipment can be borrowed, rented or purchased, new or used. Some non-profit organizations loan or give away used equipment. It is important that equipment meets the specific needs of the person using it. For assistive devices (e.g. walkers and wheelchairs), that are required on a long-term basis, an assessment by a physiotherapist or occupational therapist is recommended and may enable you to access government funding (through the *Assistive Devices Program* – Ministry of Health and Long Term Care) for the purchase of equipment. Funding for equipment may be available; Refer to funding resources listed at the end of this section.

Call your local **Community Care Access Centre** (see p. 3) to inquire if you qualify for CCAC services and short-term equipment rentals.

Adaptive Clothing by Silvert's

www.silverts.com

18-3280 Steeles Ave W., Concord, ON L4K 2Y2

1-800-387-7088

- Supplies clothing and footwear designed for people with physical disabilities.
- Order through catalogue or on-line; retail store in Concord.

Bell Canada

www.bell.ca

1-800-268-9243

- Provides a list of suppliers of adaptive telephone equipment e.g. special handsets

Canadian MedicAlert Foundation

www.medicalert.ca

2005 Sheppard Ave E, Suite 800, Toronto, ON M2J 5B4

1-800-668-1507

- A registered charity that provides emergency responders with 24-hour immediate access to members' medical information
- Membership provides a custom-engraved bracelet or necklet and a membership card that outlines additional vital medical information and emergency contacts
- Register on-line or obtain a registration form from a doctor's office, hospital, pharmacy or by calling the toll-free number.
- There is a one-time registration fee and annual membership fee. Cost depends on the level of membership purchased as well as the cost of the bracelet or necklet. Fee assistance available for eligible applicants through the Member Assistance Program.

Canadian Red Cross

Brockville Branch, Health Equipment Loan Program

www.redcross.ca

80 Charles St., Brockville, ON K6V 1T3

613-342-3523 ext.7225 or 1-888-428-6384

- Serves Leeds & Grenville
- Home health equipment (e.g. wheelchairs, walkers, crutches, bath benches, commodes etc.) available for short-term loan
- A doctor's note or prescription is required before items can be rented
- Fee for service

2Care4 Medical Limited

www.2care4medical.com

88 Cornelia St W, Unit F, Smiths Falls, ON K7A 5K9

613-284-1058

- Sells a wide range of equipment, including therapy supplies, mobility aids and Lifecall personal alarm system
- Registered ADP vendor
- Fee for equipment, services, installation and consultation
- On-line ordering available

Civitan Club: Almonte

www.almontecivitan.com

500 Almonte St., Almonte, ON K0A 1A0

613-256-6234

- Serves Lanark County
- Loans used wheelchairs, walkers and other equipment

Civitan Club: Perth

www.perthcivitan.org

6787 County Rd. 43, Perth, ON K7H 1B0

613-267-2180

- Loans out wheelchairs, beds, mattresses
- Membership fee

Community & Primary Health Care: Lifeline

www.cphcare.ca

42 Garden St., Brockville, ON K6V 2C3

613-342-9991 or 1-877-565-0008

- Serves Lanark, Leeds & Grenville
- Lifeline is a personal response system that is available and easy to use, 24 hours a day. Users have a device attached to their phone and wear a button on a cord around their necks or on their wrists which allows them to call for help.
- Installation and monthly monitoring fees ; Fee assistance available

Gananoque Loan Library – Medical Equipment

153 North St. Gananoque, ON K7G 1L7

613-382-7601

- Loans wheelchairs, walkers, commodes, bathtub seats, grab bars, raised toilet seats, scooters, canes, beds

Medigas

www.medigas.com

333 California Ave, Unit 14, Brockville, ON K6V 5Y6

613-498-3057 or 1-866-446-6302

- Serves Leeds & Grenville
- Sells home medical supplies and equipment

MediChair

www.medichair.com

260 Lombard St. Smith Falls, ON K7A 4T6

613-283-5700 or 1-866-303-1023

- Authorized dealer for ADP, ODSP, WSIB, and VAC
- Also offers sales and service of accessible vehicles

Mobility Care Co.

www.mobilitycare.ca

1 Harris Street South, Perth K7H 2X8

613-264-2969

- Sells home health care and wheelchairs
- ADP registered supplier of mobility equipment

Ontario March of Dimes

DesignAbility® Program

www.marchofdimes.ca

291 Kings St. 3rd floor, London ON N6B 1R8

1-866-765-7237

- DesignAbility® matches skilled volunteers with consumers facing unique barriers in order to create or modify devices to increase independence.
- There is no charge except the expense of the materials involved.
- Fill out a request for assistance form available on the website and return by fax or mail

Ontario Medical Supply Limited

www.oms.ca

1100 Algoma Rd., Ottawa, ON K1B 0A3

613-244-8620 or 1-800-267-1069

- Store that sells home health care, medical supplies, equipment, and mobility aids

Pharmasave – Home Health Care Products

www.pharmasave.com

173 King St. W. Brockville, ON K6V 3R6

613-345-3030

- Daily living and mobility aids available
- Products for rental or purchase
- Registered vendor with Assistive Devices Program (ADP)

Pharmasave – Home Health Care Products

www.pharmasave.com

25 Mill St. Gananoque, ON K7G 2L5

613-382-3535

- Daily living and mobility aids available
- Products for rental or purchase
- Registered vendor with Assistive Devices Program (ADP)

Funding for Equipment Needs

- There is funding in Ontario to help purchase certain types of equipment through the **Ministry of Health and Long Term Care's Assistive Devices Program**; information listed below
- Remember to check your personal health insurance policy for funding for rehabilitation and equipment needs.
- If you are employed, check with your employer about workplace disability insurance program and equipment purchase through your insurance.
- If you are a veteran, contact the **Department of Veterans Affairs** for possible assistance: **1-866-522-2122**.
- If you are receiving disability benefits through a government program (i.e. CPP, ODSP), check with the program to see if your equipment needs are covered.

Ministry of Health and Long-Term Care, Assistive Devices Program

http://www.health.gov.on.ca/english/public/program/adp/adp_mn.html

5700 Yonge Street, 7th Floor, Toronto, Ontario, M2M 4K5

1-800-268-6021

- Funds up to 75% of the cost of necessary equipment and supplies for people with physical disabilities, regardless of income

- Applicants must have had a physical disability for at least six months and be assessed by a physiotherapist or occupational therapist.
- You must be approved before you can purchase equipment from an ADP Registered Vendor.

Ontario March of Dimes: Assistive Devices Program

<http://www.marchofdimes.ca/EN/programs/adp/Pages/Adp.aspx>

291 King St. 3rd floor, London ON N6B 1R8

1-866-765-7237

- Provides partial funding for the purchase and maintenance of specified equipment
- Eligibility is based on income as well as the impact the device will have on a person's independence
- Application form can be downloaded from the MOD website

Almonte Community Coordinators: The Hub

www.thehubalmonte.com

118 Mill St., Almonte, ON K0A 1A0

613-256-5225

- A charity that will consider applications for financial assistance related to medical needs
- Apply in writing to the President

Lanark & District Civitan Club

www.civitancanada.org/clubs.htm

2144 Pine Grove Rd., PO Box 189, Lanark, ON K0G 1K0

Hall **613-259-3216** or **613-267-2491** Freda Fournier, President

Perth Civitan Club

www.perthcivitan.org

6787 County Rd 43, PO Box 331, Perth, ON K7H 1B0

613-267-2181 or **613-812-3095** Ken Fournier, President

Smiths Falls Civitan Club

www.civitan.net/smithsfalls/

12468 Highway 15 N, PO Box 426, Smiths Falls, ON K7A 4T4

613-283-7957 Bonnie Laming, President

- Considers funding requests for individuals who require assistive devices
- Requests for assistance should be written by a social worker, doctor or other relevant person; takes about one month for decision

Funding and Support for Home or Vehicle Adaptations

Canada Revenue Agency

www.cra-arc.gc.ca

1-800-959-8281 general inquires or to book an appointment

- Offices in Kingston and Ottawa
- Service by appointment only
- Cost of home renovation, purchase of an adapted vehicle or vehicle modification may qualify as medical expenses on your income tax return
- See p. 21 for more information about disability-related tax credits and deductions

Education for Quality Accessibility (Canada)

Brockville Chapter

www.eqa4accessibility.ca

51 King St. E, Suite 107, Brockville, ON K6V 5W1

613-345-2038

- Serves Leeds & Grenville
- EQA offers free information, inspections and assessments on a variety of accessibility projects
- A guide (available on website) provides assistance to people thinking about accessibility improvements to their home or building

Canada Mortgage and Housing Corporation

Home Accessibility Assistance Programs

www.cmhc.ca

100 Sheppard Ave E, Suite 300, Toronto, ON M2N 6Z1

1-800-668-2642

RRAP FOR PERSONS WITH DISABILITIES (RRAP-D): Financial assistance to modify the home for people with disabilities

HOME ADAPTATIONS FOR SENIORS' INDEPENDENCE (HASI): Financial assistance for minor changes to the home for older people

HOMEOWNER RESIDENTIAL REHABILITATION ASSISTANCE PROGRAM (Homeowner RRAP):
Financial assistance to low-income homeowners for essential home repairs.

