

Kingston, Frontenac, Lennox & Addington

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

March 2014

STROKE NETWORK
of Southeastern Ontario

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Personal Care and Homemaking Services

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.

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. 18 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. 16), you may be able to claim these expenses on your income tax.

Non-Profit Service Providers

Canadian Red Cross, Kingston & District Branch

www.redcross.ca

150 West St, Kingston K7L 5E7

613-548-4929 or 1-888-222-0789

- provides personal care and home support services, including meal preparation, laundry, light yard work and, caregiver respite
- fee for services

Land O' Lakes Community Services

www.lolcs.com

12497A Hwy 41, Northbrook K0H 2G0

613-336-8934 or 1-877-679-6636

- caregiver support and counselling

Lennox & Addington Seniors Outreach Services

www.lasos.ca

310 Bridge St, W Suite D01, Napanee K7R 0A4

613-354-6668 or 1-800-991-0147

- This service provides a temporary break for caregivers from the stress and ongoing responsibility associated with caring for a loved one. Service is delivered by qualified staff members trained to provide personal care, social interaction, meal preparation, and more.
- fee for services

Northern Frontenac Community Services Corporation

<http://nfcs.ca>

1020 Elizabeth St, Sharbot Lake K0H2P0

613-279-3151

- respite, personal care, and light housekeeping provided by community support workers
- contract worker available for housekeeping, meal preparation, and assistance on community outings (several hours per week must be booked)
- fee for some services

Saint Elizabeth Health Care

www.saintelizabeth.com

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

613-530-3400 or 1-877-625-5567

- in-home support from community support workers including bathing, assistance with toileting, light housekeeping, and meal preparation
- Registered Nurses available for nursing care
- fee for services, unless covered by CCAC

Seniors Association Kingston Region

www.seniorskingston.ca

56 Francis St, Kingston K7M 1L8

613-548-7810

- The Seniors Association will provide a registry of self employed service providers that can be hired for home help and home maintenance for seniors
- Fees negotiated with service providers

South East Community Care Access Centre (CCAC)

www.se.ccac-ont.ca

1471 John Counter Blvd, Suite 200, Kingston K7M 8S8

613-544-7090 or 1-800-869-8828

- in-home healthcare services including personal support workers, nursing, occupational therapy, physiotherapy, speech language pathology, and dieticians
- free service

Southern Frontenac Community Services Corporation

www.sfcsc.ca

4419 George St, Box 43, Sydenham K0H 2T0

613-376-6477 or 1-800-763-9610

- adult respite service: provides caregiver relief, offers meal or snack preparation, assistance with toileting and dressing, bedtime and waking assistance, or companionship in client's homes
- housekeeping assistance program: offers assistance with light housekeeping duties, including dusting, sweeping and mopping floors, vacuuming, cleaning bathrooms, doing laundry, and other general duties
- fee for services

VON Canada – Kingston Location

www.von.ca

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

613-634-0130

- in home assistance program provides household management, light housekeeping, meal planning and preparation, basic personal care, and respite care
- Registered Nurses available for nursing care
- fee for services

Private Service Providers

CanCare Health Services

www.cancarehealth.com

785 Midpark Dr, Suite 102, Kingston K7M 7G3

613-384-7891

- light cleaning and laundry, shopping and errands, meal preparation
- 24/7 personal support care
- offers shift and visit nursing by Registered Nurses (RNs) and / or Registered Practical Nurses (RPNs) in private homes, long term care facilities, and correctional institutions
- fee for services; cash and cheque accepted

ParaMed Home Health Care

www.paramed.com

786 Blackburn Mews, Kingston K7P 2N7

613-549-0112 or 1-800-267-7853

- 24 hour in-home support from community support workers including bathing, assistance with toileting, light housekeeping, and meal preparation.
- Registered Nurses available for nursing care
- Serves the Kingston and Napanee areas
- fees for services

Premier Homecare Services, Kingston/Brockville

www.premierkingston.com

993 Princess St, Suite 217, Kingston K7L 1H3

613-531-0931

- areas served: Kingston, Napanee, Sydenham, Gananoque and Brockville
- services include: meal planning and preparation, eating assistance, medication reminders, shopping, companionship, bathing/dressing, light housekeeping, hair care, laundry/ironing, arranging appointments, assistance with exercises, and pet care.
- fee for services

Meal Services and Grocery Delivery

Southern Frontenac Community Services Corporation

www.sfcsc.ca

4419 George St, Box 43, Sydenham K0H 2T0

613-376-6477

- areas served: South Frontenac (excluding Bedford District)
- home delivered meal program: offers reasonably-priced, nutritious frozen meals
- fee for services
- Congregate Dinners Clubs in Glenburnie, Verona, Inverary and Harrowsmith
- Held once a month in each location
- Catered meals and entertainment
- Reservations required
- Transportation can be arranged

Land O'Lakes Community Services

12497A Hwy 41, Box 92, Northbrook K0H 2G0

613-336-8934

- areas served: Addington Highlands, Northbrook, and Denbigh
- Meals on Wheels: hot meals delivered include: soup and/or salad, entrée, and dessert
- fee for services

Lennox & Addington Seniors Outreach Services

www.lasos.ca

310 Bridge St, W Suite D01, Napanee K7R 0A4

613-354-6668 or 1-800-991-0147

- volunteers deliver hot meals – Napanee (Monday, Wednesday, Friday, including holidays); Amherstview, Odessa and Bath (Mondays and Fridays)
- restricted/special diets can be accommodated
- hot meals include: entrée, vegetables, soup, and dessert
- frozen meals are delivered monthly to areas south of Hwy 7
- fee for services
- Catered Congregate Dining in Napanee, Odessa, Selby and South Fredericksburg
- Held once a month in each location

Northern Frontenac Community Services Corporation

<http://nfcs.ca>

1020 Elizabeth St, Sharbot Lake K0H 2P0

613-279-3151

- volunteers deliver hot meals (Tuesday and Thursday)
- restricted/special diets can be accommodated
- meals include: soup, entrée, and dessert
- fee for services
- Congregate Dining in Arden, Bedford, Ompah/Plevna, Sharbot Lake
- Call to make a reservation

Ramekins Restaurant

www.ramekins.ca

1540 Bath Rd., Kingston K7M 7W9

613-384-0793

- Heat and serve meals
- Must purchase 7 meals at a time
- Meals are delivered ready to eat or to freeze

Seniors Association Kingston Region

www.seniorskingston.ca

56 Francis St, Kingston K7M 1L8

613-548-7810

- frozen meals available for pick-up only
- fee for frozen meals
- Rendezvous Café offers beverages and light lunches at an affordable rate
- Hatter's Cove offers lunch at a reasonable price

VON Canada – Kingston Location

www.von.ca

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

613-634-0123

- area served: Old Kingston, North of Hwy 401, west of Coronation Blvd,
- hot meals are delivered Monday to Friday; include entrée, vegetable, and dessert
- frozen meals are delivered once per month
- restricted/special diets can be accommodated
- fee for services

Grocery Delivery

Foodland

Amherstview

7 Manitou Cres, W, K7N 1B7

613-389-4184

- delivers within Amherstview
- orders must be submitted before 12 noon
- \$5 charge

Sydenham

476 George St, K0H 2T0

613-376-6609

- delivers within village free of charge
- Monday and Thursday
- orders must be submitted before 12 noon

Northbrook

12258 Hwy #41, K0H 2G0

613-336-2647

- delivers in Northbrook free of charge
- no minimum orders

Verona

6145 Hwy 38, K0H 2G0

613-374-2112

- delivers within village free of charge
- Tuesday
- orders must be submitted before 12 noon

Grays Grocery

RR#2, Sharbot Lake, K0H 2P0

613-279-2725

- minimum grocery bill of \$25.00
- deliveries in Sharbot Lake and 15 km radius
- Wednesday deliveries

Kudrinkos Grocery

www.kudrinkow.com

22 Main St. Wesport, K0G 1X0

613-273-2130

- Free delivery in Wesport, and small fee for up to 15 km radius
- Delivery days are Monday, Wednesday and Friday

Loblaws**Princess St, Market (Kingston Centre)**

1100 Princess St, Kingston, K7L 5G8

613-530-3861

- Does not include shopping. Only non-perishable items will be delivered. \$5 for 9 bags.
- Courier comes: Monday to Saturday: 12 noon, 2:00pm, and 4:00pm. Sunday: call in advance

