

## Coming to the Durham Regional Cancer Centre for your first appointment

This handout will give you the information you need for your first visit to the Durham Regional Cancer Centre (DRCC).

### Location of the Durham Regional Cancer Centre (DRCC)

The Durham Regional Cancer Centre is part of Lakeridge Health. The DRCC is located on the west side of Simcoe Street North in Oshawa, Ontario.

### The first time you come for an appointment

If you are coming for a Radiation CT Simulation appointment, check in at the reception desk on the B1 level (lower level) of the DRCC. For any other appointment, check in at the reception desk on the main floor of the DRCC. You will be given a booklet called the “Your Guide to the Durham Regional Cancer Centre”. This booklet will give you more information about your appointments and the programs and supports available to you at the DRCC. An electronic copy of this booklet is available at [www.lakeridgehealth.on.ca/en/ourservices/Visiting-Us.asp](http://www.lakeridgehealth.on.ca/en/ourservices/Visiting-Us.asp)

### What to bring to your appointment

- Your Ontario Health Insurance card (OHIP card).
- A list of the medications you are currently taking. We need to update this information in your chart. This includes any medications you do not have a prescription for (for example: antioxidants, Tylenol, Aspirin and vitamins).
- A supply of the medications you need to take during the time you will be at the cancer centre.
- If you are a diabetic, bring your glucometer and supplies with you.
- Eye glasses and hearing aids if you use them.
- A friend or family member. It is helpful to have someone with you to hear the information you will be given.
- If you are on oxygen, be sure that you have enough oxygen to last for 6 to 8 hours.

### Transportation to the DRCC

If you do not have a family member or friend who can drive you to appointments, you may want to:

- Ask someone from a local organization that you belong to (for example a church or social club) to drive you.
- Call one of the organizations listed on page 2 to arrange a ride to the cancer centre. You need to call in advance to arrange for a ride.

## **1. Canadian Cancer Society Wheels of Hope Program**

Volunteers are available to drive you to your cancer treatment appointments. You need to call and register for this Program. There is a fee for this service. You may need to arrange alternate transportation for your ride home. This may depend on where you live.

For more information or to register, call 1-888-939-3333 or email [cis@ontario.cancer.ca](mailto:cis@ontario.cancer.ca)

## **2. Community Care**

Volunteers are available to drive you to your medical appointments. You need to call and register with the Community Care office closest to your home. There is a fee for this service.

For more information or to register:

- Community Care Durham: 1-888-255-6680
- Community Care Peterborough: 705-742-7067
- Community Care Kawartha Lakes: 1-800-461-0327
- Community Care Northumberland: 1-866-514-5774

In Scarborough this program does not provide rides to Oshawa.

## **3. GO Transit**

GO Transit is a regional public transit service for the Greater Toronto Area and surrounding regions. There is a fee for this service.

Website: [www.gotransit.com](http://www.gotransit.com)

On this website, you can plan the trip you need to take to get to the cancer centre based on the time of your appointment. This includes:

- When you will need to leave for your appointment
- The route you will take.
- The cost for the trip.

## **4. Other organizations that offer a fee for service ride to your appointments**

To find other transportation options in the area you live, go to the Canadian Cancer Society's Community Services Locator found at: [www.csl.cancer.ca](http://www.csl.cancer.ca)

## **5. Ontario Works (OW) or Ontario Disability Support Program (ODSP)**

This program gives some funding for transportation to medical appointments. Funds are for pre-existing clients only. Call your Ontario Works social worker to register for the program.

If you have any questions or concerns about your transportation needs, call to talk to a social worker at the cancer centre at 905-576-8711 or 1-866-338-1778 at extension 33282.