- Financial assistance in the form of a loan, which does not have to be repaid if the person stays in their home for the term of the loan
- Homeowners or landlords may apply
- Eligibility depends on the income/house value of the tenant or homeowner
- Pre-application tool is available on-line

Ontario March of Dimes

Home and Vehicle Modification Program

www.marchofdimes.ca

1-877-369-4867, press “2” to speak with an Intake Counsellor

- One-time grants of up to \$15,000 for basic home modifications and up to \$15,000 every ten years for vehicle modifications
- Complete Applicant Assessment form on-line or request by telephone

Income Assistance

Financial assistance is delivered by different levels of government. Federal and provincial governments have service centres to provide one-stop access to information and applications for assistance, in addition to other government programs.

Service Canada

Canada Pension Plan (CPP), Toronto and Area Office

Old Age Security (OAS) Programs

Guaranteed Income Supplement

www.hrsdc.gc.ca/eng/oas-cpp

PO Box 5100, Station D, Scarborough, ON M1R 5C8

1-800-277-9914 (basic recorded information 24/7; Press “0” to speak to an agent)

- **CPP** is a monthly retirement pension available at 65 years (or between 60 and 64 years if earning requirements met during initial qualifying period) * CPP disability benefits for under 65, plus allowance for dependent children
- **Old Age Security (OAS)** Monthly pension to persons 65 or over regardless of income * must be a legal resident of Canada for at least 40 years to receive full pension or meet other requirements for residency

- **Guaranteed Income Supplement (GIS)** is added monthly to Old Age Security for those with limited or no income * amount of supplement is adjusted quarterly * reapply when income taxes are filed (end of April) * not payable outside Canada beyond a period of 6 months
- Apply 6 months before becoming eligible (not automatic) * application forms available online, by phone or in person at Service Canada sites

Employment Insurance

www.servicecanada.gc.ca/eng/sc/ei

1-800-206-7218

- Temporary financial assistance due to unemployment for specific reasons, including illness
- Claimants must have worked a minimum number of hours in a specified time frame to qualify for benefits
- Benefit rate is a percentage of maximum insurable earnings
- Records of Employment from previous employers should be submitted immediately after employment has ended * the first 2 weeks of the claim are a waiting period for which no benefits are paid
- Application forms available online, by phone or in person at Service Canada sites

Brockville Service Canada Centre

Fuller Building, 14 Court House Ave, Brockville, ON K6V 4T1

613-342-4487 or 1-800-277-9914

- Area Served: Athens ; Brockville ; Elizabethtown-Kitley – part (formerly Elizabethtown); Front of Yonge ; Leeds and the Thousand Islands – part (formerly Front of Escott)

Carleton Place Service Canada Centre

46 Lansdowne Ave, Carleton Place, ON K7C 3S9

613-257-3344 or 1-800-622-6232

- Area served: Beckwith; Carleton Place; Lanark Highlands – (formerly Darling Twp); Mississippi Mills

Gananoque Service Canada Centre

5 Charles St S., Gananoque, ON K7G 1V9

613-382-2124 or 1-800-622-6232

- Area served: Front of Yonge ; Gananoque ; Lansdowne ; Leeds and the Thousand Islands

Kemptville - Scheduled Outreach Site

North Grenville Municipal Centre, 285 County Road 44, Kemptville, ON K0G 1J0

1-800-622-6232

- Serves North Grenville
- Fourth Wednesday of the month 9 am-12 noon, 1 pm-3 pm

Perth Service Canada Centre

40 Sunset Blvd., Perth, ON K7H 2Y4

613-267-1921 or 1-800-622-6232

- Area served: Drummond-North Elmsley; Lanark Highlands – part (former Village of Lanark, Lanark Twp, Lavant, Dalhousie and N Sherbrooke); Perth; Rideau Lakes – part (former North Crosby, Newboro); Tay Valley – Bathurst, Burgess, Sherbrooke; Westport

Prescott Service Canada Centre

292 Centre St, 2nd Floor, Prescott, ON K0E 1T0

613-925-2808 or 1-800-622-6232

- Area served: Augusta; Edwardsburgh-Cardinal; North Grenville; Prescott

Smiths Falls Service Canada Centre

91 Cornelia St W, Suite 115, Smiths Falls, ON K7A 5L3

613-283-4790 or 1-800-622-6232

- Area served: Elizabethtown-Kitley – part (former Kitley); Merrickville-Wolford; Montague; Rideau Lakes – part (wards of: South Crosby, South Elmsley, Bastard and Burgess); Smiths Falls

Ontario. Ministry of Community and Social Services

Ontario Disability Support Program (ODSP)

Ontario Works (OW)

www.mcscs.gov.on.ca

- ODSP provides Income and Employment support to persons with disabilities. Income support is for adults who are in financial need and have also been determined to be disabled under the Ontario Disability Support Program Act. Eligible persons receive a monthly living allowance, drug, dental and other basic benefits.
- Apply by phone, letter or in person * applications for Employment Support are also available on web site * persons in need of immediate financial assistance should apply for Ontario Works.
- Financial interview with ODSP or Ontario Works will submit referral to Disability Adjudication Unit

Brockville Office

100 Strowger Blvd, Suite 105, Brockville, ON K6V 5J9
613-345-1200 or 1-800-267-0834

Smiths Falls Office

91 Cornelia St W, Suite A7, Smiths Falls, ON K7A 5L3
613-283-1165 or 1-800-267-7911

Ontario. Ministry of Revenue

Client Accounts and Services Branch, Guaranteed Annual Income System

www.ontario.ca/revenue

PO Box 624, 33 King St W., Oshawa, ON L1H 8H5

1-866-668-8297

- Open to seniors 65+ who qualify for both the Guaranteed Income Supplement (GIS) and the Old Age Security (OAS) Pension
- Seniors do not have to apply for GAINS benefits; if the OAS/GIS residency and other eligibility requirements are met, the senior will be automatically eligible for GAINS

Veterans Affairs Canada

Kingston District Office (Serving Leeds & Grenville)

www.vac-acc.gc.ca

61 Hyperion Ct. Unit 104, Kingston, ON K7K 7K7

Ottawa District Office

2323 Riverside Dr., Suite 1, 2ND Floor, Ottawa, ON K1A 0P5

1-866-522-2122

- Provides services to veterans and their dependents which include disability pensions, allowances, and health care
- Open to qualified Veterans, Canadian Forces members, serving and discharged members of the RCMP, certain civilians; and their families
- Assessment required for some benefits

Funding Assistance for Prescription Medications

Ontario. Ministry of Health and Long-Term Care

Ontario Drug Benefits (ODB) Program

www.health.gov.on.ca

5700 Yonge St, 3rd floor, Toronto, ON M2M 4K5

General Information: **1-866-811-9893**

Seniors Information Line: **1-888-405-0405**

- Financial assistance for approved drug products, some nutrition products, diabetic testing agents, certain allergy products * items must be prescribed by an authorized prescriber * see website for list of items
- Open to Ontario residents with a valid Ontario Health Card and belong to one of the following groups:
 - * people 65 years of age and older
 - * residents of long-term care facilities
 - * people receiving professional services under the Home Care program
 - * social assistance recipients (Ontario Works or Ontario Disability Support Program)
- Seniors do not need to apply for this benefit. With receipts, they can be reimbursed for any listed drug expenses as of that date (not including the co-payment fees). Others who meet the conditions can apply but are NOT AUTOMATICALLY slotted into the \$2 co-payment plan. Forms are available at local pharmacies.

Ontario. Ministry of Health and Long-Term Care

Trillium Drug Program

www.health.gov.on.ca

1-800-575-5386

- People who are not otherwise eligible for the Ontario Drug Benefits (ODB) program and who have high drug costs in relation to their income may qualify to receive Ontario drug benefits through this program * applicants pay an annual deductible (paid in quarterly instalments) based on their household net income and number of household members before becoming eligible, and then pay up to \$2 per prescription.
- Open to people who: A) have a valid Ontario Health Card, B) do not have an insurance plan that covers prescription drugs or does not cover all of their prescription drugs AND C) spend a large part of their income on prescription drugs
- Application forms are available at local pharmacies or online

Tax Benefits

You may qualify for non-refundable tax credits or deductions due to a disability. You must have your doctor complete a form to apply for the *Disability Tax Credit*. If you are deemed eligible, you may be able to claim attendant care and other medical expenses that require certification. In addition, a family caregiver may qualify for the *Caregiver Tax Credit*. Detailed information is available in Revenue Canada's (CRA) "Medical and Disability-Related Information" guide that includes the Disability Tax Form at:

<http://www.cra-arc.gc.ca/tx/ndvdl/sgmnts/dsblts/menu-eng.html>

Canada Revenue Agency

www.cra-arc.gc.ca

Kingston Tax Services Office (Serving Leeds & Grenville)

31 Hyperion Crt., Kingston, ON K7L 5P3

Ottawa Tax Services Office

Ottawa Technology Centre, 875 Heron Road, Ottawa ON K1A 1A2

Service by appointment only

1-800-959-8281 for general inquiries and to book an appointment

Community Income Tax Clinics

Trained volunteers assist low-income households with their income tax return during tax season. Appointments are required. There is no fee for the service, but donations are accepted.