Quattrocchi Specialty Foods

662 Montreal St. Kingston K7K 3J4

613-542-4996

- Delivery charge

Tweed Valumart Grocery Store

56 Victoria St. N, Tweed, K0K 3J0

613-478-2014

- Delivery in Tweed
- Fee for service

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.9) 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, L4K 2Y2

1-800-387-7088

- supplies clothing and footwear designed for people with physical disabilities
- order through catalogue or online; retail store in Concord

Bell Canada

www.bell.ca

Special Needs

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 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)

Medical Equipment Lending – Westport Lions Club

www.westportlions.com

245 Mountain Rd, Westport K0G 1X0

613-273-2064

- walkers, wheelchairs, raised toilet seats etc.
- for up to 6 months
- serves Westport and surrounding area
- call for availability

Merry Merchant Gift Shop

St. Mary's of the Lake Hospital Lobby, 340 Union St, Kingston K7L 5A2

613-548-7222 ext 2177

- sells adaptive clothing and assistive devices (phone orders welcome)
- open 7 days/week

Ontario March of Dimes - DesignAbility® Program

www.marchofdimes.ca

1-800-263-3463 ext 7211

- 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

Philips Lifeline Medical Alarm Service

www.lifeline.ca

1-866-784-1992

- 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

Providence Care

www.providencecare.ca

613-542-9643

- serves Kingston and Frontenac County

Lennox & Addington Seniors Outreach Services

www.lasos.ca

613-354-6668

- serves Lennox & Addington County

Northern Frontenac Community Services Corporation

<http://nfcs.ca>

613-279-3151

- serves North, Central, and parts of South Frontenac

South East Community Care Access Centre (CCAC)

www.se.ccac-ont.ca

1-800-869-8828 (info line) or 310-2222 (CCAC) no area code required

- clients who qualify for CCAC services may be eligible for short-term equipment loan for specific items at no cost
- **Kingston site: 613-544-7090**
1471 John Counter Blvd, Suite 200 Kingston K7M 8S8
- **Northbrook site: 613-336-8310**
12309 Hwy 41 Northbrook K0H 2G0
- **Selby site: 613-388-2488**
114 Pleasant Dr, Selby K0K 2Z0

Kingston Oxygen Home Health Care Centre

www.kingstonoxygen.com

700 Progress Ave. Unit 1, Kingston K7M 4W9

613-548-7301 or 1-800-567-5400

- hours Monday to Friday 8:30am to 5:00pm
- hospital and home care equipment and supplies: wheelchairs, walkers, bath safety equipment, full respiratory therapy, O2, CPAP, etc.

Lovell Drugs - Medical Arts Pharmacy

www.lovelldrugs.com

800 Princess St, Kingston K7L 5E4

613-549-3300 or 613-549-8698

- hours Monday to Friday 9:00am to 5:00pm, Saturday 9:00am to 2:00pm
- Equipment rentals: walkers, rollators, crutches and breast pumps; ostomy, magnetic therapy, podiatry, and incontinence supplies; orthopedic cushions, daily living aids, bathroom aids, compression stockings, back supports, sports bracing, and mastectomy forms and supplies.

Medigas

www.medigas.com

460 Gardiners Rd. Unit 2B, Kingston K7M 7W8

613-546-5529

- Lifting devices, aids to daily living, bathroom safety aids, seating and mobility and sleeping aids

Motion Specialties Kingston

www.motionspecialties.com

2293 Princess St, Kingston K7M 3G1

613-384-0400

- hours Monday to Friday 8:30am to 5:00pm

Shopper's Home Health Care

www.shoppershomehealthcare.ca

1011 Princess St, Kingston

613-531-4104

- hours Monday to Friday 8:30am to 6:00pm, Saturday 9:00am to 4:00pm, Sunday 11:00am to 4:00pm

Funding for Equipment

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 & Long-Term Care Assistive Devices Program

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

5700 Yonge St, 7th Floor, Toronto 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

Funding for Home and Vehicle Modifications

Canada Revenue Agency

www.cra-arc.gc.ca

Office in Kingston

Service by appointment only. To book an appointment or for General enquiries call:

1-800-959-8281

- cost of home renovation, purchase of an adapted vehicle or vehicle modification may qualify as medical expenses on your income tax return
- see p. 16 for more information about disability-related tax credits and deductions

Canada Mortgage & Housing Corporation Home Accessibility Assistance Programs

www.cmhc.ca

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

1-800-668-2642

- RRAP for persons with disabilities (RRAP-D): financial assistance to modify the home for people with disabilities
- Home Adaptation 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 online

Ontario March of Dimes Home & Vehicle Modification Program

www.marchofdimes.ca

Toll free: **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 online 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.hrsc.gc.ca/eng/retirement/

PO Box 5100, Station D, Scarborough M1R 5C8

1-800-622-6232

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) is a 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 at end of April) and is 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

Kingston Service Canada Centre

1300 Bath Rd, Kingston K7M 4X4

Greater Napanee Service Canada Centre

2 Dairy Ave, Napanee K7R 3T1

Gananoque Service Canada Centre

5 Charles St, S Gananoque K7G 1V9

Information on Government of Canada Programs & Services

Toll free: 1-800-622-6232

TTY Toll free: 1-800-926-9105

Other centres in your region:

Toll free: 1-800-622-6232

Ontario. Ministry of Community & Social Services

Ontario Disability Support Program (ODSP)

Ontario Works (OW)

www.mcsc.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 website. 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

Frontenac County

103-1055 Princess St, Kingston K7L 5T3

613-545-4553 or 1-800-267-0236

Lennox & Addington

199 Dundas E, Belleville K8N 1E2

613-962-9562 or 1-800-267-4355

Ontario Ministry of Finance

www.fin.gov.on.ca/en/credit/index.html

1-866-668-8297

- Information regarding Federal programs and benefits including Canada Pension Plan (CPP), Old Age Security Pension (OAS), Guaranteed Income Supplement (GIS) and Allowance Program

Veterans Affairs Canada

www.veterans.gc.ca

61 Hyperion Court, Suite 104, Kingston K7K 7K7

1-866-522-2122 (general inquiries)

- Provides service to all 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 & Long-Term Care Ontario Drug Benefits (ODB) Program

www.health.gov.on.ca

5700 Yonge St, 3rd floor, Toronto 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, and 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, and recipients of social assistance (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 & 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
 - 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 Kingston Tax Services Office

www.cra-arc.gc.ca

31 Hyperion Crt, Kingston K7L 5P3

service by appointment only to book an appointment or for General Enquiries call:

1-800-959-8281

City of Kingston

www.cityofkingston.ca

City Hall, 1st floor, 216 Ontario St, Kingston K7L 2Z3

613-546-4291 ext 2015

Property Tax Assistance programs are available for ratepayers who meet specific criteria. An application is required.

Tax Deferral Program (up to \$1,000)

This program is available to property owners receiving benefits under the Ontario Disability Support Program (ODSP) or or seniors receiving a Guaranteed Income Supplement (GIS). Submit the application by the end of April.

Seniors Property Tax Grant Program

The Seniors Property Tax Grant Program (\$100) is for senior citizens receiving the Guaranteed Income Supplement (GIS). Submit the application by the end of April.

Tax Increase Deferral Program

This program is for tax related increases. The program is for eligible low-income senior citizens receiving the Guaranteed Income Supplement (GIS) or low income disabled persons receiving assistance under the Ontario Disability Support Program (ODSP) Act. Submit the application by the end of April.

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.

