

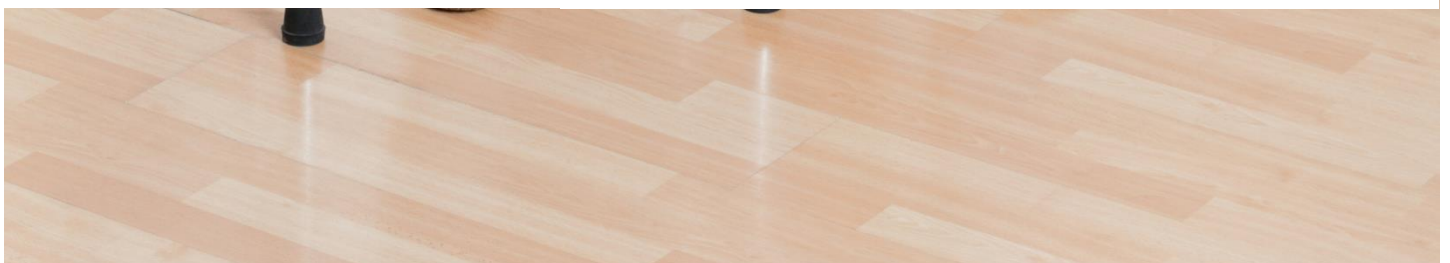


**CENTRAL EAST  
STROKE NETWORK**

[www.cesnstroke.ca](http://www.cesnstroke.ca)

**DURHAM DISTRICT**

# **Durham Region Community Resource Guide for Individuals Living with Stroke**



# Durham Region Community Resource Guide: Individuals and their Caregivers Living with Stroke

---

## Table of Contents

### **STROKE SERVICES**

Ambulatory Rehabilitation Centre (ARC)	Page 4
District Stroke Centre	Page 3
On-Line Resources	Pages 5
Stroke Prevention Clinic	Page 4
Stroke Survivor and Peer Support Groups	Pages 6-7

<b>Central East (CE) LHIN</b> Home and Community Care	Pages 8-9
---	-----------

<b>COMMUNITY CARE DURHAM (CCD)</b>	Pages 10-12
------------------------------------	-------------

### **COMMUNITY SERVICE PROVIDERS**

Acquired Brain Injury Services	Page 13
Advanced, Financial and Long-Term Care Planning	Pages 33-34
Community Exercise & Rehabilitation Programs	Pages 23-24
Communication Resources and Private Providers	Page 15-16
Employment Resources	Pages 29-31
Equipment Loan Services	Page 21
Equipment Sales and Rental	Page 20
Food Services	Pages 28-29
General Resources and Information	Pages 35-42
Homemaking, Nursing and Support Services	Pages 18-19
Housing Resources	Pages 31-32
Mental Health Services	Page 16-17
Respite Services and Friendly Visiting Programs	Page 25
Safety in the Home and Emergency Response Systems	Pages 32
Self-Management Program	Page 17
Senior Centres	Pages 25
Social and Recreational Services	Pages 22
Suppliers of Mobility Aids	Pages 20-24
Therapy Services	Page 14
Transportation and Driving Services	Pages 26-28



# Stroke Services

## District Stroke Centre



Lakeridge Health Oshawa received designation as a District Stroke Centre in 2008. In October of 2015 Lakeridge Health Oshawa obtained Stroke Distinction in Acute Stroke Services and Inpatient Stroke Rehabilitation Services.

As a District Stroke Centre we participate in ongoing education/training in stroke care, providing coordinated stroke services based on best practices and evidence for the residents of the Durham Region across the health care continuum. As a part of the Central East Stroke Network we receive leadership, support, and education from our Regional Stroke Centre, Royal Victoria Regional Health Centre in Barrie.

For more information contact Amy Maebræ-Waller, District Stroke Coordinator at the number listed below.  
(905) 576-8711 ext. 32553



## Stroke Prevention Clinic

### **Lakeridge Health Stroke Prevention Clinic:**

The Lakeridge Health Stroke Prevention Clinic is an outpatient clinic for people who have experienced signs and symptoms of a recent stroke or transient ischemic attack (TIA). A Physician referral is required.

The goals of the clinic are:

- To provide early assessments and appropriate interventions
- To provide rapid access to diagnostic tests
- To provide education to patients and family members about risk factor management and stroke prevention

Lakeridge Health Oshawa

1 Hospital Court, 1<sup>st</sup> Floor, A-Wing, Room 700

Oshawa, ON

L1G 2B9

(905) 576-8711 ext. 33792

Fax: (905) 721-7797



**Lakeridge  
Health**

Ambulatory  
Rehabilitation  
Centres

## **Ambulatory Rehabilitation Centre (ARC)**

Located at Lakeridge Health Whitby, the ARC team supports people who have suffered a stroke, brain injury or other **new** neurological event to regain as much independence as possible. Each clinical service offers individualized assessments, therapy and health education. A Physician Referral is required.

Additional services:

- Spasticity Management Clinic
- Stroke Follow Up Clinic
- EMG Clinic

Lakeridge Health Whitby

300 Gordon Street

Whitby, ON

L1N 5T2

Phone: (905) 668-6831 ext. 53093

Fax: (905) 665-2414

# On-Line Resources

## **Central East Healthline (Stroke Resources)**

Provides information on services and community programs within the Central East Local Health Integration Network (LHIN)

[www.stroke.centraleasthealthline.ca](http://www.stroke.centraleasthealthline.ca)

## **211Ontario**

Is a province-wide directory and referral service for community and social services in Ontario? Their phone service is open 24 hours a day, every day of the year, and is available in more than 150 languages.

Dial 2-1-1 or visit their website

[www.211ontario.ca](http://www.211ontario.ca)

## **Heart and Stroke Foundation**

Search for information on stroke for both individuals living with stroke and their caregivers.