Mills Community Support Corporation

www.themills.on.ca

67 Industrial Dr., Almonte, ON K0A 1A0

613-256-4700

- Serves Mississippi Mills Area

Volunteer Bureau of Leeds and Grenville

www.volunteerleedsgrenville.com

United Way Building, 42 George St., Brockville, ON K6V 6K8

613-345-7000 or 1-866-269-0200

- Serves Leeds & Grenville

Transportation

Accessible/Escorted Transportation

Brockville Transportation Services: Synfast Corporation

www.city.brockville.on.ca

1909 Parkedale Ave. Brockville ON K6V 5T2

613-345-7272, 613-342-7739 or 613-342-8772 ext 8225 Valerie Harvey, City of Brockville

- Serves City of Brockville

- Wheelchair accessible public transportation service
- Available to individuals regardless of age who, due to a mobility or cognitive impairment, are unable to board conventional transit facilities
- Application form must be completed by a registered health professional; forms available on-line or by phone.
- Must book ride at least 24 hours in advance

Care Mobility

www.ocrehab.ca

PO Box 35, Carleton Place, ON K7C 3P3

613-253-2100 or 1-800-684-3378

- Attendant worker available should the client require additional assistance. An attendant or family member can travel at no charge.
- Sliding scale fees, call for a quote; for clients outside of the Ottawa region, flat rate or per km billing is offered.

Community & Primary Health Care

www.cphcare.ca

2235 Parkedale Ave. Brockville, ON K6V 6B2

613-342-1313 or 1-800-465-7646

- Serves Lanark, Leeds & Grenville
- Volunteers provide escorted transportation to essential services such as medical appointments, Adult Day Programs, grocery shopping, visit a loved one in hospital or nursing home, etc. * local and long-distance rides are available
- Fee for service; financial assistance available

Community Home Support – Lanark Transportation Association (LTA)

www.chslc.ca

Lanark County Office: 40 Sunset Blvd, Ste D, Unit 100, Perth, ON K7H 2Y4

613-267-8256 or 1-877-445-5777

Lanark Highlands Office: 207 Robertson Dr., Lanark, ON K0G 1K0

613-259-5412

Pakenham Office: 178 Five Arches Dr., Pakenham, ON K0A 2X0

613-624-5647

Drummond-North Elmsley; Elizabethtown-Kitley; Merrickville-Wolford ; Montague ; Rideau Lakes – South Elmsley area Office: 4 George St S., Smiths Falls, ON K7A 1X4
613-283-6745

- Transportation to medical appointments
- Fee for service

Gananoque Wheels of Care

Carveth Care Centre, 375 James St., Gananoque, ON K7G 2Z1
613-382-4831 or 1-877-215-7433

- Serves Gananoque area including: Brockville, Elgin, Kingston, Lansdowne, Lyndhurst, Mallorytown, Rockport and Seeley's Bay
- Local transportation service * offers bus transportation to doctor or clinic appointments, banking or shopping etc.* bus has space for three wheelchair and seats for six people; wheelchairs or persons requiring help must have an assistant
- Fee for service ; discount available to frequent users

Kemptville and District Home Support

www.kdhsi.com

Raina's Northside Mall, 215 Sanders St, Ste 101, Kemptville, ON K0G 1J0
613-258-3203

- Serves North Grenville
- Volunteer drivers provide escorted local and long distance transportation
- Fee for service

Mills Community Support Corporation

www.themills.on.ca

67 Industrial Dr., Almonte, ON K0A 1A0
613-256-4700

- Serves Mississippi Mills Area
- Escorted transportation to medical appointments
- Wheelchair accessible bus for medical & social outings

North Grenville Accessible Transportation

PO Box 1696, Kemptville, ON K0G 1J0

613-258-6600

- Serves North Grenville
- Adapted vehicle provides equivalent of taxi service for wheelchairs, walkers and people with physical disabilities requiring assisted transportation; attendants can travel with client
- Fares depend on distance; fee assistance available.

Via Rail Canada Inc

www.viarail.ca

Tickets and Information: **1-888-842-7245**

- Offers special services for travellers with disabilities, including priority boarding, staff assistance and in certain circumstances, free travel for a companion.
- Must call train station 24 hours in advance to book use of a Via Rail wheelchair

Westport Lion's Club

www.westportlions.ca

Mountain Rd., Westport, ON K0G 1X0

613-273-8677

- Serves Westport and North Crosby
- Provides transportation by wheelchair-accessible van to medical appointments
- Eligibility determined on a case by case basis; service is free
-

Driver Examination Centres

If your driver's licence was suspended for medical reasons and you want to get it back, you must follow the instructions in the letter that the Ministry of Transportation (MTO) sent to you. This could involve either submitting an updated Medical Report or being re-examined in order to have your licence reinstated. If you need to take a driver's test, you must attend an MTO approved driver assessment centre. The cost of the driving evaluation is set by the assessment centre and ranges between \$500 and \$800, which is not covered by OHIP. Detailed information about the MTO's Medical Review Section and link to a list of approved driver assessment centres is available on-line at: <http://www.mto.gov.on.ca/english/dandv/driver/medical-review/faq.shtml>

Centric Health Physiotherapy and Wellness

www.centrichealth.ca

790 Blackburn Mews, Unit 12, Kingston, ON K7P 2N6

613-389-2350 or 1-888-997-2298

- Medical Assessments
- Vision Waiver Assessments

DriveAble DAC Medical – Vision

www.dacmedicalvision.org

101-11 Princess Street, Kingston, ON K7L 1A1

613-544-0034 or 1-866-434-1122

- Medical Assessments
- Vision Waiver Assessments

DriveAble DAC Medical - Vision

www.dacmedicalvision.org

1F-275 Brockville St. Smiths Falls, ON K7A 4Z6

613-283-1980 or 1-866-434-1122

- Medical assessments
- Vision waiver assessments

St. Elizabeth's Healthcare

Driver Assessment & Training including DriveABLE

www.saintelizabeth.com

1471 John Counter Blvd, Suite 410, Kingston, ON K7M 8S8

1-416-398-1035 or 1-877-397-1035

- Medical Assessments

Accessible Parking Permit

Ontario Ministry of Transportation

Accessible Parking Permit Program

www.mto.gov.on.ca

c/o ServiceOntario Licence Renewals Unit , PO Box 9800, Kingston, ON K7L 5N8

1-800-387-3445

- Individuals with a physical disability can obtain a special parking permit that can be used in any vehicle in which they are travelling. A health care professional (specified on application) must certify the applicant's condition.
- Applications can be downloaded from the website, picked up at any Driver and Vehicle Licence Issuing Office (see website for office addresses), or requested by mail

Accessible Vehicle Sales

Goldline Mobility

www.goldlinemobility.com

1738 Rutledge Rd. Perth Road, ON K0H 2L0

613-376-3374 or 1-855-299-1395

- Custom conversion vans, trucks, and mobility vehicles
- Sales, service and installations

Medical Transportation

These companies provide non-emergency transportation by wheelchair or stretcher, and can monitor oxygen.

Advanced Patient NET Limited

53 Kirkpatrick St. Kingston, ON K7K 2P3

613-542-1441

- Serves Leeds & Grenville

Priority Patient Transfer Service

www.ppts.ca

11 Bentley Ave., Ottawa, ON K2E 6T7

613-727-0168 or 1-866-561-7787 (24 hours)

- Serves Lanark, Leeds & Grenville

Respite Care and Day Programs

A number of Community support organizations and private home health companies offer respite care, which is intended to give caregivers a rest and time away from their caregiver responsibilities. Some respite programs, including day programs, provide additional benefits to the stroke survivor (or person with a disability) such as social and mental stimulation, physical exercise, meals/snacks or personal care. Respite care can be for a few hours, or include overnight care, in-home or in a long-term care or retirement home. Please refer to the sections in this guide that pertain to long-term care homes and retirement homes for information about these respite options.

The cost of respite care varies, and in some cases, services are provided at no cost to the recipient. If you require respite care, your first step is to call your local **Community Care Access Centre (CCAC)** (p. 3). CCAC will give you information and determine if you are eligible for in-home respite, short-stay respite in a long-term care home or a day program (CCAC referral is required for some day programs). If you or your spouse is a veteran, check with **Veteran's Affairs Canada** (see p.20 for

contact information) to find out if the services you need can be covered. If you have an extended health insurance plan, check with the company to see if your policy will cover any part of the cost for services you pay for. Remember to keep receipts for any care that you pay for; if you qualify for the *Disability Tax Credit* (see p. 21), you may be able to claim these expenses on your income tax. For a listing of private service providers that provide respite care, refer to listing under *Personal Care and Home Help* p. 4-8.

Almonte General Hospital Respite Care/Convalescent Care

www.almontegeneral.com

75 Spring St., Almonte, ON K0A 1A0

613-256-3113 ext.1

- Serves Lanark County, Mississippi Mills, Renfrew County and Ottawa
- Provides 24-hour respite care. Priority is caring for individuals who require complex continuing care.

Brockville General Hospital: Out of Home Respite Program

www.bgh-on.ca

42 Garden St. Brockville, ON K6V 2C3

613-345-5649 ext.4300

- Respite available from minimum 1 weeks to maximum 6 weeks except from May – September when maximum stay is 3 weeks
- Dependent on bed availability
- Costs may be covered by insurance company
- Contact local CCAC for a referral

Community & Primary Health Care Adult Day Service

www.cphcare.ca

2235 Parkedale Ave. Brockville, ON K6V 6B2

613-342-1313 Ext 242 or 1-800-465-7646

- Serves Leeds & Grenville
- An adult day program offering activities in a secure environment
- Staffed by a manager, recreation therapists and volunteers

- Highlights: hot lunch, pet therapy, entertainment, arts and crafts, exercise, mental aerobics, theme discussions and caregiver support
- Fee per day; assistance available
- Apply through the South East Community Care Access Centre 1-800-267-6041

Community & Primary Health Care In-Home Respite

www.cphcare.ca

2235 Parkedale Ave. Brockville, ON K6V 6B2

613-342-1313 or 1-800-465-7646

- Serves Lanark, Leeds & Grenville
- Service may include homemaking and personal care
- No fee. Paid respite is also available.