Central Frontenac Community Services Corporation

www.ruralvisionscentre.org

4419 George St, Box 43, Sydenham K0H 2T0

613-376-6477 or 1-800-763-9610

- must be residents of South, Central, or North Frontenac Township

Housing Help Centre

426 Barrie St. Kingston K7K 3T9

613-531-3779

Lennox & Addington Seniors Outreach Services

www.lasos.ca

310 Bridge St, W Suite D01, Napanee K7R 0A4

613-354-6668 or 1-800-991-0147

Salvation Army

342 Patrick St, Kingston K7K 6R6

613-507-4151

Transportation Services

Accessible Escorted and Medical Transportation

Bryden Transportation Services for Seniors (65 years and over)

4450 Notre Dame St. Harrowsmith, ON

613-541-9916

- area served: Kingston and Frontenac (Monday to Friday, 9:00am to 5:00pm)
- can accommodate out of town appointments
- drivers are able to assist with transfers (folding wheelchairs can be accommodated)
- medical appointments and hospital discharges are priority
- must book a minimum of 24 hours in advance

Heart to Heart Seniors Services

www.h2hcare.ca

2507 Leeman Rd. Elginburgh, ON K0H 1M0

613-453-7668 (cell)

613-767-0820 (office)

- client needs to be able to self transfer
- can transfer portable wheelchairs
- prebooking required

Kingston Access Bus Service

www.kingston.org/kas

751 Dalton Ave, Kingston K7L 4W2

613-542-2512

- services include access bus, patient shuttle service (KAPS) between facilities and and Dial-a-Bus
- must register and meet eligibility requirements (refer to website for details)
- KAPS must be booked by authorized facility staff member
- book one week in advance (first come, first served basis)

Land O'Lakes Community Services

www.lolcs.com

12497A Hwy 41, Box 92, Northbrook K0H 2G0

613-336-8934 or 1-877-679-6636

- areas served: Addington Highland Township, Ward 1 of north Frontenac Township
- volunteer drivers with own vehicle (not wheelchair accessible)
- must be able to self-transfer or require an escort to assist with transfers
- must book a minimum of one week in advance
- may be eligible for coverage through The Department of Veteran's Affairs and ODSP

Lennox & Addington Seniors Outreach Services

www.lasos.ca

310 Bridge St, W Suite D01, Napanee K7R 0A4

613-354-6668 or 1-800-991-0147

- volunteer drivers escort seniors to medical appointments
- wheelchair van available with prebooking
- must book a minimum of 48 hours in advance
- seniors can ride Napanee Transit bus for free on Tuesdays and Fridays
- wheelchair users require an assistant

Northern Frontenac Community Services Corporation

<http://nfcs.ca>

1020 Elizabeth St, Sharbot Lake K0H2P0

613-279-3151

- areas served: Central, North, and South Frontenac Townships, Old Bedford
- intake process required
- volunteer drivers with own vehicles (not wheelchair accessible)
- 2 vans (not wheelchair accessible)
- must be able to self transfer
- VON wheelchair accessible van may be available with prebooking
- must book a minimum of one week in advance

Premier Homecare Services

www.premierkingston.com

993 Princess St. Suite 217, Kingston K7L 1H3

613-531-0931

- can transfer wheelchairs if client is able to weight-bear and self transfer
- fee for service

Modern Taxi

www.moderntaxi.ca

665 Montreal St., Kingston, ON K7K 3J3

613-546-2222

- fully accessible vans are available
- request when booking trip

South Frontenac Community Services Corporation

www.sfcsc.ca

4419 George St, Sydenham K0H 2T0

613-376-6477 or 1-800-763-9610

- volunteer drivers with their own vehicles (not wheelchair accessible)
- must be able to self-transfer or require an escort to assist with transfers
- book one week in advance

VON Canada – Kingston Location

www.von.ca

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

613-634-0130

- prebooking required by the Wednesday, the week before the ride is required

Driver Evaluations

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 online 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 K7P 2N6

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

- Medical Assessments
- Vision Waiver Assessments

DriveAble DAC

www.dacmedicalvision.org

11 Princess St, Room 101, Kingston K7L 1A1

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

- referral form available on website
- medical assessments and vision waiver assessments

St. Elizabeth's Healthcare

www.saintelizabeth.com

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

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

- Medical Assessments
- Driver Assessment & Training including DriveABLE

Accessible Parking Permits

Ontario Ministry of Transportation

Accessible Parking Permit Program

www.mto.gov.on.ca

c/o ServiceOntario Licence Renewals Unit , PO Box 9800, Kingston 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.

Caregiver Relief / Respite 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)** (see 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.15 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. 17), 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. 2 to 4).

Southern Frontenac Community Services Corporation

www.sfcsc.ca

4419 George St, Sydenham K0H 2T0

613-376-6477 or 1-800-763-9610

- area served: North of Hwy 401 and south of Frontenac (excluding Bedford District)
- Respite Adult Day Program for seniors who are socially isolated or have dementia
- services include crafts, exercises, word games, and bowling
- must be referred from the CCAC be able to self-transfer

Hildegarde Day Centre

Providence Continuing Care Centre, Providence Manor site

www.providencecare.ca

275 Sydenham St, Kingston K7K 1G7

613-549-4164 ext 3118

- Day Away Program: personal care and activities that are mentally, physically, and socially engaging (crafts, puzzles, musical programs, and games)
- For clients in early or middle stages of dementia or related conditions
- Adult Day Program: activities to maintain or enhance participants wellbeing and abilities including physical, social and mental stimulation

Lennox & Addington Seniors Outreach Services

www.lasos.ca

310 Bridge St, W Suite D01, Napanee K7R 0A4

613-354-6668 or 1-800-991-0147

- Two adult day programs at separate locations:
 1. Loyalist Site, 101 William Henderson Dr. Amerstview (Monday, Tuesday, Thursday) hours 9am – 3pm
 2. Napanee Site, 310 Bridge St. Napanee (Monday, Wednesday, Thursday and Friday) hours 9am – 3pm
- includes social events such as newspaper reading, seated exercises, music, pet therapy, and arts & crafts

Northern Frontenac Community Services Corporation

<http://nfcs.ca>

1020 Elizabeth St, Sharbot Lake K0H 2P0

613-279-3151 or 1-855-279-2052

- respite and personal care provided by community support
- two separate day programs:
 1. Day Away - services include personal care, social interaction, art and, music for higher needs individuals
 - Meets once a week
 2. Adult Day - offers social interaction, art, and music
 - Meets once a week

Providence Care

St. Mary's of the Lake, Specialized Geriatrics, Day Hospital

www.providencecare.ca

340 Union St, Kingston K7L 5A2

613-548-7222 ext 2410 or 1-800-214-5848

- day treatment program for seniors
- provides comprehensive, short-term outpatient assessment and treatment/rehabilitation for seniors (65+) with complex needs who are likely to benefit from a multidisciplinary approach. It also provides educational support to clients, families, community, and health professionals.
- no fee for services

VON Canada – Kingston Location

www.von.ca

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

613-634-0130

- Care Program offers scheduled in-home respite

Community Rehabilitation Services

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.

Non-Profit and Publicly-Funded Services

Hotel Dieu Hospital

Cardiac Rehabilitation Centre

www.hoteldieu.com.crc/crcindex.html

Johnson 1, 166 Brock St, Kingston K7L 5G2

613-544-3400 ext 3123

- a physician's referral is required
- individually prescribed exercise program and education classes

Kingston Family YMCA

www.kingston.ymca.ca

100 Wright Cres, Kingston K7L 4T9

613-546-2647

- Y's Hearts Program - an exercise program for people with cardiovascular disease; referral from a physician is required
- Chronic Pain and chronic conditions and Exercise Program – ongoing program; physician's referral is required
- program fees apply; application may be completed for financial assistance

Providence Care: *Regional Community Brain Injury Services*

www.providencecare.ca

303 Bagot St. Suite 401, Kingston K7K 5W7

613-547-6969

- services include 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
- open to adults 18 to 64 years of age with a diagnosis of moderate to severe brain injury, with emotional and/or, behaviour symptoms

Revved Up – Community Programming partnered with Queens University

613-533-6000 ext 79283

- a twice weekly assisted exercise program for people with a mobility impairment
- cost is \$15/month
- classes held at St. Marys of the Lake Hospital and Queens University

Providence Care
St. Mary's of the Lake Hospital Site
340 Union St, Kingston K7L 5A2
613-544-5220

Physiotherapy Outpatient Services
613-548-7222 ext 2245

Occupational Therapy Outpatient Services
613-548-7222 ext 2293

- doctor's referral required

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. 16), you may be able to claim some therapy services as a medical expense on your income tax.