[www.heartandstroke.ca](http://www.heartandstroke.ca)

## **Patient and Caregiver Resources – Canadian Stroke Best Practices**

[www.strokebestpractices.ca/resources/patient-resources](http://www.strokebestpractices.ca/resources/patient-resources)

Provides resources to support stroke recovery, recognition of stroke and stroke prevention. Including:

- **Your Stroke Journey**

Provides information on how a stroke affects your body, steps to take to prevent another stroke, medical tests and medications, ways to improve communication and the emotional aspects of stroke.

- **Stroke in young adults: A resource for patients and families**

Provides answers to questions about physical and mental recovery, as well as resources and services available to you and your family.

## **Saint Elizabeth Caring for Caregivers Resource Centre**

This resource centre is designed to give providers of caregiver education and support programs access to evidence-based resources, tools, and knowledge-exchange opportunities to help them meet the needs of family caregivers.

[www.saintelizabeth.com/Caring-for-Family.aspx](http://www.saintelizabeth.com/Caring-for-Family.aspx)

## **StrokEngine**

Provides information on stroke-related topics from quality articles, research and websites

[www.strokengine.ca/index.php?page=topic&id=34](http://www.strokengine.ca/index.php?page=topic&id=34)

# Stroke Survivor

## Stroke Smart

An online resource from the National Stroke Association for stroke survivors and their families

[www.strokesmart.org/](http://www.strokesmart.org/)

## Heart and Stroke online Community of Support

The Community of Survivors and Care Supporters' Community are two separate members-only Facebook groups: one for survivors of heart disease or stroke, and one for those who provide support or care to them. Community members can find social and emotional support in a safe, inclusive and respectful environment.

[www.heartandstroke.ca/heart/recovery-and-support/the-power-of-community](http://www.heartandstroke.ca/heart/recovery-and-support/the-power-of-community)

## After Stroke (March of Dimes Canada)

After Stroke, a program of March of Dimes Canada is MODC's new Canadian model of care to support stroke survivors and caregivers after a stroke. March of Dimes Canada has enhanced and expanded their stroke related services to more communities throughout Canada and has launched the After Stroke website.

[www.afterstroke.marchofdimes.ca](http://www.afterstroke.marchofdimes.ca)

# Peer Support Groups

## Stroke Survivor Groups

Meetings are for stroke survivors and their caregivers.

For more information on Stroke Support Groups in your area, please visit the websites below.

- <http://cesnstroke.ca/professional/community-ltc-new/stroke-support-groups-new/>
- [www.heartandstroke.on.ca/site/c.pvl3leNWJwE/b.7936265/k.94AE/Living with Stroke Ontario Locations.htm](http://www.heartandstroke.on.ca/site/c.pvl3leNWJwE/b.7936265/k.94AE/Living_with_Stroke_Ontario_Locations.htm)
- <https://afterstroke.marchofdimes.ca/community-re-engagement/Pages/Peer-Support-Groups---Chapters.aspx#Durham>

### Durham Region:

Bowmanville Stroke Support Group  
Whitby Stroke Recovery Group  
Oshawa Stroke Support Group  
Durham Young Stroke Support Group

1-800-263-3493  
(905) 723-6442  
1-800-263-3463 ext. 7758  
1-888-540-6666

## Additional Resources

### Facebook Young Stroke Survivors

[www.facebook.com/strokeyoung/](http://www.facebook.com/strokeyoung/)

### Heart and Stroke Foundation of Ontario

Durham Regional Office: Supporting Oshawa, Ajax, Pickering and Whitby  
Unit 2, 105 Consumers Drive  
Whitby, ON  
L1N 1C4  
(905) 666-3777  
Fax (905) 666-9956  
[www.heartandstroke.ca](http://www.heartandstroke.ca)

**Stroke Network: Online Stroke Support and Information**  
[www.strokenetwork.org/](http://www.strokenetwork.org/)

**Warmline - Stroke Recovery Canada**



a program of March of Dimes Canada

Phone support and information for stroke survivors and their family and caregivers  
1-888-540-6666  
[www.marchofdimes.ca/src](http://www.marchofdimes.ca/src)



# Home and Community Care Central East LHIN

Were you recently released from the hospital and need help at home?  
Do you have a friend or a family member who requires support to remain at home?  
Do you have a relative who is no longer safe living alone, and who may need to move to a long-term care home? The Central East Home and Community Care can help you!

Why call the Central East Home and Community Care?

- The Central East Home and Community Care provides access to in-home health care and community support services to make it easier for people of all ages to receive health care in their homes
- When you call Central East Home and Community Care the case manager will talk to you about your health care needs and will arrange for the right level of health services for you
- The Central East Home and Community Care case manager can also link you to other support services in our community, and help you to apply for admission to a long-term care home
- The Central East Home and Community Care will work with you, your family or caregiver to make informed choices about your health care needs
- Anyone can call the Central East Home and Community Care and there is no cost for their services

Who may receive Central East Home and Community Care services?

- Anyone who has a valid Ontario Health Card and;
- Has a medical condition that can be treated effectively at home or in the community, and/or
- Needs support to manage at home or in the community

How do you access Central East Home and Community Care services?

- If you or someone you know needs help with their health or personal care, call the Central East Home and Community Care local branch for information
- You may refer yourself
- You may call on behalf of a family member, a friend or a client



- If you are in the hospital, you can ask to talk to the Central East Home and Community Care case manager

When living at home is no longer possible or when you or the person you are caring for needs more help than can be provided at home, the Central East Home and Community Care will help find additional care. This may include:

- Short-term care in a long-term care home
- Supportive housing
- Placement into a long-term care home

Services provided through Central East Home and Community Care includes:

- Case Management
- Personal Support
- Nursing
- Nutritional Counseling
- Physiotherapy
- Occupational Therapy
- Social Work
- Speech Language Pathology
- Medical Supplies and Equipment
- Central East Home and Community Care also coordinates:
  - Respite care to allow time off and relief for the caregiver
  - Short-term supportive care to help with recovery from illness or injury
  - Placement into a long-term care home

**1-800-263-3877**

[www.healthcareathome.ca/centraleast/en](http://www.healthcareathome.ca/centraleast/en)

### **Central East Home and Community Care Branch Offices**

All branch offices are open Monday - Friday, 8:30 a.m. to 4:30 p.m.  
Service is available after 4:30 p.m. on weekends and statutory holidays.  
Please contact your local branch for information.