Community Rehabilitation Resources

Rehabilitation services may be covered by OHIP with a doctor's referral, but material and administrative costs may be extra. Call your local CCAC to find out if you are eligible to receive rehabilitation services through CCAC (see p. 3 for contact information). Some extended health insurance plans provide additional coverage for rehabilitation needs. If you or your spouse is a veteran, call Veteran's Affairs to inquire about coverage.

Publicly-Funded Providers

Almonte General Hospital

www.almontegeneral.com

75 Spring St., Almonte, ON K0A 1A0

Occupational Therapy

613-256-2514 Ext 2115

Physiotherapy Department

Authorized Assistive Devices Program Assessments

613-256-1965 or 613-256-2514 Ext 2221

- Serves Lanark County
- For ADP assessments, call for appointment ; bring health card and private insurance information; clients without private health insurance will be served, but may have a waiting period
- For outpatient occupational therapy and physiotherapy, doctor's referral is needed

Aphasia Centre of Ottawa

www.aphasiaottawa.org

2081 Merivale Rd. Ottawa, ON K2G 1G9

(613) 567-1119

- Serves stroke survivors with aphasia in Eastern Ontario
- Offers Supported Communication Groups for individuals and couples
- Physiotherapy
- Computer, iPad and Technology groups
- Individual and Group Speech and Language Therapy
- Individual and Family Counselling
- Referral by self, family or health care provider
- Fee for service; assistance available

Brockville General Hospital

www.bgh-on.ca

75 Charles St., Brockville, ON K6V 1S8

Perth and Smiths Falls District Hospital

Great War Memorial Site

www.psfhdh.on.ca

33 Drummond St W., Perth, ON K7H 2K1

613-267-1500

Authorized Assistive Devices Program Equipment Assessments

613-267-1500 Ext. 4212 (Occupational Therapy); **Ext. 4275** (Physiotherapy)

- Physiotherapy and Occupational Therapy assessments and ADP authorizations for walkers and wheelchairs
- Doctor's referral required

Rehabilitation Day Hospital 613-267-1500 ext. 2127

- Neuro-rehabilitation program three days a week – Occupational therapy, physiotherapy, speech therapy and nursing. Doctor's referral required
- Pulmonary Rehab program two days a week for people diagnosed with COPD – two-month fitness program with continuing twice weekly exercise program. Doctor's referral required.
- Heart-to-Heart education program for people with heart disease – seven-week education program. Can self-refer.
- Free

Vascular Protection Clinic

613-267-1500 Ext. 4263

- Timely medical assessment of stroke risk factors, case management and treatment/counselling to prevent stroke for those at high risk, e.g. those who have sustained transient ischemic attack (mini-stroke) or a mild stroke. Nutrition counselling and referral to rehabilitation services if required.
- Doctor's referral required

Providence Care

Regional Community Brain Injury Services

www.providencecare.ca

125 Stewart Blvd, Suite 227, Brockville, ON K6V 4W4

613-342-1613 or 1-800-871-8096

- Provides rehabilitation and support services for adults age 18-64 with acquired brain injuries, including education and support for families and other community agencies * Community rehabilitation counsellors, with the advice and support of a psychologist, provide life skills and supported living services
- Referrals are accepted from service providers, individuals, and family members

Providence Care

www.providencecae.ca

St. Mary's of the Lake Hospital site

340 Union St., Kingston, ON K7L 5A2

Physiotherapy Outpatient Services

613-548-7222 Ext 2245

Occupational Therapy Outpatient Services

613-548-7222 Ext 2293

- Serves Leeds & Grenville
- Doctor's referral required

Stroke Prevention Clinic

www.strokenetworkseo.ca

60 Cornelia St. W. Smiths Falls, K7A 2H9

613-345-5645 Ext 1410

- Specialized clinic that provides instruction to patients on stroke prevention including dietary, physical and other lifestyle changes
- Doctor's referral required
- Program fees for non-OHIP insured services

Private Service Providers

All of the services listed below provide physiotherapy services to stroke survivors, and additional services are listed. In selecting a private physiotherapist, you may wish to inquire about extra clinical course work and experience in neurological physiotherapy.

If you have benefits through an extended health insurance plan or Veteran's Affairs, check for physician referral requirements and coverage for rehabilitation needs including: physical therapy, occupational therapy, massage therapy, kinesiology, chiropractic treatments, and orthotics and prosthetics services. Fees vary. If you qualify for the *Disability Tax Credit* (p. 21), you may be able to claim some therapy services as a medical expense on your income tax.

Action Potential Rehabilitation

www.actionpotentialrehab.net

Administration Office: 72 Nanook Cres., Kanata, ON K2L 2A8

Clinic Location: 2081 Merivale Rd. Nepean, ON K2G 1G9

613-228-0777

- Focus on neurological conditions and disorders of balance and movement
- Offers both Clinic and In-home services

Bayshore Home Health

www.bayshore.ca

555 California Ave. Suite 9, Brockville, ON K6V 5V5

613-345-3371 or 1-866-227-3133

94 Beckwith St. N. Smiths Falls, ON K7A 2C1

613-283-1400 or 1-888-227-4599

- Offers Psychotherapy, Occupational Therapy, Social Work, Dietician

Brockville Physiotherapy & Sports Injuries Clinic

202-133 King Street West, Brockville, ON, K6V6Z1

613-498-4002

- Will assume care after in or outpatient rehab has been completed
- Also offers chiropody services

Generations Physiotherapy Clinic

52 Abbott Street North, Unit 3, Smiths Falls, ON, K7A 1W3

613-283-0568

- In-home or clinic services

Goodyer Therapy Services – Athens Physiotherapy Clinic

10 Wellington St. E, Athens, ON K0E 1B0

613-924-8888

- Musculoskeletal and neurological conditions
- Also offers massage therapy

Kanata North Physiotherapy

www.kanataphysiotherapist.ca

700 March Rd. Kanata ON K2K 2V9

613-519-0514

- Also offers acupuncture, orthotics, deep muscle massage therapy

Kemptville Physiotherapy Centre

www.kemptvillephysio.com

2868 Hwy 43 (Creekside Centre), Kemptville, ON, K0G1J0

613-258-7661

- Also offers massage therapy

M.A.P. Physiotherapy

www.mapphysiotherapy.ca

1731 St. Laurent Blvd., Ottawa, ON K1G 3V4

613-321-3858

- Orthopedic and neurological physiotherapy; clinic services only

Movewell Physiotherapy

www.movewell.ca

25 Mill Street Suite 201, Gananoque, ON, K7G2L5

613-382-4200

- Also offers orthotics and bracing, acupuncture, laser, occupational and massage therapies

Perth Physiotherapy

www.perthphysiotherapy.ca

3 Beckwith St. E, Perth, ON K7H 1B2

79 Bedford St. Unit 1, Westport, ON K0G 1X1

613-267-6789

- Neurological rehabilitation
- Assessment and treatment to regain mobility and function
- Also offers massage, personal training and cardio rehab
- Physiotherapy may be covered by OHIP if eligible

Seaway Physiotherapy Centre

www.pthealth.ca

102 Centre St., Prescott, ON K0E 1T0

613-499-2201

- Personalized treatment plan
- Specific stroke rehabilitation therapy option

- Gentle therapy solutions that can help reduce pain, strengthen, add flexibility, improve range and more
- Physiotherapy may be covered by OHIP if eligible

Shannon Mulholland B.Sc.P.T. M.C.P.A

Licensed Physiotherapist

613-549-4754 or cell 613-888-0918

- Neuro Physiotherapy Services
- In home or clinic services
- available for consultation with individuals/health care providers outside of Kingston

Smiths Falls Physiotherapy & Sports Injuries Clinic

91 Cornelia W, Smiths Falls, ON, K7A5K9

613-283-9169

- Will assume care after in or outpatient rehab has been completed

Tay River Reflections

www.tayriverreflections.com

279 Canal Bank, Perth, ON, K7H3C3

613-264-0888

- Physiotherapy including therapeutic exercise, acupuncture, ultrasound, electrotherapy

Leisure and Recreation

Access 2 Entertainment

www.access2card.ca

c/o Easter Seals Canada, 40 Holly St. Suite 401, Toronto, ON M4S 3C3

416-932-8382 or 1-877-376-6362

- Provides free admission (or a discount) for support persons accompanying a person with a disability at movie theatres, select Ontario Attractions and Ontario Recreation Venues
- Person with the disability pays regular admission
- Application forms can be found on the website

Brockville Area YMCA

www.brockvilley.com

345 Park Street, Brockville, Ontario K6V 5Y7

613-342-7961

- Neuromuscular rehabilitation classes (must be a member) and drop-in fitness designed at a gentle level
- Chair lift in hydrotherapy pool and ramp and wheelchair for the swimming pool
- Financially assisted memberships require application and proof of income