Kingston

Blaser's Physiotherapy & Acupuncture Clinic

www.blasersphysiotherapy.com

321 Concession St, Suite 202 Kingston K7K 2B9

613.542.3852

East Clinic – 32 Lundy's Lane, C.F.B. Kingston K7K 5G3

613.541.5010 ext 2251

- two physiotherapists who assess and treat patients with neurological impairments
- in-clinic visits or home visits in urban Kingston

Centric Health Physiotherapy and Wellness

www.lifemarkphysio.ca

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

613-389-2350

- Disability management, rehabilitation and healthy lifestyle prevention
- Injury specific exercise programs, manipulation and mobilization, electrotherapy, acupuncture and hydrotherapy

Kingston Injury Management Centre

www.kingstoninjury.com

1440 Princess St, Kingston K7M 3E5

613.546.5148

- Services include: physiotherapy, injury management and acupuncture

K-town Physiotherapy (2 locations)

www.k-townphysio.com

368 King St, E, Kingston (Royal Block Building) K7K 2Y2

613-542-5878

www.ktpt.ca

598 Cataraqui Woods Dr. Kingston, ON K7P 1T8

613-634-5878

- services include: physiotherapy, acupuncture, massage therapy, custom orthotics, and women's health
- Provides home care treatment and care for residents of Carveth Care Centre and Helen Henderson Care Centre

KOPI Sports Medicine

www.kopi.ca

797 Princess St. Suite 500 Kingston K7L 1G1

613-344-1201

- Services include orthopaedic, chiropractic, physical therapy, massage therapy and pain management

Napanee Sports and Spinal Centre

www.napssc.com

310 Bridge St. W. Unit D, Napanee K7R 0A4

613-354-3377

- Services include manual therapy, individualized exercise programs and patient education
- Accepts OHIP coverage for some services

Physiotherapy Kingston and Spinal Rehab Centre

www.physiotherapykingston.ca

1469 Princess St. Ste #7, Kingston, ON K7M 3E9

613-547-6433

- Offers postural analysis, sports mechanics assessment, manual therapy, acupuncture, exercise prescription, ultrasound and electrotherapy

Repute Healthcare

www.reputehealthcare.com

1566 Providence Crescent, Kingston K7P 0H9

613-329-9740

- Focuses on senior wellness
- Services provided in the privacy of your own home or long term care facility
- Addresses muscle and joint problems and reduces pain
- Assists with getting Assistive Devices Program funding
- Assesses, diagnoses and treats symptoms of illness, injury or disability

Sydenham Rehab Well Clinic

www.rehabwell.ca

4375 Mill St. Sydenham, ON K0H 2T0

613-372-1986

- Assess and treat conditions to restore and maintain maximal pain-free function and mobility
- Offers manual therapy, acupuncture, sports physio, electro and massage therapies

Kingston Body Management – Limestone Health Consulting Inc.

www.kingstonbody.com

613-384-9203

- kinesiologist available for exercise programs (massage therapy also available)
- in-clinic and in-home physiotherapy and occupational therapy

Physiotherapy Kingston

www.physiotherapykingston.ca

1469 Princess St, Kingston K7M 3E9

613-547-6433

- postural analysis, manual therapy, acupuncture, exercise prescription, electrotherapy

Pro-active Physiotherapy

www.proactivephysio.pthealth.ca

Medical Arts Building, 800 Princess St, Suite 400 Kingston K7L 5E4

613-549-4393

- provides physical therapy (acupuncture available), occupational therapy, massage therapy, and fitting for orthotics in-clinic

Progress Physiotherapy

www.progressphysio.com

2437 Princess St. #202, Kingston K7M 3G1

613-634-1100

- Services include physiotherapy, chiropractic, massage, acupuncture, fitness programs

The Physical Therapy Clinic at Queen's

www.queensphysiotherapyclinic.com

31 George St, (Louise D. Acton Building) Kingston K7L 3N6

613-533-2098

- services include massage, shock wave, rehabilitation, womens health issues

Shannon Mulholland, Physiotherapist

23 Dalglish Ave, (RR2), Kingston K7L 5H6

613-549-4754

- in-home or in-clinic physiotherapy services for individuals with neurological impairments
- consultation services and education for family and support workers is available

West Kingston Physiotherapy Clinic

www.westkingstonphysiotherapyclinic.ca

780 Midpark Dr, Suite 203 (Howard Maitland Building), Kingston K7M 7P6

613-817-1526

- assesses and treats individuals with neurological impairments
- services include psychotherapy, rehabilitation, orthopedic services

Napanee

Lyle Hamilton, Physiotherapist

16 McPherson Dr, Napanee K7R 3L1

613-354-4410

- physiotherapy (acupuncture available), and kinesiology services available

Prosthetics and Orthotics

Active Orthopedic Solutions

www.active-ortho.ca

1469 Princess St. Unit 4, Kingston K7M 3E9

613-530-2233

- on-site fitting and fabrication of custom foot orthotics, braces, and splints
- Satellite clinic in Brockville

BioPed Kingston

www.bioped.com

847 Portsmouth Ave. Kingston K7M 1W6

613-542-2008

- Orthotic assessment, fabrication, fitting and adjustments
- Lower limb bracing and footwear also available

Computer Engineered Orthotics

eccotech@kos.net

36 Napier St, Kingston K7L 4G1

613-545-2367

- provides custom orthotic devices regarding orthopaedic footwear for stabilization and accommodation of bracing devices
- mobile services offered

Downtown Chiropractic Centre

www.kingstonchiropractic.com

348 Bagot St, Suite 101, Kingston K7K 3B7

613-549-0866

- chiropractic treatments, fitting for orthotics, and ultrasound

Eagle Orthopaedics (2 locations)

www.eagleorthopaedics.com

773 Blackburn Mews, Kingston K7P 2N5

and

5873 Hwy 2, E, P.O. Box 128, Shannonville K0K 3A0

613-968-3330 or 1-800-561-0488

- On-site fitting and fabrication of custom foot orthotics, braces and splints

Kingston Foot and Ankle Clinic

www.kingstonfootclinic.com

805 Development Dr. Kingston K7M 4W6

613-634-1707

Kingston West Family Chiropractic: Dr. Adrina Patterson

www.kwfc.ca

743 Cataraqui Woods Dr, Unit 1, Kingston K7P 2G6

613-389-5331

- fitting for orthotics, massage therapy, and chiropractic treatments

Performance Orthotics

www.performanceorthotics.com

797 Princess St, Suite 310, Kingston K7L 1G1

613-549-2608

- on-site fitting for orthotics and orthopaedic shoes

Superior Shoe & Footcare Center

706 Arlington Park Pl, Kingston K7M 7N7

613-389-7155

- provides custom orthotics services, shoe modifications, and sliders for shoes
- supplies off-the shelf ankle-foot orthoses

Luc's Orthotics Inc

www.lucsorthoticsinc.com

3618 Genge (across from Westbrook golf course) Westbrook K7P 2Z9

613-389-7889

- provides fitting and fabrication of orthoses (eg. ankle-foot orthoses) and braces depending on the client's needs

Leisure and Recreational Programs

Able Sail Kingston Yacht Club

www.ablesailkingston.ca

1 Maitland St, Kingston K7L 2V3

613-217-9859 or 613-548-3052 (Kingston Yacht Club)

Southern Frontenac Community Services Corporation, Long Term Care

www.sfcsc.ca

Rural Visions Centre, 4419 George St, Sydenham K0H 2T0

613-376-6477 or 1-800-763-9610

- diner's club program (\$10/meal)
- social recreational program: (donation basis) - Sittercise (Tuesday) Tai chi (Wednesday), Wii bowling
- Men's Coffee & Cards and Grandfriends

City of Kingston, Culture & Recreational Programs

www.cityofkingston.ca

613-546-4291 ext 1700

Community Senior Citizens Club 523

<http://kingston.cioc.ca/record/KGN0274>

Meeting Location – Centre 70 - 100 Days Rd, Kingston K7M 3P8

613-767-6308 (Pat Halstead) or 613-384-3001 (Alice Winter)

- shuffleboard on Tuesdays
- cards, refreshments, and potluck luncheons on Thursdays
- bus trips in the spring and fall

Enterprise Seniors

<http://kingston.cioc.ca/record/KGN0331>

c/o Allan Taylor, 2 Prince St, Enterprise K0K 1Z0

613-358-2375

- activities include euchre every Wednesday as well as a potluck dinner and cards 1/month
- entertainment at Christmas

Hospitality Club of Bath 808

Carl Farley, President

St. John's Anglican Church Hall, 212 Church St, Bath K0H 1H0

613-352-7240

- affiliated with Senior Citizens of Ontario
- meets every second Wednesday of the month for lunch and games (euchre, dominoes, cribbage)
- social evenings, games, occasional dinner meetings, guest speakers
- membership fee \$5/year and \$2/meeting