### **Central East LHIN (Head Office)**

Harwood Plaza  
314 Harwood Ave S  
Suite 204A  
Ajax, ON L1S 2J1  
905-427-5497 or 1-866-804-5446

### **Whitby Branch**

920 Champlain Court  
Whitby, ON  
L1N 6K9  
(905) 430-3308  
1-800-263-3877



# Community Care Durham (CCD)



**Community Care Durham**  
*Supporting People, Strengthening Community*

Community Care Durham (CCD), established in 1977, is a multi-service registered charitable organization that provides Home Support, Respite (Caregiver Relief) and COPE Mental Health services for adults and their caregivers who have needs related to aging, physical and/or mental health. The services are provided free of charge or for a minimal fee and are administered through various service locations across Durham Region. Community Care Durham is committed to providing access to a range of services needed to maintain our client's well-being, independence and quality of life.

Community Care Durham's office hours are Monday to Friday from 8:30 a.m. to 4:30 p.m. Home Support services include Meals on Wheels, Transportation, Luncheon Out (in some areas), Home Help, Home Maintenance, Friendly Visiting, Telephone Reassurance, and Foot Care Clinics (in some areas).

### **Additional CCD Programs and Services:**

COPE is a community mental health program offering group support from 16 year old and older, with emotional and/or mental health concerns. All COPE services are free of charge. Staff and trained volunteers facilitate support, coping skills, educational and social/recreational groups such as: depression, anxiety, stress management, losses, social recreation, and groups for caregivers and family members.

**Respite Services (Caregiver Relief)** provide a temporary break for caregivers from the stress and ongoing responsibility associated with caring for a loved one with needs related to aging and/or a disability. Two services are offered, In-Home Respite and the Adult Day Programs. There is a fee for Respite services. In-Home Respite: Care is delivered by qualified staff that maintains a safe environment and is trained to provide personal care, assistance with the activities of daily living, social interaction, meal

preparation and more. Adult Day Program: Offers a safe and comfortable setting for clients to enjoy a wide array of social and recreational programs. Qualified staff and volunteers provide the programs and assist with the activities of daily living.

**Psychogeriatric Community Support Program (PCSP)** is a collaborative effort offered by CCD and Ontario Shores Centre for Mental Health Services. The program offers screening, assessment, consultation, referral and support for high risk older adults (65 years and older) with persistent mental health concerns living in the community.

**Exercise & Falls Prevention Classes** offer strengthening and balancing classes in a group environment for older adults at various sites throughout the Durham Regions.

For information on services provided in your area, please contact your local office, or visit the CCD website at:

**Community Care Durham**

16100 Old Simcoe Road  
Port Perry, ON  
L9L 1P3  
(905) 985-0150 ext. 253  
1-855-432-6815  
Email:  
[webmaster@communitycaredurham.on.ca](mailto:webmaster@communitycaredurham.on.ca)

**Ajax-Pickering**

1420 Bayly Street, Unit #6  
Pickering, ON  
L1W 3R4  
(905) 837-0017  
Email:  
[ajaxpickering@communitycaredurham.on.ca](mailto:ajaxpickering@communitycaredurham.on.ca)

**Clarington**

2440 Hwy. 2, Unit #1  
(G.B. Rickard Complex)  
Bowmanville, ON  
L1C 0K6  
905-623-2261  
Email:  
[clarington@communitycaredurham.on.ca](mailto:clarington@communitycaredurham.on.ca)

**Scugog**

16100 Old Simcoe Road  
Port Perry, ON  
L9L 1P3  
(905) 985-8461  
Email: [scugog@communitydurham.on.ca](mailto:scugog@communitydurham.on.ca)

**Psychogeriatric Community Support Program (PCSP)**

(905) 666-4836  
1-866-748-0774

**Whitby**

20 Sunray Street, Unit #5  
Whitby, ON L1N 8Y3 (905) 668-6223  
Email: [whitby@communitycaredurham.on.ca](mailto:whitby@communitycaredurham.on.ca)

**Brock**

1 Cameron Street East  
Cannington, ON

L0E 1E0

(705) 432-2900

Email:

[brock@communitycaredurham.on.ca](mailto:brock@communitycaredurham.on.ca)

**Oshawa**

20 Sunray Street, Unit #6  
Whitby, ON

L1N 8Y3

(905) 430-5613

Email:

[oshawa@communitycaredurham.on.ca](mailto:oshawa@communitycaredurham.on.ca)

**Uxbridge**

75 Marietta Street, Unit #1

Uxbridge, ON

L9P 1K7 (905) 852-7445

Email:

[uxbridge@communitycaredurham.on.ca](mailto:uxbridge@communitycaredurham.on.ca)

**In-Home Respite Services**

1-888-255-6680



## Community Service Providers

### Acquired Brain Injury Services

#### **Brain Injury Association of Durham Region (BIAD)**

BIAD is an activity based, day drop in service. Program is free and you can drop in or stay all day. BIAD also provides Community Support Coordination Services which assist individuals in connecting with and staying connected to local community services.