Community & Primary Health Care

Seniors' Exercise Program

333 California Ave, Unit 12, Brockville, ON K6V 5V5

613-342-3693 or 1-800-465-7646

www.cphcare.ca

- Serves Lanark, Leeds and Grenville
- Offers group exercise classes for seniors 50+ that are geared to personal ability * Locations:
 - * Althorpe/Bolingbroke – ABC Community Hall
 - * Athens – Joshua Bates Centre
 - * Brockville – Highway Pentecostal Church Hall
 - * Elgin – Community Centre
 - * Gananoque – Recreation Centre
 - * Kemptville – Pentecostal Church Hall
 - * Lansdowne – Community Centre
 - * Lyndhurst – Legion Hall
 - * Merrickville – Community Centre
 - * Perth – Civitan Hall, Legion Hall
 - * Portland – Community Hall
 - * Prescott – Medical Centre
 - * Smiths Falls – Seniors' Centre, Legion Hall
 - * Spencerville – St. Andrew's Church
 - * Toledo – Legion Hall
 - * Westport – North Crosby Hall

Walking Program

- Gananoque Lou Jefferies Arena
- Mallorytown Community Centre

In-Home 10 Step CPHC Seniors' Exercise

- Exercise program designed for home-bound seniors or adults with physical disabilities* a trained volunteer is matched with the senior to teach them a 10-Step exercise program in their home * program is also aired on Cogeco Cable Television in Perth, Smiths Falls and Brockville
- Registration needed * call for scheduled dates & times of classes
- Fee for service

Country Roads Community Health Centre

4319 Cove Road at Hwy 15, Portland ON K0G 1V0

613-272-3302 or 1-888-998-9927

www.crchc.on.ca

- Mindfulness Meditation – bi-weekly group open to the community
- Living Well With a Chronic Condition – 6-week self-management program
- Senior Fit – Weekly exercise class at Portland Community Hall

Functional Fitness for Seniors

138 First Ave. Brockville, ON K6V 3B4

613-865-9914

- In home service to ambulatory and wheelchair clients
- Custom designed exercise programs
- One-to-one instruction or small group class

Jasper Fitness & Aquatic Centre

32 Jasper Street, Jasper, ON, K0G 1G0

613-283-8738

- Gym equipment, classes, pool, aqua-fit classes.

North Lanark Community Health Centre

207 Robertson Drive, Lanark, ON, K0G 1K0

613-259-2182 or 1-866-762-0496

www.northlanarkchc.on.ca

- Living A Healthy Life – 6-week self-management program for people with a persistent health concern

- Growing Together Through Yoga – 10-week program for people with persistent health concerns or recovering from illness or injury
- Mindfulness-Based Stress Reduction – 8-week program
- Fitness Classes for Older Adults & Seniors — Weekly program in different locations. Led by trained volunteers; different levels of fitness ability are accommodated. Free
- Lanark Highlands Walking Group — A weekly walking group with monthly guest speakers. Free.
- Active Seniors Coalition (ASK) — ASK provides numerous physical and fun activities around the community e.g. Wii bowling, line dancing, shuffleboard.
- \$3-5 per session; financial assistance available
- Get WITH It — Walking In The Halls - Monday and Wednesdays — 5:30 until 7:30 pm at Maple Grove School in Lanark. Free.

Perth & District Indoor Pool

80 Wilson Street West, Perth, ON K7H 2N6
613-267-5302

Rideau Community Health Centre

www.rideauchc.ca

2 Gould St., Smiths Falls, ON K7A 2S5
613-283-1952

354 Read St. Merrickville, ON K0G 1N0
613-269-3400

- Get W.I.T.H. It! Walking Program
- Living Well – 6-week program for people with a chronic health condition
- Call to register

Smiths Falls Mall Walking

Country Fair Mall, 275 Brockville St., Smiths Falls ON K7A 4Z6
613-283-2418

Mall walking at 7 a.m. on weekdays

Township of Rideau Lakes

Parks and Recreation

www.twprideaulakes.on.ca/recreation.html

1439 County Road 8, Delta, ON, K0E 1G0
613-928-2251 Ext. 238 or 1-800-928-2250

- Recreation programs, courses and events; groups, clubs and organization contacts list

Kemptville and District Home Support

www.kdhsi.com

Raina's Northside Mall, 215 Sanders St, Ste 101, Kemptville, ON K0G 1J0

613-258-3203

- Serves North Grenville
- Drop-in centre and organized social/recreational programs such as dining, bridge, table, Internet café, games & cards, memoir writing, Sing'n Swing'n Seniors.
- Fees apply

Township of Leeds & the Thousand Islands

Recreation Department

www.townshipleeds.on.ca

613-659-2415

- Offers leisure interest courses and exercise programs

United Senior Citizens of Ontario

An opportunity to meet your neighbors, form some strong friendships, have a communication network amongst your peers, play some cards, enjoy exercise, travel, listen to guest speakers, be entertained, eat, hold fun fund- raising ventures, and above all, enjoy your leisure hours to their fullest. New members are always welcome. Membership fees apply.

Brockville Seniors Citizens Inc

www.twprideaulakes.on.ca/recreation.html

15 Elm Ave., Brockville, ON K6V 2M3

613-345-2266

- Transportation may be available – Bus is free on Tuesdays, or contact the coordinator for free transportation
- Check website for group contact person

SOUTH ELMSLEY CLUB 55 (Lombardy and area)

Meet 3rd Tuesday at the South Elmsley Municipal Complex

SOUTH CROSBY FRIENDSHIP CLUB (Elgin and area)

Meet 2nd Wednesday at the Elgin Municipal Complex

RIDEAU FRIENDSHIP CIRCLE (Newboro, North Crosby and area)

Meet 1st Wednesday at the North Crosby Community Centre

PORTLAND CLUB (Portland and area)

Meet 1st Wednesday at the Portland Community Hall

CHAFFEY'S LOCK CLUB (Chaffey's Lock and area)

Meet 3rd Thursday at the Chaffey's Locks Community Hall

BEVERLEY LAKE CLUB (Delta and area)

Meet 4th Wednesday at the Delta United Church

Smiths Falls Seniors Activity Building

www.smithsfalls.ca

61 Cornelia St. Smiths Falls, ON K7A 2H9

613-283-4684

- A variety of activities daily, including carpet bowling, darts, 4 & 6 hand euchre, shuffleboard, cribbage
- Seniors bi-weekly potluck lunches, Seniors Club, and off-site and exercise programs offered in other locations

Volunteer Bureau of Leeds and Grenville

www.volunteerleedsgrenville.com

United Way Building, 42 George St., Brockville, ON K6V 6K8

613-345-7000 or 1-866-269-0200

- Matches volunteers with organizations in the community

Walker House Older Adults Centre

623 King St W., Prescott, ON K0E 1T0

613-925-5300

- Areas served: Augusta ; Edwardsburgh-Cardinal ; Prescott
- Operated by the Town of Prescott, this seniors' centre offers cards, crafts, pool tables, weaving and exercise classes * also plans day trips and events throughout the year
- Membership fee and service fees apply

Friendly Visiting and Telephone Reassurance

Friendly visiting and telephone reassurance programs provide a regular visit or call to seniors or adults with physical disabilities who are socially isolated. Volunteers are screened and trained and matched based on shared interests or availability. All services are free.

Community and Primary Health Care

www.cphcare.ca

2235 Parkedale Ave. Brockville, K6V 6B2

613-342-1313 or 1-800-465-7646

740 King St. W. Gananoque, ON K7G 2H5

613-382-1175 or 1-800-561-8024

- Friendly Visiting and Telephone Reassurance
- Serves Lanark, Leeds & Grenville

Community Home Support – Lanark County

www.chslc.ca

40 Sunset Blvd. Suite 100, Perth, ON K7H 2Y4

613-267-6400

2 Gould St. Smiths Falls, ON K7A 2S5

613-283-6745

- Friendly visiting and telephone security/reassurance

Kemptville and District Home Support

www.kdhsi.com

Raina's Northside Mall, 215 Sanders St, Ste 101, Kemptville, ON K0G 1J0

613-258-3203

- Friendly visiting and telephone reassurance
- Serves North Grenville

Ontario March of Dimes

Brockville Region, Befriending Program

www.marchofdimes.ca

6 Glenn Wood Pl, Unit 6, Brockville, ON K6V 2T3

613-342-1935 ext.6408 or 1-888-252-9008

- Serves Brockville

Westminster Presbyterian Church

Friendly Visiting

11 Church St W., Smiths Falls, ON K7A 1P6

613-283-7527

- Serves Lanark County ; Leeds and the Thousand Islands
- Home visits provided to persons either already affiliated in some way with the church or anyone who lets the church know that they would like a visit

Support, Counselling and Advocacy Services

Psychotherapy services are not covered by OHIP. However, if you have an extended health insurance plan, it may cover psychotherapy. Check your policy for limitations on the qualifications of the therapist and amount you can claim. These practitioners are listed under “Psychotherapy” in the yellow pages of your phone book or www.yellowpages.ca. The support services listed in this section are all not-for-profit and most are free of charge.

Aphasia Centre of Ottawa

www.aphasiaottawa.org

2081 Merivale Rd. Suite 300, Ottawa, ON K2G 1G9

(613) 567-1119

- Serves stroke survivors with aphasia in Eastern Ontario
- Offers Supported Communication Groups for individuals and couples
- Individual counselling and family support
- Referral by self, family or health care provider
- Fee for service; assistance available

ARCH Disability Law Centre

www.archdisabilitylaw.ca

425 Bloor St E, Suite 110, Toronto, ON M4W 3R5

1-866-482-2724

- A community legal aid clinic dedicated to defending and advancing the equality rights of people with disabilities in Ontario through advice and representation
- No fee for services

Brockville Mental Health Centre Geriatric Mental Health Community Team

www.rohcg.on.ca

1804 Hwy 2 E, Brockville, ON K6V 5W7

613-345-1461 Ext 1704 or Toll free crisis line: 1-886-281-2911

- Serves residents of Lanark, Leeds & Grenville who are 65 years of age or older and living with a serious mental illness such as depression or dementia with related behavioural problems that make it difficult for them to manage at home or in a community setting
- Referral from family physician is required. Services covered by OHIP.