Interesting Years Club

Royal Canadian Legion Branch 631, 4034 Bath Rd, Kingston K7M 4Y4

613-384-0214 or 613-389-6605

- social club offering activities such as euchre on Mondays, cribbage on Tuesdays and bridge on Thursdays (offers bus trips, potluck dinners, and golfing)
- average 2 year waiting list
- non-members welcome to play cards (except on meeting nights)
- open to seniors 55+

KFL&A Public Health

www.kflapublichealth.ca

221 Portsmouth Ave, Kingston K7M 1V5

613-549-1232 ext 1180 or 1-800-267-7875

- provides information on Mall Walking, staying active, healthy eating, stress management, smoking cessation, women's and men's health, and more

Kingston Frontenac Public Library Central Branch (Extension service)

www.kfpl.ca

130 Johnson St, Kingston K7L 1X8

613-549-8888

- a monthly delivery of library materials to the home including books in large print and CNIB talking books
- open to all residents who are unable to leave their home due to health problems

Kingston Newcomers Club

Meeting Location – Gordon Tompkins Funeral Home 435 Davis Dr, Kingston K7M 8L9

613-650-1636 or 613-634-7711

- monthly social club meetings
- activities include stitch & chat, coffee morning, bridge, games nights, day trips, movie club, golf, walking clubs, book clubs, bowling, potluck evenings, etc.
- open to those who have resided in the community less than 2 years

North Kingston Community Health Centre

www.kchc.ca

Rockcliffe Plaza, 400 Elliott Ave, Kingston K7K 6M9

613-542-2949

- offers a cooking-for-one group, seniors' craft & social group, keep well group, sittercize, movers and shakers, line dancing, and fall prevention information
- open to seniors 55+

Northern Frontenac Community Services Corporation

<http://nfcs.ca>

1020 Elizabeth St, Sharbot Lake K0H 2P0

613-279-3151

- offers a diner's club, once a month, at 4 different locations: Oompa/Plevna, Arden, Bedford and Sharbot Lake

Pittsburgh Seniors

St. Mark's Church Parish Hall, 268 Main St, Barriefield K7K 6W4

613-542-5883

- line dancing on Mondays; Fun Fitness (seated or standing) on Thursdays

Seniors Association Kingston Region

www.seniorskingston.ca

56 Francis St, Kingston K7M 1L8

613-548-7810

- offers a wide range of recreational and educational activities

Westbrook Seniors

Westbrook United Church, 3526 Princess St, Kingston K7P 3A8

613-389-3883

- social club, everyone welcome to play euchre and get involved in other activities
- light lunch served
- meets Wednesday afternoons (runs from October to May)

Hospitality Club of Bath 808

St. John's Anglican Church Hall, 212 Church St, Bath K0H 1H0

613-352-7240

- seniors club offering social evenings, games, and lunch meetings
- guest speakers invited for information meetings on various topics

Lennox & Addington Seniors Outreach Services Inc.

www.lasos.ca

310 Bridge St, W Suite D01, Napanee K7R 0A4

613-354-6668 or 1-800-991-0141

- offers social dinners (Napanee, Tamworth, Selby, Odessa, and South Fred)
- library book delivery service (Napanee, Amherstview, and Bath)
- Tai Chi, line dancing, travelogues, vocal ensemble and, fun & fitness

Taoist Tai Chi Society

www.taoist.org

302 Montreal St, Kingston, ON and/or 1 Redden St. Kingston, ON

613-544-4733

- offers classes in Kingston, Amherstview, Sharbot Lake, Sydenham, Westport, and Harrowsmith
- Health Recovery classes offered in Kingston

United Senior Citizens of Ontario - Rock Lake Senior Citizens Club**Verona Lions Hall**

4504 Verona Sand Rd., RR#1, Verona K0H 2W0

613-536-0312

- cards, games, refreshments, speakers, potluck lunches, and special events such as auctions and Christmas parties
- transportation may be available

Westdale Park Free Methodist

7 Richmond Park Dr. Napanee K7R 2Z3

613-354-2669

- 50+ Seniors group on the 1st Thursday/month at 10:30am

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, trained and matched based on shared interests or availability. All services are free.

Land O' Lakes Community Services, Community Support Program for Seniors

12497A Hwy 41 Box 93, Northbrook K0H 2G0

613-336-8934

- offers friendly visiting, safety checks, and more

Lennox & Addington Seniors Outreach Services Inc.

www.lasos.ca

310 Bridge St, W Suite D01 Napanee K7R 0A4

613-354-6668 or 1-800-991-0147

- offers regular visits for companionship and support from a volunteer

Northern Frontenac Community Services Corporation

<http://nfcs.ca>

1020 Elizabeth St, Sharbot Lake K0H 2P0

613-279-3151

- offers regular visits for companionship and support

Southern Frontenac Community Services Corporation, Long Term Care

www.sfcsc.ca

4419 George St, Sydenham K0H 2T0

613-376-6477 or 1-800-763-9610

- offers regular visits for companionship and support

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.

Canadian Mental Health Association

www.cmha.ca

6 Ordnance St, Kingston K7K 5T9

613-549-7027

- offers workshops and a lending library for seniors with depression

Canadian Paraplegic Association/Spinal Cord Injury Ontario

www.sciontario.org

613-547-1391 or Toll free 1-866-220-7539

After Hours: 1-877-422-1112

- free individual and/or group counselling to support stroke survivors and their caregivers with changes in all aspects of life

North Frontenac Community Services Corporation, Long Term Care

<http://nfcs.ca>

4419 George St, Sydenham K0H 2T0

613-376-6477 or 1-800-763-9610

- caregiver support program - training, information, and education
- counselling/ friendship support

Independent Living Centre Kingston

Disability Management Skills Training Program

www.ilckingson.com

Serves South-Eastern Ontario

298 Concession St, Kingston K7K 2C1

613-542-8353

- assists individuals in receipt of Ontario Works (OW) to apply for the Ontario Disability Support Program (ODSP)
- referral by Ontario Works caseworker

K3C Kingston Community Counselling Centres

www.k3c.org

417 Bagot St, Kingston K7K 3C1

613-549-7850

- non-stroke-specific therapeutic services for individuals and/or their family

North Kingston Community Health Centre

www.kchc.ca

Rockcliffe Plaza, 400 Elliott Ave, Kingston K7K 6M9

613-542-2949

- offers health care services and health promotion programs to North Kingston community residents, including individual and family counselling
- no fee for services

Kingston Credit Counselling

www.k3ccreditcounselling.org

417 Bagot St, Kingston K7K 3C1

613-549-7850 or 1-800-379-5556

Land O' Lakes Community Services, Community Support Program for Seniors

12497A Hwy 41, Unit 1, Northbrook K0H 2G0

613-336-8934

Northern Frontenac Community Services Corporation

<http://nfcs.ca>

1020 Elizabeth St, Sharbot Lake K0H 2P0

613-279-3151

Regional Community Brain Injury Services

Providence Continuing Care Centre

www.pccchealth.org

303 Bagot St, Suite 401, Kingston K7K 5W7

613-547-6969

- primarily individual counselling and rehabilitation for individuals in their mid to late 30's or 40's with cognitive, behavioural, and emotional issues related to brain injury

Sister Kay Morrell, Art Therapist

Providence Motherhouse

www.providence.ca/ministry

1200 Princess St, Kingston K7L 4W4

613-544-4525 ext 175

- single or ongoing group or private sessions are available

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.