850 King St. W, Unit 24  
Oshawa, ON, L1J 8N5  
(905)723-2732 or 1-866-354-2732  
[information@biad.ca](mailto:information@biad.ca)  
[www.biad.ca](http://www.biad.ca)

#### **Ontario Association of Social Workers**

(416) 923-4848  
[www.oasw.org](http://www.oasw.org)

#### **Ontario Brain Injury Association**

Offers support, empowerment and education to people and families living with acquired brain injury.  
1-800-263-5404  
[www.obia.ca](http://www.obia.ca)

#### **Alzheimer Society – Durham Region**

1600 Champlain Ave., Suite 202  
Whitby, ON L1N 9B2  
Phone: 905-576-2567 | toll free: 1-888-301-1106  
[information@alzheimerdurham.com](mailto:information@alzheimerdurham.com)  
[www.alzheimer.ca/en/durham](http://www.alzheimer.ca/en/durham)

# Therapy Services

*This resource list is intended as an overview and is not a complete listing of all services in the Durham District. There may be fees associated with the services listed in this guide; please contact the individual service providers for more information about individual programs and program fees. Furthermore, the sponsors of this resource does not endorse any or all organizations and/or service providers listed within this guide.*

Visit the College of Physiotherapists of Ontario at [www.collegept.org/home](http://www.collegept.org/home) to find a Physiotherapist in your region.

Visit the College of Occupational Therapist of Ontario at [www.coto.org/](http://www.coto.org/) to find an Occupational Therapist in your region.

For a full listing of therapy providers please go to [www.canada411.ca](http://www.canada411.ca) and type in “physiotherapy clinics”.

## **Whitby Physiotherapy**

Unit 3 185 Thickson Road North,  
Whitby, Ontario L1N 6T9  
905-240-2055

## **Neurochangers**

1600 Champlain Ave, Unit 5  
Whitby, ON L1N 9Y9  
905-440-4939  
[www.neurochangers.com](http://www.neurochangers.com)

## **INTER-ACTION**

105 Consumers Dr. E.  
Whitby, Ontario, L1N 1C4  
(905) 665-0781

## **WHITBY (Abilities Centre):**

55 Gordon Street  
Whitby, ON  
L1N 0J2  
905-440-4939

## **Restore Home Therapy**

One on one treatment-in home or office-  
all ages are welcome  
707 Simcoe St., S Unit #2  
(905) 432-6026  
Oshawa, Ontario L1H 4K5  
[www.restorehometherapy.com/](http://www.restorehometherapy.com/)

## **Complex Injury Rehab Inc.**

1101 Kingston Rd, Suite 204  
Pickering, ON  
(647) 725-2633  
[info@complexinjury.com](mailto:info@complexinjury.com)  
[www.complexinjury.com](http://www.complexinjury.com)

## **TORONTO (Aim2Walk):**

170 Brockport Drive, Unit 101  
Toronto, ON M9W 5C8  
(416) 679-9255  
[matt@aim2walk.ca](mailto:matt@aim2walk.ca) [www.aim2walk.ca](http://www.aim2walk.ca)

# Communication Resources

## **Aphasia Institute**

The Aphasia Institute is a community-based centre of excellence, pioneering programs and practices that help Canadians with aphasia learn how to communicate in new ways so they can join life's conversation again.

(416) 226- 3636

Fax: 416- 226- 3706

[aphasia@aphasia.ca](mailto:aphasia@aphasia.ca)

[www.aphasia.ca](http://www.aphasia.ca)

## **March of Dimes Aphasia and Communication Disability Program**

This program provides service for people touched by aphasia or communication disorders and offers group communication programs that are located in Whitby, Newmarket, Peterborough, Richmond Hill, Stouffville, and Maple.

[www.marchofdimes.ca/EN/programs/acdp1/Pages/AphasiaAndCommunicationDisabilitiesProgram.aspx](http://www.marchofdimes.ca/EN/programs/acdp1/Pages/AphasiaAndCommunicationDisabilitiesProgram.aspx)

## **Main Office**

(905) 773-7758 ext. 6216

1-800-567-0315

## **Whitby Program**

Westminster United Church

1850 Rossland Road East

Whitby, ON L1N 3P2

(905) 904-0674

## **Augmentative and Alternative Communication Services in Ontario**

[www.uhn.ca/TorontoRehab/PatientsFamilies/Clinics\\_Tests/AAAC\\_Clinic](http://www.uhn.ca/TorontoRehab/PatientsFamilies/Clinics_Tests/AAAC_Clinic)

## **Canadian Hearing Society**

1-877-347-3427

[www.chs.ca](http://www.chs.ca)

## **Central East Saint Elizabeth Office**

1549 Victoria Street East

Whitby, ON

L1N 8R1

(905) 430-6997

Fax: (905) 430-2921

[CentralEastSDC@saintelizabeth.com](mailto:CentralEastSDC@saintelizabeth.com)

## **Speech Therapy Centres of Canada**

[www.speechtherapycentres.com](http://www.speechtherapycentres.com)

Head Office and Main Clinic

65B Beaver Creek Road

Richmond Hill, ON

L4B 1K4

(905) 886- 5491

Fax: 905-886-2362

[info@speechtherapycentres.com](mailto:info@speechtherapycentres.com)

# Private Speech and Language Providers

Visit the College of Audiologist and Speech-Language Pathologists of Ontario at [www.caslpo.com/](http://www.caslpo.com/) or the Ontario Association of Speech-Language Pathologists and Audiologists at [www.osla.on.ca](http://www.osla.on.ca) to search for a provider in your area.