Canadian Paraplegic Association Ontario Champlain LHIN, Services and Supports

www.cpaont.org

1101 Prince of Wales Dr, Suite 230, Ottawa, ON K2C 3W7

613-723-1033 Ext 234 or 1-888-723-1033

- Serves Northern Lanark County; Eastern Leeds & Grenville
- Provides assistance and support to individuals with spinal cord injuries and other physical disabilities and their families.
- services may include information and referral, advocacy, case management, peer support and caregiver support
- No fee

Centre for Equality Rights in Accommodation

www.equalityrights.org/cera

215 Spadina Ave. Unit 133, Toronto, ON M5T 2C7

1-800-263-1139

- Housing advocacy group * works to remove the barriers to housing for disadvantaged individuals and families; helps file human rights claims; helps human rights claimants and mediates with landlords to change discriminatory tenant selection practices
- Services are free

Community & Primary Health Care

www.cphcare.ca

2235 Parkedale Ave. Brockville, ON K6V 6B2

613-342-1313 or 1-800-465-7646

- Serves Lanark, Leeds & Grenville

- No fee for services
- Community Programs and Services, Client Intervention and Assistance
- Offers home visits; will provide services or make referrals to other agencies for needed services
- Caregiver Support and Counselling includes short-term counselling to caregivers and family members experiencing stress.
- Caregiver Information and Education includes emotional support, information about resources, help with problem solving and coping skills. The service is provided in group or individual sessions.

Community & Primary Health Care: Stroke Support Services

www.cphcare.ca

2235 Parkedale Ave. Brockville, ON K6V 6B2

613-257-3296 ext.2303 or 1-800-456-7647 ext.2306

- Offers support groups for Stroke survivors and caregivers
- Once a month meetings in both Brockville and Perth
- Contact the office for time and location information

Family Counselling Service of Leeds and Grenville

438 Laurier Blvd., Brockville, ON K6V 6C5

613-498-2300

- Serves Leeds & Grenville
- individual, couples and family counselling services

Independent Living Centre Kingston

Disability Management Skills Training Program

www.ilckingston.com

298 Concession St., Kingston, ON K7K 2C1

613-542-8353 or 1-800-553-4572

- Serves South-Eastern Ontario
- Assists individuals in receipt of Ontario Works (OW) to apply for the Ontario Disability Support Program (ODSP).
- Referral by Ontario Works caseworker

1000 Islands Credit Counselling Service

www.eecentre.com

105 Strowger Boulevard, Brockville, ON, K6V5K1

613-498-2111

- Services include budget planning courses and debt and credit counselling
- No fee

K3C Brockville Credit Counselling

www.k3c.org

7B Perth St., Brockville, ON K6V 6C5

613-341-8788 or 1-800-379-5556

- Confidential financial counselling for individuals and families, in addition to budgeting and debt management program, which includes settlements to creditors and consumer education
- Appointments are available in Brockville, Smiths Falls, Kemptville and Gananoque
- Individual counselling is free of charge; small fee for Debt Management Program

Leeds and Grenville Mental Health Services

www.lgmentalhealth.ca

25 Front Ave. W, Brockville, ON K6V 4J2

613-342-6214 or 1-866-499-8445

- Main office in Brockville
- Surrounding and Satellite Offices in Delta, Gananoque, Kemptville, Prescott and Smiths Falls

VON Canada – Stroke Support Services

www.von.ca

737 Arlington Park Pl, Lower Level, Kingston K7M 8M8

613-634-0130 ext. 469

- Offers support groups for stroke survivors and care partners
- Offers individual support and referrals to community resources

Vocational Rehabilitation

If you are receiving a disability pension from the government (e.g. CPP, ODSP) or an employer, inquire about employment supports that may be available to help you get training, accommodate disabilities or find work.

Career Services of Brockville

www.careerservices.ca

89 Hubbell St., Brockville, ON K6V 4K6

613-342-5775

- Serves Lanark, Leeds & Grenville
- Comprehensive job assistance centre * offers vocational assessment, training, resume preparation, employment plans and preparation, job search assistance, job placement options and job coaching, accommodation and adaptation, assistance to employers * flexible support geared to the individual
- Open to people who wish to work and who experience barriers to employment * attendant care not provided
- Fee for some services

Employment and Education Program

www.eecentre.com

105 Strowger Blvd. Brockville, ON K6V 5V2

613-498-2111 or 1-800-926-0777

- Services offered include: vocational, interest and skill testing
- On site referral and information
- Personal development plans
- Pre employment training
- Job market and employer contacts
- Interview skills and formal training plans

Independent Living Centre Kingston

Access to Employment

Access to Technology

www.ilckingston.com

298 Concession St., Kingston, ON K7K 2C1

613-542-8353 or 1-800-553-4572

- Serves South-Eastern Ontario
- Provides individual assistance working through barriers to employment
- Free internet and computer access; computers are equipped with accessible software and hardware.
- Services are free except for computer training; subsidies are available.

KEYS Employment Services

www.keys.ca

140 Garden St. Gananoque, ON K7G 1H0

613-382-1085

10 Perth St. Elgin, ON K0G 1E0

613-359-1140

30 Bedford St. Westport, ON K0G 1X0

613-359-1140

- Employment Resource Centre and Career Counselling Service with access to on-line computers, job postings, photocopier, fax and a variety of career-related resources and information.
- Parking for persons with disabilities; interviews can be arranged at accessible locations

Ontario March of Dimes

Kingston Region, Job Finding Club

www.marchofdimes.ca

920 Princess St, 3rd Floor, Kingston, ON K7L 1H1

(613) 549-4141 or 1-888-686-0663

- Serves South-Eastern Ontario
- A three-week job search program in a supportive group environment
- other services available include: computer access, internet, photocopying and faxing, career exploration software, telephones for local and long distance calls and other community and job search resources
- Free services

Providence Care

St. Mary's of the Lake Hospital site, Rehabilitation Management

www.providencecare.ca

752 King St. W. Kingston, ON K7L 4X3

613-548-2327 or 1-866-671-8939

- Vocational testing * career planning consulting * physical capacities assessment * work adjustment training * employment planning * job analysis * job site analysis * client rehabilitation * file review * disability case management * return to work coordination * community occupational therapy services
- Referral is usually received from an external agency i.e. Ontario Disability Support Program (ODSP), Workplace Safety and Insurance Board, insurance companies or lawyers
- Fee for service

Information Resources

Fraud Prevention Resources

Canadian Marketing Association (CMA)

Do Not Contact Service

www.the-cma.org

(416) 391-2362

- The CMA's Do Not Contact Service is offered free of charge to consumers to reduce the number of marketing offers they receive by mail from CMA Members
- Register on-line to have your name removed

National Do Not Call List

www.lnnte-dncl.gc.ca

Register on-line or by fax: **1-888-DNCL-Fax (888-362-5329)**

- Reduce the number of telemarketing calls to your residential or cell phone by registering your number on the National Do Not Call List

Ontario Securities Commission

www.osc.gov.on.ca/en/Investors_protect-yourself_index.htm

1-877-785-1555

- Provides protection to investors from unfair, improper and fraudulent practices

Phonebusters

www.antifraudcentre.ca

1-888-495-8501

- Central agency in Canada that collects information on illegal mass marketing, consumer fraud via mail, telephone or internet, advanced fee fraud letters and identity theft complaints

Information Resources

Government of Canada. 1 800 O Canada

www.canada.gc.ca

1-800-926-9105

- Main telephone and internet access point for up-to-date information on Government of Canada programs and services

Heart and Stroke Foundation

www.heartandstroke.ca

51 King Street East, Suite 310, Brockville, Ontario K6V 1A8

613-345-6183 or 1-888-473-4636

- Information about health, research and advocacy related to heart disease and stroke

Leeds, Grenville & Lanark District Health Unit

www.healthunit.org

1-800-660-5853 Health Action Line

Brockville (Main Office):

458 Laurier Blvd, Brockville, ON K6V 7A3

613-345-5685

Almonte

79 Spring St. Unit 2, Almonte, ON K0A 1A0

613-256-1203

Gananoque

375 William Street South Suite #200, Gananoque, ON K7G 1T2

613-382-4231

Kemptville

2675 Concession Rd. Kemptville, ON K0G 1J0

613-258-5941

Smiths Falls

25 Johnston St. Smiths Falls, ON K7A 0A4

613-283-2740

- Offers a variety of health-related information, including senior abuse, falls prevention and medication safety

Service Ontario

www.serviceontario.ca

7 King St W, (Market St Entrance), Brockville, ON K6V 3P7

1-800-267-8097

77 Pine St. E. Gananoque, ON K7G 2W3

1-613-382-7207

10 Campus Dr. Kemptville, ON K0G 1J0

1-800-267-8097

Cornelia Court, 88 Cornelia St W. Smiths Falls, ON K7A 5L3

1-800-283-6837

- An information centre that answers frequently asked questions about government services, and provides referrals to government staff that can provide specialized help.
- ServiceOntario website allows ordering of Government publications, and general on-line information about government programs, services, staff

Telehealth Ontario

www.health.gov.on.ca

1-866-797-0000/24h

- free, confidential telephone service where callers can get health advice or general health information from a Registered Nurse
- can help clients decide whether to care for themselves, make an appointment with their doctor or go to a hospital emergency room

Volunteer & Information Kingston

www.volunteerkingston.ca

Canada Post Building, 120 Clarence St, Suite 274A, 2nd floor, Kingston, ON K7L 1X4

613-542-1001

- Offers a free, confidential helpline for information about programs, services and activities available in Eastern Ontario

Value for Live, Vial Program

The *Vial of Life* communicates important medical information to emergency services personnel using a vial kept in the refrigerator containing health information. No fee but registration is required.