KEYS Employment Services

www.keys.ca

182 Sydenham St, Kingston K7K 3M2 and/or 920 Princess St. 3rd floor, Kingston K7L 1H1
613-546-5559

- employment assessment and counselling for persons returning to work
- barriers to employment explored (action plan developed and implemented)
- offers job search support, referral to appropriate employment service, and/or vocational training program
- no fee for services

Ontario March of Dimes Kingston Region

www.marchofdimes.ca

920 Princess St, 3rd Floor, Kingston K7L 1H1
613-549-4141 or 1-888-686-0663

- ODSP Employment Supports program
- vocational and functional assessments
- disability awareness information sessions

Providence Care

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

www.pccchealth.org

28 Barrie St, Kingston K7L 3J7
613-548-2327 or 1-866-671-8939

- offers vocational testing, career planning consulting, physical capacities assessment, work adjustment training, and employment planning
- also offers job analysis, job site analysis, client rehabilitation, file review, disability case management, return to work coordination and 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

Educational Resources

Fraud Prevention Resources

Canadian Marketing Association (CMA)

Do Not Contact Service

www.the-cma.org

1-416-391-2362

- 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 online to have your name removed

National Do Not Call List

www.lnnte-dncl.gc.ca

Register online 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 or 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

www.canada.gc.ca

1 800 O Canada or (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

720 Progress Ave, Kingston K7M 4W9

613-384-2871

- provides educational information on causes, prevention, and management of heart disease and stroke
- will send out written information by request

KFL&A Public Health Unit

www.kflapublichealth.ca

221 Portsmouth Ave, Kingston K7M 1V5

613-549-1232

Napanee

41 Dundas St, Napanee K7R 1Z5

613-354-3357

Cloyne

P.O Box 59, 14209 Hwy 41, Cloyne K0H 1K0

613-336-8989

Sharbot Lake

P.O. Box 149, 1130 Elizabeth St, Sharbot Lake K0H 2P0

613-279-2151

KFL&A Public Health Unit - Dial-A-Dietitian

613-549-1232 ext 1224

- registered dietitians answer questions about food, nutrition, and healthy eating

KFK&A Public Health Unit - Living Well Phone Line

613-549-1232 ext 1180

- information on getting and staying active, community programs, workplace wellness, and walking routes

Telehealth Ontario

www.health.gov.on.ca

1-866-797-0000

- phone lines open 24 hours
- 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

Online Resources

Canadian Stroke Network

www.canadianstrokenetwork.ca

- presents new information about stroke prevention, treatment and rehabilitation

Seniors Info

www.seniors.gov.on.ca/en/seniorsguide

- 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
- 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 South-Eastern 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

Residence

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.*

South-East Long Term Care Homes

| KINGSTON | | | | |
|--|--|-----------------------------------|----------|-------------------------------------|
| Long Term Care Home | Address/Contact | Phone/Fax | Capacity | Category |
| Arbour Heights | 564 Tanner Dr. K7M O3C www.arbourheights.ca | 613-544-1155 fax: 613-544-1101 | 174 beds | Short stay: No Secure Unit: Yes |
| 28 bed secure unit. Basis units have two beds with shared washroom. Nurse on duty 24/7. Resident pets. | | | | |
| Extencare Nursing Home | 309 Queen Mary Rd, K7M 6P4 www.extencare.com | 613-549-5010 fax: 613-549-7347 | 150 Beds | Short Stay: No Secure Unit: No |
| 67 basic, 70 semi-private and 13 private beds available. Basic rooms have 4 beds and shared bathroom, semi-private have 2 beds and shared bathroom. Private rooms have 1 bed and private bathroom. Centrally located, magnetic locks on doors set off by wristband worn by residents, fenced yard, full physiotherapy program, and restorative care available. | | | | |
| Providence Manor Home for Aged | 275 Sydenham St, K7K 1G7 www.providencecare.ca | 613-549-4164 fax: 613-549-7472 | 243 Beds | Short Stay: Yes Secure Unit: Yes |
| 97 basic (2 to 3 beds/room), 30 semi-private, 116 private beds, and 2 short stay beds. 5 Designated Veteran Affairs Canada Beds. Store, pub, Haughlan Garden and Hildegarde Day Centre for Seniors, Day Away program, physiotherapist available M-F, and occupational therapists on staff. | | | | |
| Rideaucrest Home for Aged | 175 Rideau St, K7K 3H6 www.cityofkingston.ca | 613-530-2818 fax: 613-547-4140 | 170 Beds | Short Stay: No Secure Unit: Yes |
| 68 basic beds, 92 semi-private beds, 10 private beds. Basic and semi-private have 1 bed and shared bathroom. Some private have 1 bed and private bathroom. 5 Designated Veterans Affairs Canada Beds. Attached, but not affiliated is Rideau Towers (geared-to-income senior's housing). | | | | |
| Trillium Centre | 800 Edgar St, Kingston K7M 8S4 www.specialty-care.com | 613-547-0040 fax: 613-547-3734 | 190 Beds | Short Stay: Yes Secure Unit: Yes |
| 71 basic, 4 semi-private, and 107 private. 4 respite and 4 short stay available. Semi-private rooms have 2 beds and shared bathroom. Some private rooms have 1 bed and private bathroom. Unsupervised smoking outside, retirement home attached, key pad door system in Ridge building, court yard, swipe and access in Court building, daycare, 2 court yards, and physiotherapy available. | | | | |

| FRONTENAC COUNTY | | | | |
|--|--|-----------------------------------|-----------------|-------------------------------------|
| Long Term Care Home | Address/Contact | Phone/Fax | Capacity | Category |
| Fairmount Home for the Aged | 2069 Battersea Rd, RR 1 Glenburnie K0H 1S0 www.frontenacounty.ca | 613-546-4264 fax: 613-546-0489 | 128 Beds | Short Stay: No Secure Unit: Yes |
| 28 basic, 36 semi-private and 64 private beds. Basic rooms have 2 beds and shared bathroom, semi-private have 1 bed and shared bathroom, and private rooms have 1 bed. 2 Designated Veterans Affairs Canada Beds. Large grounds, rural setting, new building (2004). Access controlled magnetic locks, physiotherapy, pet therapy and active volunteer program available. | | | | |
| LENNOX & ADDINGTON COUNTY | | | | |
| Long Term Care Home | Address/Contact | Phone/Fax | Capacity | Category |
| Briargate Retirement Home | 4567 Bath Rd, Amherstview K7N 1A8 www.reveraliving.com/Briargate | 613-384-9333 fax: 613-384-4443 | 38 Beds | Interim Beds |
| Memory care unit, nursing staff 24 hrs/day. Gardening Club, recreation and leisure activities, bus for outings, Lake Ontario view and beautiful gardens. | | | | |
| Helen Henderson Care Centre | 343 Amherst Dr, Amherstview K7N 1X3 www.gibsonfamilyhealthcare.com | 613-384-4585 fax: 613-384-9407 | 104 Beds | Short Stay: No Secure Unit: Yes |
| 42 basic, 60 private beds. Two beds are designed ALC Beds. Basic room has 2 beds and shared bathroom. Private room has 1 bed and private bathroom. Retirement home attached. Spectacular gardens, enclosed courtyard, all one level. | | | | |
| The John M. Parrott Centre | 309 Bridge St, W Napanee K7R 2G4 www.lennox-addington.on.ca | 613-354-3306 fax: 613-354-7387 | 168 Beds | Short Stay: Yes Secure Unit: Yes |
| 48 basic, 120 private beds, 1 short stay bed. Basic rooms have 2 beds and shared bathroom, private rooms have 1 bed and private bathroom, 2 designated Veterans Affairs Canada beds. New building (November 2005), exquisite décor and gardens, tea room, library, and beauty salon. | | | | |
| Pine Meadow Nursing Home | 124 Lloyd St, Box 100 Northbrook K0H 2G0 | 613-336-9120 fax: 613-336-9144 | 60 Beds | Short Stay: Yes Secure Unit: No |
| 16 basic, 36 semi-private and 7 private beds. 1 respite bed available. Basic rooms have 4 beds and a shared bathroom. Semi-private rooms have 2 beds and shared bathroom. Private rooms have 1 bed and bathroom. 1 designated Veterans Affairs Canada bed. Small village setting, access controlled magnetic locks on doors set off by wristband worn by residents. Accredited facility through CCHSA. | | | | |
| Village Green Long Term Care Facility | 166 Pleasant Dr, Box 94, Selby K0K 2Z0 www.omni-way.com | 613-388-2693 fax: 613-388-2694 | 66 Beds | Short Stay: No Secure Unit: No |
| 36 basic, 24 semi-private and 6 private beds. Basic rooms have 4 beds and shared bathroom, semi-private have 2 beds and shared bathroom, private have 1 bed and shared bathroom. Small village setting, key pad door system, wandering path, beautiful gardens, and sunroom. | | | | |
| Friendly Manor Nursing Home | 9756 County Rd.2, Deseronto K0K 1X0 | 613-396-3438 fax: 613-396-2729 | 60 Beds | Short Stay: No Secure Unit: No |
| 35 basic, 18 semi private and 7 private beds. Basic and semi-private rooms have 2 beds and shared bathroom. Private rooms have 1 bed and private bathroom. Close to lake and main road. Key pad door system. | | | | |