## **Beyond Words Speech-Language Pathology (Whitby)**

(905) 723-3061

[speech@beyonddslp.ca](mailto:speech@beyonddslp.ca)

## **John Valiquette – Oshawa Speech and Language Centre (Oshawa)**

(905) 432-9100

[speechpath@gmail.com](mailto:speechpath@gmail.com)

## **Inter-Action Rehabilitation Inc.**

Durham Corporate Centre

105 Consumers Drive E

Whitby, ON

L1N 1C4

(905) 665-0781

[www.interactionrehab.com/](http://www.interactionrehab.com/)

## **Speech Therapy Centres of Canada (Whitby)**

(905) 886-5941

[info@speechtherapycentres.com](mailto:info@speechtherapycentres.com)

# Mental Health Services

## **Canadian Mental Health Association (CMHA)**

### **Bounce Back**

BounceBack®: Reclaim your health is a free skill-building program offered by CMHA . It is designed to help adults and youth 15+ manage symptoms of depression and anxiety.

<https://bouncebackontario.ca/>

Toll-Free: 1-866-345-0224

## **Community Care Durham**

Ajax-Pickering

(905) 837-0017 ext. 229

Brock

(705) 432-3044

Clarington

(905) 623-4123

Oshawa

(905) 666-0689

Psychogeriatric Community Support Program

1-866-748-0774

Scugog

(905) 985-8461 ext. 225

Uxbridge

(905) 852-7445 ext. 24

Whitby

(905) 668-6223 ext. 227

Community Counselling

1-866-840-6697

## **COPE Mental Health**

(905) 623-4123

## **Depression Information and Resource Centre**

1-800-557-5057 x8000

## **Durham Mental Health Services**

(905) 666-3304



<b>Durham Mental Health Mobile Crisis Line</b>	1-800-742-1890
<b>Durham Region Mental Health Crisis Services</b>	(905) 665-6932
<b>Distress Centre Durham</b>	(905) 430-2552
<b>John Howard Society</b>	(905) 579-8482
<b>Lakeridge Health Crisis Line</b>	(905) 723-8195
<b>Ontario Shores Crisis Line</b>	1-800-263-2679
<b>Pinewood Crisis Line</b>	1-888-881-8878
<b>Rouge Valley Health Crisis Intervention Team</b>	(905) 999-0205

## **Self-Management Programs**

### **The Central East LHIN Self-Management Program**

Living a Healthy Life with Chronic Conditions

The “Living a Healthy Life” workshop is a free six-week workshop. The workshop helps people with chronic health conditions and their caregivers to better cope with symptoms and activities of daily life. All participants will receive the "Living a Healthy Life with Chronic Conditions" companion book. Contact below to find a workshop running in your area.

1-866-971- 5545

[CE.Self-Management@lhins.on.ca](mailto:CE.Self-Management@lhins.on.ca)

[www.ceselfmanagement.ca/](http://www.ceselfmanagement.ca/)

### **Living with Stroke Program**

The Heart& Stroke Living with Stroke™ Program is a community-based support and educational program designed for stroke survivors and their caregivers to gain confidence in managing the challenges of living with stroke. The six (6) week program assists stroke survivors to develop new skills and gain confidence in your ability to control your life. This interactive program supports a self-management philosophy, focusing on building skills, sharing experiences, and support.

For an up to date listing of programs, please visit the Living with Stroke website below:

[www.heartandstroke.ca/stroke/recovery-and-support/living-with-stroke/living-with-stroke-ontario](http://www.heartandstroke.ca/stroke/recovery-and-support/living-with-stroke/living-with-stroke-ontario)

# Homemaking, Nursing and Support Services

## Local Health Integration Network (LHIN)

Formally known as CCAC

[www.centraleastlhin.on.ca/](http://www.centraleastlhin.on.ca/)

## Ontario Community Support Association

(416)256-3010

1-800-267-6272

[www.ocsa.on.ca/](http://www.ocsa.on.ca/)

## March of Dimes Canada – Attendant Care Services

Provides clients with help to complete their daily activities.

1-800-263-3463 ext. 7726

[www.marchofdimes.ca/EN/programs/Attendant/Pages/Attendant.aspx](http://www.marchofdimes.ca/EN/programs/Attendant/Pages/Attendant.aspx)

<b>Bayshore Home Health</b>	(905) 433-4002
<b>Cardinal Nannies</b>	(905) 666-2228
<b>Canada Health and Home Care</b>	(905) 579-1237
<b>Care4Seniors</b>	(905) 434-8909
<b>Comcare Health Services</b>	(905) 433-1494
<b>Comfort Keepers</b>	(905) 666-8258
<b>Community Care Durham</b>	
Ajax-Pickering	(905) 837-0017
Brock	(705) 432-2900
Clarington	(905) 623-2261
Oshawa	(905) 430-5613
Scugog	(905) 985-8461
Uxbridge	(905) 852-7445
Whitby	(905) 668-6223
<b>Central East Community Care Access Centre</b>	(905) 430-3308
<b>Day by Day Non-Medical Home Care (Uxbridge)</b>	(905) 852-0182
<b>D.H.S. Health Care Services</b>	(905) 571-1511

<b>First Staff Health Care Services</b>	(905) 305-9551
<b>Home Instead Senior Care</b>	(905) 723-1800
<b>HomeWell Senior Care</b>	(905) 509-8469
<b>Paramed Home Health Care</b>	(905) 433-7600
<b>Partners in Community Nursing</b>	(905) 665-1711
<b>Personal Attendant Care</b>	(905) 576-5603
<b>Retire at Home Services</b>	(905) 493-2653
<b>Saint Elizabeth Health Care</b>	(905) 430-6997
<b>T&amp;E Health Pros</b>	(905) 429-4040
<b>Victorian Order of Nurses</b>	(905) 571-3151
<b>We Care Health Services</b>	(905) 666-6656

**For additional Resources visit the Central East Healthline at [www.centraleasthealthline.ca/index.aspx?region=CentralEast](http://www.centraleasthealthline.ca/index.aspx?region=CentralEast) and select “home and community support”.**

# Equipment Sales and Rental

## **Assistive Devices Program (ADP)**

ADP provides funding for equipment for people with physical disability. There are specific eligibility criteria and an ADP Authorizer must assess specific needs.