Community & Primary Health Care

www.cphcare.ca

2235 Parkedale Ave. Brockville ON K6V 6B2

613-342-1313 or 1-800-465-7646

- Serves Lanark, Leeds & Grenville

On-Line Resources

Canadian Stroke Network

www.canadianstrokenetwork.ca

- Presents new information about stroke prevention, treatment and rehabilitation

Education for Quality Accessibility (Canada)

Brockville Chapter

www.eqa4accessibility.ca

- Brockville & Area Guide to Accessibility for facilities in the Brockville community is available from the website

Seniors Info

www.seniorsinfo.ca

- Access to information, programs and services from all levels of government

Stroke Engine

<http://strokengine.ca>

- created by a group of experts in stroke rehabilitation, provides scientific evidence about stroke rehabilitation

Stroke Network

www.strokenetwork.org

- Online stroke support and information resources
- Provides message board and online chats for stroke survivors and stroke caregiver support

Stroke Recovery Canada

www.marchofdimes.ca/dimes/national_programs/national_programs/src/

- A program of the March of Dimes Canada offering post-recovery support, education and community integration programs for stroke survivors, their caregivers, families and health care providers

Stroke Strategy of Southeastern Ontario

www.strokestrategyseo.ca

- Website has a listing of community services available to stroke survivors and their families across the continuum of care from prevention to discharge.

Stroke Survivors Association of Ottawa

www.strokesurvivors.ca

- Educational website providing information for stroke survivors and care partners

Non-Profit Housing and Seniors Apartments

Non-profit housing offers subsidized (rent-geared-to-income – RGI) units. An application and income assessment is usually required and waiting lists vary. For subsidized units, application must be made through the **Lanark County Housing Corporation** or **Leeds & Grenville Housing Registry**. For market rent (not subsidized) units, application may be made directly through the housing provider.

United Communities of Leeds & Grenville Community Housing Dept. Community & Social Services

www.leedsgrenville.com

25 Central Avenue West, Suite 100, Brockville, ON K6V 4N6

613-342-3480 ext. 2450 or 1-800-267-8146 ext. 2450

The Community Housing Registry maintains a centralized waiting list for four types of social housing in Leeds & Grenville:

1. *Municipally-owned and managed properties* designated for families, adults or seniors. All of the residents of public housing pay 30% of their income on rent if eligible for RGI subsidy.
 2. *Non Profit housing* owned and operated by groups such as churches, service clubs, seniors' organizations or controlled by local governments. Usually funded under a government housing program, non-profits provide housing for low and moderate income people.
 3. *Cooperative Housing* is collectively owned and run by its resident members.
 4. *Rent Supplement Housing* provides rent geared to income units in private or non-profit properties. The municipality pays the private landlord the difference between 30% of the tenant's income and market rent.
- Applicants can apply to more than one housing provider by completing the application form, which is available on the website or from the office. Application instructions, eligibility requirements, maps and descriptions of properties are available on the website.
 - Leeds/Brockville area: properties located in Brockville, Mallorytown, Lansdowne, Gananoque and Westport
 - Grenville/Prescott area: properties located in Prescott, Cardinal, Spencerville, Kemptville and Merrickville
 - Other Regions: Properties located in Elgin, Athens and Portland

Lanark County Housing Corporation

www.county.lanark.on.ca

52 Abbott St N, Unit 4, Smiths Falls, ON K7A 1W3

613-283-2555 or 1-800-267-1313

- Maintains waiting lists for subsidized housing units for families, seniors and single adults. Some units are wheelchair accessible.
- Properties are located in Almonte, Carleton Place, Clayton, Perth, Pakenham and Smiths Falls
- Application form, instructions, detailed description of properties with contact information for each is available for download from the website or from the office. Application forms are also available from individual housing providers.

Ontario March of Dimes

Brockville Region, Supportive Housing Program

www.marchofdimes.ca

6 Glenwood Pl, Unit 6, Brockville, ON K6V 2T3

613-342-1935 or 1-888-252-9008

- Provides 24 hour attendant care for adults with a physical disability who are living within a supportive housing complex.
- Open to those 16+ with a permanent physical disability, the ability to direct own care, has a valid Ontario health card and is not in receipt or not expecting to be in receipt of, insurance payments of benefits for attendant services
- Applications for supportive housing must be made through the Leeds & Grenville Community Housing Registry.

Retirement Homes

Unlike long-term care homes, retirement homes operate without any government regulation. Costs, accommodation and services vary. *Chart on pages 53-57 reproduced with permission of Southeast CCAC.*

Ontario Retirement Communities Association

www.orcaretirement.com

2401 Bristol Cir, Unit 6, Oakville, ON L6H 6M5

1-800-361-7254

- sets professional operating standards, inspects and accredits retirement residences in Ontario * not all retirement residences are ORCA approved, only those that meet and maintain ORCA's standards for accreditation
- Operates a toll-free, government- funded, Retirement Homes Complaints Response & Information Service that seniors and their families can call for information about the care options available and to get answers to questions or help resolving a complaint about any retirement residence in Ontario, not just those that are a member of ORCA
 - "Tips on Choosing a Retirement Residence" available on website

Retirement Homes in LANARK COUNTY

RETIREMENT HOME	ADDRESS/CONTACT	PHONE	CAPACITY	RESPITE/ SHORT STAY
Broadview Retirement Lodge	210 Brockville St., Smiths Falls, ON K7A 3Z4 www.broadviewnc.ca	613-283-8566	21 Beds	Respite- Yes SS – Yes
Laundry, meals, medication supervised, nursing care, social activities. Affiliated with the Broadview Nursing Home.				
Carolina Retirement Suites	105 North Street, Perth, ON K7H 3R1 www.carolinasuites.ca	613-267-7000	85 Suites	Respite – Yes SS - Yes
Meals, laundry facilities available , activities provided, small town community located on river, pets allowed, nursing on call 24H.				
Chartwell and Willowdale Retirement Ctr	9 Armstrong Dr., Smiths Falls, ON K7A 5H7 www.chartwellreit.ca	613-283-0691	59 Beds	Respite-Yes SS- Yes
Laundry, meals, housekeeping, social activities, piano lounge, sunroom, library, hair salon, social activities, shuffleboard				
Rideau Ferry Country Home	1333 Rideau Ferry Rd., RR #5 Perth, ON K7H 3C7 www.rideauferrycountryhome.com	613-267-6213	43 Beds	Respite-Yes SS- Yes
Housekeeping, laundry, meals, social and activity program, on site foot care and hair salon, transportation assistance, regular church services. Landscaped gardens and outdoor patio, assisted living services				

Retirement Homes in LANARK COUNTY

RETIREMENT HOME	ADDRESS/CONTACT	PHONE	CAPACITY	RESPITE/ SHORT STAY
Shardon Manor	3249 Hwy 43 RR #1 Smiths Falls, ON K7A 5B8 www.shardonmanor.com	613-283-8667	52 Beds	Respite-Yes SS – Yes
Laundry, meals, cleaning, local transportation, medication management, activities, two storey building with country setting.				
Van Horne Manor	25 Van Horne Ave. Smiths Falls, ON K7A 5L2 www.chartwellreit.ca	613-284-8080	58 Beds	Respite-Yes SS-Yes
Meals, laundry, housekeeping, transportation, social activities, library, near shopping mall.				

Retirement Homes in LEEDS COUNTY

RETIREMENT HOME	ADDRESS/CONTACT	PHONE	CAPACITY	RESPITE/SHORT STAY
Bridlewood Manor by Revira	1026 Bridlewood Dr., Brockville, ON K6V 7J8 www.reveraliving.com	613-345-2477	68 Beds	Respite-Yes SS - Yes
Meals, laundry, housekeeping, social activities, 24 H nursing, church services on site, social activities				
Carveth Care Centre	375 James St. Gananoque, ON K7G 2Z1 www.gibsonfamilyhealthcare.com	613-382-4752	38 Beds	Respite-Yes SS - Yes
Meals, laundry, housekeeping, medication management, social activities, one-level, all private rooms with baths and patio.				
Fox Run By The River	RR2 104 Thousand Island Pkwy, Gananoque, ON K7G 2V4 www.foxrunbytheriver.com	613-382-8448	72 Beds	Respite – Yes SS - Yes
Meals, housekeeping, social activities, library, garden, pets are welcome upon pre-arrangement.				
Lombard Manor	844 Highway 15, South Lombardy, ON K0G 1L0 www.lombardmanor.com	613-283-9759	48 Bedroom/Suites	Respite-Yes SS – Yes
Meals, laundry, housekeeping, nursing supervision, personal care, social activities, country setting. Transportation.				