Retirement Homes

Unlike long-term care homes, retirement homes operate without any government regulation. Costs, accommodations, and services vary. *Chart on pages 40- 41 reproduced with permission of Southeast CCAC.*

Ontario Retirement Communities Association

www.orca-homes.com

2390 Bristol Cir, Unit 6, Oakville L6H 6M5

1-800-361-7254

- sets professional operating standards as well as 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

| KINGSTON | | | | |
|---|--|------------------------------------|-----------------|---------------------------------|
| Retirement Home | Address/Contact | Phone/Fax | Capacity | Category |
| Chartwell Conservatory Pond | 1499 Stoneridge Dr, K7M 9H9 www.chartwell.ca | 613-549-4049 fax: 613-384-0224 | 85 Suites | Respite: Yes Short Stay:Yes |
| Landscaped property overlooking water, social activities, meals, housekeeping, laundry, personal care, transportation, spa, theatre, and hair salon. Convalescent program for short term care and accommodation for respite and recovery. Pets allowed. | | | | |
| Fairfield Manor East | 670 McLean Crt, K7K 7L8 | 613-531-9158 fax: 613-544-2072 | 43 Units | Respite: Yes Short Stay:Yes |
| Country setting, meals, laundry, and nursing supervision. Wheel chair accessible. Many walking areas. | | | | |
| Fairfield Manor West | 805 Ridley Dr, K7P 2H4 | 613-384-4371 fax: 613-389-8261 | 34 Units | Respite: Yes Short Stay:Yes |
| Single Storey. Meals, laundry, and nursing supervision. Located near Cataraqui Town Centre. | | | | |
| Kingsdale Chateau | 520 Kingsdale Ave. #115 K7M 9B6 www.holidaytouch.com | 613-547-4884 fax: 613-547-5897 | 114 beds | Respite: yes Short stay: yes |
| Meals, laundry facilities, housekeeping, community outings, pets allowed. | | | | |
| Rosewood (The) | 833 Sutton Mills Crt, K7P 2N9 www.specialtyliving.ca | 613-384-7131 fax: 613-634-3247 | 68 Rooms | Respite: Yes Short Stay:Yes |
| Quiet residential area, landscaped with gazebo. Smoke free facility with activities, personal support, and meals. | | | | |
| Royale (The) | 2485 Princess St. K7M 3G6 www.theroyale.ca | 613-634-5900 fax: 613-389-2407 | 136 Suites | Respite: yes Short stay: yes |
| Housekeeping, laundry facilities, meals, social activities and outings, Assisted Living Services provided. | | | | |
| St. Lawrence Place | 181 Ontario St, K7L 5M1 www.retirementresidence.com | 613-544-5900 fax: 613-544-9971 | 72 Suites | Respite: Yes Short Stay:Yes |
| In downtown Kingston. Provide meals, laundry, 24 hour nursing supervision, and housekeeping. | | | | |
| Trillium Ridge | 800 Edgar St, K7M 8S4 www.specialty-care.com | 613-547-0040 fax: 613-547-3734 | 44 Beds | Respite: Yes Short Stay:Yes |
| Housekeeping, laundry, and meals provided. Located adjacent to a licensed long term care centre that offers professional nursing, available 24 hours a day. | | | | |
| Waterford (The) | 471 Cataraqui Woods Dr K7P 0E6 www.waterfordretirement.ca | 613-634-7471 | 91 Suites | Respite: Yes Short Stay:Yes |
| Housekeeping, laundry, and meals provided. Pets allowed. | | | | |
| LENNOX & ADDINGTON COUNTY | | | | |
| Retirement Home | Address/Contact | Phone/Fax | Capacity | Category |
| Adair Place | Joan Storing 462A Adair Rd, Tamworth K0K 3G0 | 613-379-5700 | 36 Beds | Respite: Yes Short Stay:Yes |
| Country home environment provides assisted living. 24 hour supervision and housekeeping. | | | | |
| Briargate Seniors Community | 4567 Bath Rd. Amherstview ON K7N 1A3 www.reveraliving.com | 613-384-9333 fax: 613-384-4443 | 44 beds | Respite: yes Short stay: yes |
| Housekeeping, meals, laundry, garden, whirlpool/pool, community outings and transportation. Pets allowed. | | | | |
| Bridgehouse | 19 Bridge St.W, Napanee K7R 2C2 | 613-532-4302 | 10 Beds | Respite: yes Short stay: yes |
| Laundry, meals, weekly housekeeping, community outings. Pets are allowed. | | | | |
| Helen Henderson Care Centre | 343 Amherst Dr, Amherstview K7N 1X3 www.gibsonfamilyhealthcare.com | 613-384-4585 fax: 613-384-9407 | 66 Beds | Respite: Yes Short Stay:Yes |
| Family run retirement and nursing home. Shuttle bus provided for shopping, appointments, and activities. Meal and laundry services available. | | | | |
| Generation's Garden | Rosa Oliveira 2 Millhaven Rd, Odessa K0H 2H0 | 613-386-1975 cell: 613-483-6624 | 6 Beds | Respite: Yes Short Stay:Yes |
| Meals, laundry, personal care, medication management, comfortable, gracious home environment, transportation to appointments, activities, and personal phones available. | | | | |

| | | | | |
|---|--|-----------------------------------|---------|---------------------------------|
| Linda's Place | Linda Armstrong 1485 Sharpe Rd, RR 1, Odessa K0H 2H0 | 613-386-5484 | 10 Beds | Respite: Yes Short Stay:Yes |
| Home setting, meals, laundry, cleaning, and medication management. Elevated bungalow, country setting with large rooms. Transportation provided if necessary. | | | | |
| Loyalist Retirement Home | Debbie McCurdy 3116 McConnell Rd, RR 2, Odessa K0H 2H0 | 613-386-3899 fax: 613-386-1117 | 12 Beds | Respite: Yes Short Stay:Yes |
| Meals, laundry, medication management, some transportation, and a home-like setting in the country. Dogs and cats in home. | | | | |
| The Riverine | #28 Dundas St.W, Napanee, K7R 4B5 www.riverine.ca | 613-354-8188 fax: 613-354-8186 | 42 Beds | Respite: yes Short stay: yes |
| Meals, laundry, housekeeping, medication management and on-site physiotherapist. | | | | |

FRONTENAC COUNTY

| Retirement Home | Address/Contact | Phone/Fax | Capacity | Category |
|---|---|-----------------------------------|-----------------|--|
| Hidden Acres Retirement Home | Janet Patrois 1026 Halferty Rd, RR 1, Arden K0H 1B0 | 613-336-0999 | 10 Beds | Respite: Yes Short Stay:Yes |
| Personal Care, meals, laundry, nurse available, medication management. Two storey country home setting with chair lift. One couple's room. Transportation provided if necessary. | | | | |
| Mae's Place | Debbie Gilmour 1875 Battersea Rd, RR 1 Glenburnie K0H 1S0 | 613-546-9351 | 11 Rooms | Respite: Yes Short Stay:Yes |
| Country home setting. Meals, laundry, medication, personal care, and housekeeping services available. House physician available and minister once a month. No transportation provided. | | | | |
| Brooks Landing | Charles & Linda Brooks 6449 Perth Rd, Perth Rd, K0H 2L0 www.brookslanding.ca | 613-353-2976 | 13 Rooms | Respite: Yes Short Stay:Yes |
| Country home setting. Meals, laundry, housekeeping, medication management by nurse, activities, and 24 hour supervision. Two storey home with chair lift. | | | | |
| Sharbot Lake Senior's Home | Kathy Martin 14244 Hwy 38, Box 79 Sharbot Lake K0H 2P0 | 613-279-2227 fax: 613-279-2872 | 38 Beds | Respite: Yes Short Stay:Yes |
| Will take dementia and Alzheimers clients. Personal care, laundry, meals, medication management, and arranged transportation if needed. Located beside a lake, regular hair dresser and foot care nurse. Activities such as music/piano, dances, and a weekly church service. | | | | |
| Country View Retirement | Jennifer Clow 9504 Rd, 38, Godfrey K0H 1T0 | 613-374-2023 fax: 613-374-2195 | 13 Beds | Respite: Yes Short Stay:Yes (if available) |
| Small family environment. 24 hour care, personal ADLs, meals, and laundry services. | | | | |