1-800-268-6021

[www.health.gov.on.ca/english/public/program/adp/adp\\_mn.html](http://www.health.gov.on.ca/english/public/program/adp/adp_mn.html)

## **Canadian Red Cross – Health Equipment Loan Program (HELP)**

Provides medical equipment on a short-term basis

[www.redcross.ca/how-we-help/community-health-services-in-canada/health-equipment-loan-program](http://www.redcross.ca/how-we-help/community-health-services-in-canada/health-equipment-loan-program)

## **March of Dimes Canada – Assistive Devices Program:**

Non-profit charity that can provide financial assistance with the purchase and/or repair/maintenance of mobility devices

1-866-765-7237

[www.marchofdimes.ca/EN/programs/adp/Pages/Adp.aspx](http://www.marchofdimes.ca/EN/programs/adp/Pages/Adp.aspx)

## **Assistive Devices Exchange**

The Assistive Device Exchange (A.D.E.) website is available to those who would like to sell or give-away an assistive device and to those who are looking for an assistive device to buy or find as a giveaway.

<https://assistivedeviceexchange.com/>

# Suppliers of Mobility Aids

For a full listing please go to [www.canada411.ca](http://www.canada411.ca) and type in “mobility aids”

## **Courtice**

### **Courtice Home Healthcare**

(905) 721-0004

[www.courticehomehealthcare.com](http://www.courticehomehealthcare.com)

## **Oshawa**

### **Durham Medical**

(905) 728-1112

1-888-479-4687

sales@durhammedical.ca

[www.durhammedical.ca/](http://www.durhammedical.ca/)

### **Medigas**

(905) 725-8482

1-866-446-6302

[www.medigas.com](http://www.medigas.com)

### **Motion Specialties**

(905) 576-2174

1-866-374-9590

<https://motionspecialties.com/>

## **Bowmanville**

### **Living Well Home Medical Equipment**

(905) 623-7110

1-800-667-0158

[www.livingwellhme.ca](http://www.livingwellhme.ca)

## **Whitby**

### **Wellwise by Shopper's Drug Mart**

(905) 579-5300

1-866-220-3837

[www.wellwise.ca](http://www.wellwise.ca)

## **Silver Cross**

(905) 668-8560

1-800-659-0668

[www.silvercross.com](http://www.silvercross.com)

## **Ajax**

### **Shopper's Home Health Care Centre**

(905) 427-4171

1-866-220-3837

[www.wellwise.ca](http://www.wellwise.ca)

# **Equipment Loan Services**

### **Canadian Red Cross - Health Equipment Loan Program (HELP)**

585 Wentworth Ave

Unit 40

Oshawa, ON

L1H 3V8

(905) 723-2933

Fax: 905-723-9023

[durham\\_region@redcross.ca](mailto:durham_region@redcross.ca)

[www.redcross.ca](http://www.redcross.ca)

### **Royal Canadian Legion**

(905) 841-7999

[info@on.legion.ca](mailto:info@on.legion.ca)

[www.on.legion.ca/](http://www.on.legion.ca/)

# Social and Recreation Services

## Adult Day Programs

<b>Brain Injury Association of Durham</b>	(905) 723-2732
<b>Community Care Durham</b>	
Ajax-Pickering	(905) 420-5010 ext. 223
Brock	1-888-255-6680
Clarington	(905) 697-7231
Oshawa	(905) 430-5613
Scugog	1-888-255-6680
Uxbridge	(905) 852-7222
Whitby	(905) 668-6223
<b>Faith Place - Adult Day Program</b>	(905) 576-6712
<b>Hillsdale Estates Day Program</b>	(905) 579-1777 ext. 497
<b>KMW Adult Day Program (Ajax)</b>	(905) 428-6402
<b>Lakeview Manor (Port Perry, Beaverton)</b>	(705) 426-7388 ext. 5320
<b>Minds in Motion (Alzheimer Society of Durham Region)</b> <a href="http://www.alzheimer.ca/durham">www.alzheimer.ca/durham</a>	(905) 576-2567 ext. 26 1-888-301-1106
<b>Oshawa Senior Citizens Centre</b> <a href="http://www.oscc.ca/">www.oscc.ca/</a>	
John Street	(905) 926-2777
Conant Branch	(905) 576-6712 ext. 2904
Northview Branch	(905) 576-6712 ext. 2865
<b>T&amp;E Seniors Wellness Centre – Adult Day Program</b>	(905) 433-9266

# Community Exercise and Rehabilitation Programs

## **Abilities Centre TIME (Together in Movement and Exercise) Program**

TIME is a community-based exercise program for people with a range of neurological conditions such as stroke, multiple sclerosis, or acquired brain injury. Anyone with a neurological condition who can walk at least 10 metres with or without a walking aid is encouraged to participate.

For more information call or visit: (905) 665-8500 ext.114

[www.abilitiescentre.org/time](http://www.abilitiescentre.org/time)

For general information and inquiries regarding the abilities centre:

(905) 665-8500

[www.abilitiescentre.org](http://www.abilitiescentre.org)



## **Oshawa – Aquafit**

(905) 436-3311

[www.oshawa.ca/things-to-do/aquafit.asp](http://www.oshawa.ca/things-to-do/aquafit.asp)

## **Durham Warm Water Aquatics Program**

Offers a gentle exercise program performed in warm water pool. Designed to improve joint mobility, range of motion and general health and wellbeing.

(905) 430-1665

## **Whitby**

[www.centraleasthealthline.ca/displayService.aspx?id=50587](http://www.centraleasthealthline.ca/displayService.aspx?id=50587)

## **Oshawa**

[www.centraleasthealthline.ca/displayService.aspx?id=50588](http://www.centraleasthealthline.ca/displayService.aspx?id=50588)

## **Regional Cardiovascular Rehabilitation Service**

The regional cardiovascular rehabilitation service consists of a six-month program led by expert exercise therapists, in consultation with dietitians, pharmacists, counsellors, cardiologists and cardiac diagnostics technicians, as well as volunteers and administrative support. The program includes supervised exercise plans that are individualized for each patient, along with education classes, counseling and support. Patients can attend the program at one of eight hospital and community sites.