## Coming to the cancer centre by car

### If you are coming from the west:

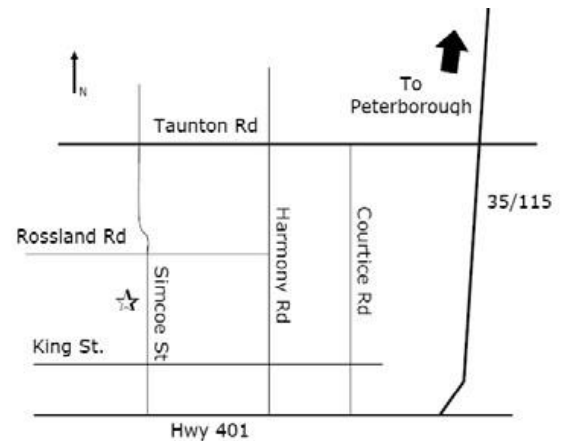
Take Hwy 401 east (to Kingston) to exit #417 – Simcoe Street. Turn left at Bloor Street. Turn left at Simcoe Street. Continue driving north on Simcoe Street for 2.6 km. Turn left on Parkwood Court. There is a parking garage at the end of the Court. You can also park in the parking garage on the north side of the hospital (Hospital Court).

### If you are coming from the east:

Take Hwy 401 West (to Toronto) to exit #418 – Ritson Road/Simcoe Street. Merge onto Drew Street. Turn left at First Avenue and then turn right at Simcoe Street. Continue driving north on Simcoe Street for 2.6 km. Turn left on Parkwood Court. There is a parking garage at the end of the Court. You can also park in the parking garage on the north side of the hospital (Hospital Court).

### If you are coming from the north:

Take Hwy. 35/115 South to exit for Taunton Road. Travel west on Taunton Road. Turn left at Simcoe Street. Continue driving south on Simcoe Street for 3.3 km. Turn right on Parkwood Court. There is a parking garage at the end of the Court. You can also park in the parking garage on the north side of the hospital (Hospital Court).



✦ R.S. McLaughlin Durham Regional Cancer Centre

## Parking is available:

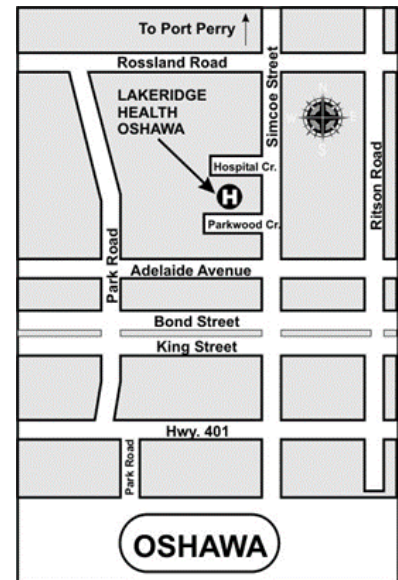
- On the south side of the hospital at the end of Parkwood Court
- On the north side of the hospital on Hospital Court

Bring the ticket you get from the machine when you enter the parking garage with you into the hospital. You will need it to pay a fee before you leave the parking garage. Payment can only be made by credit or debit card. Pay stations are located in the main lobby of the hospital and in the parking garages. The first ½ (half) hour of parking is free. If you are coming to the cancer centre for regular appointments, buying a 5 or 10 exit pass will save you money on the daily parking rate. You may also want to call the Parking Office to ask about a monthly parking pass.

You can call the Parking Office at 905-576-8711 or 1-866-338-1778 at extension 33707.

If you are unable to walk from the parking garage, your driver can drop you off at the front of the cancer centre on Parkwood Court (south side of the hospital).

You may be able to claim your parking and transportation costs as medical expenses on your taxes.



**The Durham Regional Cancer Centre is a scent-free environment.** We ask that you do not use anything that has a perfume or scent before you come to the cancer centre.

Please talk to a member of your healthcare team if you have questions or do not understand any of the information in this handout. Your nurse will give you a card with the number to call between the hours of 8:30am and 4:00pm from Monday to Friday. The cancer centre is closed on weekends and holidays.

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