Retirement Homes in LEEDS COUNTY

RETIREMENT HOME	ADDRESS/CONTACT	PHONE	CAPACITY	RESPITE/SHORT STAY
Rosedale Retirement Centre	1813 Highway #2 E, Brockville, ON K6V 5T1 www.chartwellreit.ca	613-342-0200	75 Beds	Respite-Yes SS - Yes
Meals, laundry, housekeeping, medication management, 24H nursing, social activities				
Seeley's Bay Retirement Home	138 Main St., Seeley's Bay, ON K0H 2N0 www.Seeleysbayretirementhome.com	613-387-9990	25 Beds	Respite – Yes SS - Yes
Private and semi-private rooms available. Meals, laundry and cleaning provided social activities and outings.				
Wedgewood (The)	15 Market St. E, Brockville, ON K6V 0A6 www.retirementresort.ca	613-342-9800	109 Beds	Respite – Yes SS - Yes
Meals, laundry, housekeeping, recreational activities, pool/whirlpool, transportation, 24H security, pets may stay in facility or visit, 24 H Nursing. Offers independent living and has a special assisted living floor providing enhanced care. Private and semi-private rooms available. Meals, laundry and cleaning provided. Medication management.				

Retirement Homes in GRENVILLE COUNTY

RETIREMENT HOME	ADDRESS/CONTACT	PHONE	CAPACITY	RESPITE/ SHORT STAY
Green Acres Retirement Home	5661 McCrea Rd. Prescott, ON K0E 1T0	613-658-5779	14 Beds	Respite-Yes SS – Yes
Country home environment, meals, laundry, housekeeping, shopping.				
Mayfield Retirement Residence	248 Park Street, West Prescott, ON K0E 1T0 www.chartwellreit.ca	613-925-3784	64 Beds	Respite-Yes SS – Yes
Laundry, housekeeping, personal care, nursing supervision, social activities, chapel, library, hair salon. Landscaped gardens				

Long Term Care Homes

Long term care homes are regulated and funded by the Ministry of Health and Long Term Care. They provide 24-hour supervision, personal support and nursing services. Applications for long-term care must be made through your local Community Care Access Centre (CCAC) (see p. 3 for contact information). Costs vary depending on type of accommodation selected, and a subsidy is available. The CCAC case manager can provide detailed information about services and waiting lists for long term care homes in your area. *Chart reproduced with permission of Southeast CCAC.*

Long Term Care Homes in LANARK COUNTY				
HOME	ADDRESS/CONTACT	PHONE	CAPACITY	SECURE/ SHORT STAY
Broadview Nursing Centre	210 Brockville St., Smith Falls, ON K7A 3Z4 www.broadviewnc.ca	613-283-1845	75 Beds 2 DVA beds	Short Stay – No Secure Unit - No
5 Private, 26 Semi-private, 44 Basic beds (4 beds per room). 3 DVA Beds. Physiotherapy, occupational therapy, Nonsmoking facility				
Lanark Lodge	115 Christie Lake Rd., RR#4 Perth, ON K7H 3C6 www.county.lanark.on.ca	613-267-4225	163 Beds	Short Stay – Yes Secure Unit - Yes
54 Basic (2 beds per room), 41 Semi-Private and 68 Private beds. 1 Short Stay bed. Physiotherapy, restorative care, Nonsmoking facility, activities. Handbook accessible on website indicated above.				
Perth Community Care Centre	101 Christie Lake Rd., RR#4 Perth, ON K7H 3C6 www.diversicare.ca	613-267-2506	121 Beds	Short Stay – No Secure Unit - No
92 Basic (2-4 beds per room), 2 semi-private and 27 private beds. 24H nursing, palliative and dementia care, physiotherapy 5X week, activities, smoking outdoors.				

Long Term Care Homes in LEEDS COUNTY

HOME	ADDRESS/CONTACT	PHONE	CAPACITY	SECURE/ SHORT STAY
Carveth Care Centre	375 James St. Gananoque, Ontario K7G 2Z1 www.gibsonfamilyhealthcare.com	613-382-4752	104 Beds	Short Stay – No Secure Unit - No
42 Basic (2 beds per room), 20 semi-private and 42 private beds. English, French and polish spoken. Nonsmoking. Physiotherapy, restorative, daily activity programming.				
Maple View Lodge	746 County Rd. 42, PO Box 100 Athens, Ontario K0E 1B0 www.leedsandgrenville.ca	613-924-2696	60 Beds	Short Stay – No Secure Unit - No
20 Basic (2 beds per room), 38 Semi-private and 2 private. Physiotherapy 3X week, hairdresser, activities, smoking outdoors				
St. Lawrence Lodge	1803 County Rd 2 E., Brockville, ON K6V 5W2 www.stll.org	613-345-0255	224 Beds 3 DVA beds	Short Stay – No Secure Unit - Yes
112 semi-private (2 beds per room) and 112 Private beds. 3 DVA Beds. Physiotherapy, hair dressing, activities, student programs, smoking outdoors, music therapy				
Sherwood Park Manor	1814 County Rd. 2 E, Brockville, ON K6V 5T1 www.sherwoodparkmanor.com	613-342-5531	107 Beds	Short Stay – No Secure Unit - No
9 Private, 43 Basic (2 beds per room), 55 Semi-Private beds. 2 DVA Beds. Physiotherapy, music, pet therapy, and walking programs. Weekly church services. Group outings. Smoking outdoors				

Long Term Care Homes in GRENVILLE COUNTY

HOME	ADDRESS/CONTACT	PHONE	CAPACITY	SECURE/ SHORT STAY
Hilltop Manor Nursing Home	1005 St. Lawrence St., Box 430 Merrickville, ON K0G 1N0 www.hilltopmanor.ca	613-269-4707	60 Beds	Short Stay – No Secure Unit - No
4 private, 24 semi-private and 32 basic beds (4 beds per room). Alarm system on doors. Restorative, palliative care, occupational, physiotherapy and massage therapies. Foot care, manicures, hearing aid maintenance, dental and vision care. Nonsmoking				
Rosebridge Manor	131 Roses Bridge Rd. Jasper, ON K0G 1G0 www.omni-way.com	613-283-5471	78 Beds	Short Stay – Yes Secure Unit - No
16 Private, 30 Semi-private and 32 Basic beds (3-4 beds per room). Alarm system. Provide physiotherapy, activities, foot care, hairdresser. Nonsmoking facility				
Wellington House Nursing Home	990 Edward St. North, Box 1510, Prescott, ON K0E 1T0	613-925-2834	60 Beds 2 DVA	Short Stay- No Secure Unit - No
6 Private, 26 semi private, 28 basic beds (2 beds per room). Physiotherapy 3x week, 2 designated Veterans beds. Smoking outdoors				

Appendix: Non-Profit Organizations that Provide Personal Care and Home Help

Name	Area Served	Self-Referral accepted	Wheelchair accessible office	Personal Care	Home Help	Transport -ation	Respite	Other Services	Subsidized (may be part or full)
South-East CCAC 1-800-869-8828	LL&G	Yes	Yes	Yes	No	No	Yes	PT, OT, Speech, SW ¹	Yes
Champlain CCAC 613-253-9000/ 1-800-538-0520	N. Lanark	Yes	Yes	Yes	No	No	Yes	PT, OT, Speech, SW	Yes
Canadian Red Cross 613-342-3524/ 1-800-668-0842	LL&G	Yes	No ²	Yes	Yes	No	Yes		Available
Community Home Support Lanark County (see p.4 for local office phone numbers)	Lanark	Yes	Yes	No	Yes	Yes	No	Foot care clinics, friendly visiting, income tax assistance, Meals on Wheels, Diner's Club	No

¹ Physiotherapy, Occupational therapy, Speech therapy, Social Work

² Interviews can be arranged at accessible locations

Name	Area Served	Self-Referral accepted	Wheelchair accessible office	Personal Care	Home Help	Transport -ation	Respite	Other Services	Subsidized (may be part or full)
Community and Primary Health Care 613-342-3693/ 1-800-465-7646	LL&G	Yes	Yes	No	Yes	Yes	Yes	Foot care clinics, friendly visiting, Meals on Wheels, Diner's Club, Lifeline, Client intervention, Vial for Life	Available
Kemptville and District Home Support 613-258-3203	N. Grenville	Yes	Yes	No	Yes	Yes	No	Foot care clinics, Meals on Wheels, Wheels to Meals, friendly visiting, telephone reassurance, income tax assistance, recreational programs	No

Name	Area Served	Self-Referral accepted	Wheelchair accessible office	Personal Care	Home Help	Transport -ation	Respite	Other Services	Subsidized (may be part or full)
Mills Community Support Corporation 613-256-4700	Mississippi Mills	Yes	Yes	No	Yes	Yes	Yes	Meals on Wheels, Dining Club, friendly visiting, telephone reassurance Non-profit/ supportive housing, income tax clinic, foot care clinics	Available – requires application

Name	Area Served	Self-Referral accepted	Wheelchair accessible office	Personal Care	Home Help	Transport -ation	Respite	Other Services	Subsidized (may be part or full)
St. Elizabeth Health Care 1-866-351-7958	LL&G	Yes	Yes	Yes	Yes	No	Yes	Nursing, in-home foot care, caregiver support	Yes – depends on eligibility
VON - Seniors Managing Independent Living Easily (SMILE) Program 1-888-866-6647	LL&G	Yes	Yes	No	Yes	Yes	Yes		Yes