To participate in cardiovascular rehab a referral from your physician is required. For questions or to learn more about our cardiovascular rehabilitation services, please contact the regional program at (toll free) 1-855-448-5471 or at 416-281-7022.

[www.rougevalley.ca/cardiac-rehabilitation](http://www.rougevalley.ca/cardiac-rehabilitation)

### **Stroke Rehabilitation Therapy**

Complex Injury Rehab - The Brain, Spine and Mental Health Clinic

- Complex Injury Rehab - Hand & Arm Therapy Group to improve recovery and functional use of upper limbs
- 20 group sessions over 10 weeks with an experienced Occupational Therapist
- 4:1 client to therapist ratio

Please call Sylvia Haycock, Occupational Therapist for more info.

(647) 725-2633

240-1101 Kingston Rd, Pickering, ON L1V 1B5

<http://complexinjury.com/>

### **Whitby Taoist Tai Chi Society Canada**

Health Recovery Class - Allows people of all ages and states of health to improve their physical and psychological wellbeing.

(905) 668-6500

[www.taoist.org](http://www.taoist.org)

### **VON SMART (Seniors Maintaining Active Roles Together) Program**

Provides one to one and group volunteer facilitated exercise programs for individuals living in the community.

Whitby Mall, Lang Tower West Building

1615 Dundas St E, Suite 304

Whitby, ON

L1N 2L1

(905) 240-4522

[www.centraleasthealthline.ca/display/service.aspx?id=51597](http://www.centraleasthealthline.ca/display/service.aspx?id=51597)

### **Minds in Motion**

Program combining physical activity and mental stimulation

Durham Region Alzheimer's Society

Phone: (905) 576-2567 | toll free: 1-888-301-1106

[lclements@alzheimerdurham.com](mailto:lclements@alzheimerdurham.com)

### **Durham Dance for Parkinson's:**

#### **Prima Ballet School**

Contact: Frances Logan (905) 425-2828 [www.primaballetschool.ca](http://www.primaballetschool.ca)

#### **Port Hope Community Health Centre**

Contact: Port Hope Community Health Centre:

[workshops@porthopechc.ca](mailto:workshops@porthopechc.ca) (905) 885-2626 ext 280



# Senior Centres

## Durham Region

Oshawa Senior Centre (Multiple sites)	(905) 576 6712
Pickering East Shore Community Centre	(905) 420-6588
South Pickering Senior Centre	(905) 420- 5049
Whitby Seniors Activity Centre	(905) 668-1424
Uxbridge Senior Centre	(905) 852- 7401
Port Perry Seniors Centre (Latcham Centre)	(905) 982-2192

# Respite Services and Friendly Visiting Programs

## Community Care Durham – Respite Care

[www.communitycaredurham.on.ca/](http://www.communitycaredurham.on.ca/)

Ajax-Pickering	(905) 420-5010 ext. 223
Brock	(705) 432-2900
Clarington	(905) 697-7231
Oshawa	(905) 430-5613
Scugog	(905) 985-8461
Uxbridge	(905) 852-7222
Whitby	(905) 668-6223

## Library Services

Delivers library materials to homebound customers including large print books, magazines and tapes

<b>Ajax</b>	(905) 683-4000 ext. 850
<b>Oshawa</b>	(905) 579-6111 ext. 5242
<b>Whitby</b>	(905) 668-6531 ext. 2010

## Volunteer Friendly Visitor Programs

This service provides volunteers who visit on a regular basis to share in activities or for companionship.  
(905) 571-3151

# Transportation and Driving Information Services

## Accessible Parking Permits

[www.mto.gov.on.ca/english/dandv/vehicle/app.shtml](http://www.mto.gov.on.ca/english/dandv/vehicle/app.shtml)

1-800-387-3445

## Medical Driving Assessments

### CBI Physiotherapy & Rehabilitation Centre - Durham

15 Thickson Road North, Unit 4

Whitby, Ontario

L1N 8W7

(905) 725-5055

1-800-463-2225

Fax: (905) 433-0396

[durhamphysiotherapy@cbi.ca](mailto:durhamphysiotherapy@cbi.ca)

[www.cbi.ca](http://www.cbi.ca)

### Saint Elizabeth Health Care

#### Driver Assessment & Training including DriveABLE

1549 Victoria Street East

Whitby, Ontario

L1N 9E8

(416) 398-1035

1-877-397-1035

Fax 416-398-3206

[driverinfo@saintelizabeth.com](mailto:driverinfo@saintelizabeth.com)

[www.saintelizabeth.com](http://www.saintelizabeth.com)

## Ministry of Transportation

### Driver Improvement Office, Medical Review Section

Check this website for information on the process to reinstate your license and for MTO approved driver assessment centres for driving evaluations. Ontario residence only.

1-800-268-1481

[www.mto.gov.on.ca/english/dandv/driver/medical-review](http://www.mto.gov.on.ca/english/dandv/driver/medical-review)

## Vehicle Modification

### **General Motors of Canada – Mobility Program**

Provides adaptation of various GM vehicles to facilitate accessibility and access.

1-800-GM-DRIVE (1-800-463-7483)

<http://programs.gm.ca/programs/mobility.html>

### **National Mobility Equipment Dealers Association (NMEDA)**

A non-profit trade association of mobility equipment professionals dedicated to expanding opportunities for people with disabilities to drive or be transported in modified vehicles.