Non-Profit Housing and Seniors Apartments

Crystal Springs Retirement Apartments

760 Front Rd, Kingston K7M 4L7

613-384-8966

- 39 one bedroom and 11 two bedroom apartments for seniors
- 4 apartments are wheelchair accessible
- pets allowed with approval of the Board
- possible waiting list
- must be 60+
- rental fees, fee assistance available

Dutch Heritage Villa

480 Elliott Ave, Kingston K7K 6J9

613-546-2016

- rent geared to income
- 1, 2 and 3 bedroom apartments
- 2 unites suitable for people with handicaps
- average length of waiting list is 2 years
- must be 60+
- rental fees, fee assistance available

Heritage Court Seniors

www.heritagecourt.ca

179 Queen St, Kingston K7K 5Y2

613-544-3753

- an apartment complex for older adults
- 76 bachelor or studio suites and 4 one bedroom units
- 8 units are wheelchair accessible
- must be 50+
- rental fees

Home Base Non-Profit Housing Inc.

www.kingstonhomebase.ca

417 Bagot St, Kingston K7K 3C1

613-542-6672 – line is open after hours

- low-income housing provider
- provides furnished, rent-geared-to-income housing for single adults
- 1 bedroom apartments
- shared housing – private bedrooms and shared kitchen, bath and common area
- support services from Community Support Workers are available to offer counselling
- must be a single adult 16+

Kingston Cooperative Homes Inc.

www.kingstonco-ophomes.ca

1338 Princess St, Unit 14, Kingston K7M 7N9

613-544-3873

- provides non-profit, affordable housing for individuals and families in a democratic, cooperative, and mixed-income community
- 95 townhouses
- must be 16+

Kingston, Community & Family Services Social Housing Registry Program

www.socialhousingregistry.ca

362 Montreal St, First Floor, Kingston K7K 3H5

613-546-2695

Manages the centralized waiting list for rent-gear-to-income housing for the following housing providers:

- Cataraqui Cooperative Homes Inc.
- Elizabeth Fry Society (Kaye Healey Homes)
- Home Base Non-Profit Housing Inc.
- Kingston & Frontenac Housing Corporation
- Kingston Co-operative Homes Inc.
- Kingston Municipal Non-Profit Housing Corporation (Town Homes Kingston)
- Lois Miller Co-operative Homes Inc.
- Loughborough Housing Corporation
- Marion Community Homes
- North Frontenac Non-Profit Homes Inc.
- Royal Canadian Legion Villa Kingston
- St. Andrew Thomas Seniors (Crystal Springs)
- Tipi Moza
- Weller Arms Non-Profit Homes Inc.
- Zion United Church Foundation Inc.

Kingston & Frontenac Housing Corporation

119 Van Order Dr, Kingston K7M 1B9

613-546-5591

- manages 1470 subsidized rental housing units for eligible applicants and 49 affordable senior housing units
- preference for type of housing or area is noted
- available units are offered to clients in order of the date their application is received
- exceptions are made to satisfy income and priority targets waiting list
- rent geared to income

Lois Miller Co-operative Homes Inc.

www.loismiller.ca

234 Guthrie Dr, Suite 202, Kingston K7K 6K8

613-545-1375

- 84 apartment cooperative housing development

- provides market rate and subsidized housing
- some units are wheelchair accessible
- allows most pets
- rental fees

Loughborough Housing Corporation

4377 William St, Sydenham K0H 2T0

613-376-3686

- non-profit housing corporation with 55 one and two bedroom apartments in 2 buildings, **Meadowbrook** and **MapleRidge**, in the village of Sydenham
- 4 apartments are accessible to those with physical disabilities
- waiting list is 6 months to 2 years
- must be 65+

Marion Community Homes Corporation

480 Days Rd, Kingston K7M 7M1

613-634-0551

- senior's apartment building with 38 one bedroom apartments
- 2 one bedrooms are handicapped accessible
- 11 two bedroom apartments (1 two bedroom is wheelchair accessible)
- owned and operated by Knights of Columbus Board of Directors in cooperation with the Canada Mortgage & Housing Corporation
- must be 65+
- rental fees, fee assistance available for qualified people

Napanee Housing Corporation – Lorne Smart Villa

80 Baker St, Napanee K7R 3T3

613-354-2649

- offers 40 units for seniors, including three accessible units for those with physical disabilities
- 30 one bedroom units
- 10 two bedroom units
- must have lived in Ontario for the past twelve months
- must be a Canadian Citizen over the age of 65
- rental fees, fee assistance available

North Frontenac Non-Profit Housing

1096B Clement Rd, Sharbot Lake K0H 2P0

613-279-3322

- offers 18 housing units for families with a low income and for seniors
- 1 two bedroom housing unit is wheelchair accessible
- waiting list is 1 to 3 years
- open to anyone eligible for rent geared to income housing
- fee assistance available

Odessa Non-Profit Housing Corporation

295 Main St, Odessa K0H 2H0

613-386-1555

- 24 family townhouses at 15 Main St,

- 24 senior apartments at Old York Rd, Pl, 295 Main St,
- must be 18+ (open to families and seniors)
- rental fees, fee assistance available for eligible applicants

Porto Village Non-Profit Homes Inc.

700 Division St, Suite 1, Kingston K7K 6N8

613-544-8362

- 50, one, two and three bedroom units available
- 40 charge rent geared to income, 10 charge market rates
- 1 wheelchair accessible suite
- encourages tenant participation
- founded by the Portuguese community
- rent includes heat, hydro, fridge, and stove

Royal Canadian Legion Villa Kingston

671 Princess St, Kingston K7L 1E6

613-544-2008

- a geared-to-income housing project for older adults
- sponsored by the Royal Canadian Legion
- 44 units, two suitable for people with physical disabilities
- waiting list is up to 26 weeks
- must be 65+, requiring geared-to-income housing

Tipi Moza (Iron Homes)

www.tipimoza.com

37 Cassidy St, Unit 218, Kingston K7K 7B3

613-547-1134

- 17 houses throughout Kingston
- renovated to offer housing to Native families
- 3 units of affordable housing, 2 of which are accessible units
- 2, 3 and 4 bedroom units available
- rental rates include utilities, but are geared-to-income
- residents are responsible for minor repairs, cleaning, snow removal, etc.
- fee assistance available for eligible applicants

Town Homes Kingston

www.thk.ca

37 Cassidy St, Unit 222, Kingston K7K 7B3

613-542-0443

- 397 units
- 1 and 2 bedroom apartments for seniors and disabled persons
- 2, 3 and 4 bedroom apartments for families
- 37 Cassidy St, – family apartment building
- 710 Division St, 35 Eldon Hall Place, 55 Notch Hill Rd, 375 Patrick St, 257 Rideau St, – Family townhouses

- 205 Rideau St, (Rideaucrest Apartments), 2075 Battersea Rd, (Country Pines Apartments) – Seniors’ apartment buildings
- rents vary, subsidy available for 261 units
- eligibility follows Social Housing Reform Act

Zion United Church Foundation Inc.

Zion Complex, 106 Pine St, Kingston K7K 1W7

613-548-3389

- offers 15 rent-geared-to-income units
- 27 market rent units for seniors
- tenants have access to recreational activities within the residence
- must be 65+
- fee assistance available for eligible applicants

Residential Support Programs

Independent Living Centre Kingston

www.ilckingston.com

298 Concession St, Kingston K7K 2C1

613-542-8353

- Independent Living Skills Training Program assists individuals in developing skills that help them deal effectively with personal and environmental barriers as a result of having a disability
- disability management and skills training meetings are facilitated to build skills in areas of barrier removal to accessing the Ontario Disability Support Program
- no fee for service

South East Community Care Access Centre

www.healthcareathome.ca

1471 John Counter Blvd, Suite 200, Kingston K7M 8S8

613-544-7090

- when living independently is no longer possible, CCAC helps investigate alternatives such as supportive residential options, retirement homes, and long term care homes
- eligibility is determined by a SECCAC Case Manager
- CCAC serves all ages
- no fee for services

Southern Frontenac Community Services Corporation

www.sfcsc.ca

4419 George St, Sydenham K0H 2T0

613-376-6477

- administers financial assistance for renters and homeowners in North, Central, and South Frontenac
- open to seniors 55+, physically disabled adults, low-income families, children 1 to 6 years of age, and their parents
- financial assistance open to those in need who meet eligibility criteria