1-866-948-8341

[www.nmeda.com](http://www.nmeda.com)

### **Savaria Vehicle Group**

Better mobility for life; accessibility lifts, wheelchair accessible vans, stair lifts and elevators for your home

1-800-661-5112

[www.savaria.com/](http://www.savaria.com/)

### **Silver Cross**

Wheelchair accessible vehicles, mobility adaptation, driving aids

1-844-652-7677

<https://silvercrossauto.com/>

### **Universal Motion**

Installs wheelchair lifts and completes van conversions.

1-877-899-0699

[www.universalmotion.com](http://www.universalmotion.com)

## Financial Assistance for Vehicle Modifications

### **March of Dimes Canada – Home and Vehicle Modification Program**

The program may provide limited funding for vehicle modifications.

1-800-263-3463

[www.marchofdimes.ca/EN/programs/hvmp/Pages/HomeandVehicle.aspx](http://www.marchofdimes.ca/EN/programs/hvmp/Pages/HomeandVehicle.aspx)

### **Durham Specialized Transit:**

[www.durhamregiontransit.com](http://www.durhamregiontransit.com)

Ajax, Pickering  
Oshawa, Whitby, Clarington  
Brock, Scugog, Uxbridge

(905) 683-4114  
(905) 725-4000  
1-800-263-1916

## **Durham Wheelchair Accessible Taxi Services**

<b>Blue Line</b>	(905) 440-2011
<b>Durham Rapid Taxi</b>	(905) 831-2345
<b>Whitby Bell Taxi</b>	(905) 668-8888

## **Other Transportation Services**

### **Community Care Durham – Home At Last**

(905) 985-0150

[www.communitycaredurham.on.ca](http://www.communitycaredurham.on.ca)

### **Rapid City Transportation (Ajax/Pickering)**

1-888-202-3923

<http://rapidcitytransport.com/>

# **Food Services**

### **Durham Region Food Resource Directory**

Provides a listing of locations and phone numbers where food is available throughout the Durham Region.

<http://whitby.durham.cioc.ca/record/OSH0655>

### **Meals on Wheels (Community Care Durham)**

Order online <https://communitycaredurham.on.ca/food-nutrition/hot-meals-on-wheels/>

Ajax	(905) 837-0017
Brock	(705) 432-2900
Clarington	(905) 623-2261
Oshawa	(905) 430-5613
Scugog	(905) 852-7445
Whitby	(905) 668-6223

### **Heart to Home Meals**

1-800-786-6113

[www.hearttohomemeals.ca](http://www.hearttohomemeals.ca)

## **Food Delivery – Grocery Stores**

Beaverton Foodland

(705) 426-9061

Metro Grocery Store (Oshawa)

(905) 723-7731

Metro Grocery Store (Whitby)

(905) 655-1660

Orono Foodland

(905) 983-5306

# **Employment Resources**

## **Financial Support**

### **Bill 21, Employment Standards Amendment Act (Leaves to Help Families)**

Bill 21, the Leaves to Help Families Act, will allow Ontarians to take time off work to care for seriously ill loved ones without threat to their employment. It will provide:

- Family Caregiver Leave: up to eight weeks of unpaid, job-protected leave for employees to provide care or support to a family member with a serious medical condition each calendar year.
- Critically Ill Child Care Leave: up to 37 weeks of unpaid, job-protected leave to provide care to a critically ill child for employees who have been employed for at least six consecutive months.

For more information see the link below:

[www.ontla.on.ca/web/bills/bills\\_detail.do?locale=en&BillID=2738&detailPage=bills\\_detail\\_the\\_bill](http://www.ontla.on.ca/web/bills/bills_detail.do?locale=en&BillID=2738&detailPage=bills_detail_the_bill)

### **Canadian Pension Plan (CPP) – Retirement Pension and Disability Benefits**

These benefits may be available to you if you contributed to CPP while you were working. There may also be benefits available for your children.

1-800-277-9914

[www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit.html](http://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit.html)

### **Canadian Pension Plan Vocational Rehabilitation**

A voluntary program designed to help people receiving CPP disability benefits return to work.

1-800-461-3422

[www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit/vocational-rehabilitation.html](http://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit/vocational-rehabilitation.html)

### **Employment Insurance – Sickness Benefits**

If you have had to stop work because of an illness/injury you may qualify for this benefit.

1-800-206-7218

[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

## **Old Age Security (OAS) and Guaranteed Income Supplement (GIS)**

Is available to those 65 years or older and an allowance may also be available for spouses.

1-800-277-9914

[www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html](http://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html)

## **Ontario Disability Support Program (ODSP)**

ODSP Provides long-term financial assistance to people who cannot work for medical reasons or because of disability. Check the website to find the office nearest you.

[www.mcass.gov.on.ca/en/mcass/programs/social/odsp/index.aspx](http://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/index.aspx)

## **Ontario Works (OW)**

Provides temporary financial assistance to help cover the costs of your basic needs and employment assistance to help you prepare for and find a job. Check the website to find the office nearest you.

[www.mcass.gov.on.ca/en/mcass/programs/social/ow/index.aspx](http://www.mcass.gov.on.ca/en/mcass/programs/social/ow/index.aspx)

## **Finding Work**

### **Canadian Council on Rehabilitation and Work**

Promotes and supports meaningful and equitable employment of persons with disabilities.

1-800-664-0925

[www.ccrw.org](http://www.ccrw.org)

### **Canadian National Institute for the Blind (CNIB)**

Offers career and employment services for individuals with visual impairment.

1-800-563-2642

[www.cmhc-schl.gc.ca/en/developing-and-renovating/funding-opportunities/on-reserve-renovation-programs/home-adaptations-for-seniors-independence](http://www.cmhc-schl.gc.ca/en/developing-and-renovating/funding-opportunities/on-reserve-renovation-programs/home-adaptations-for-seniors-independence)

### **Job Opportunity Information Network (JOIN):**

Many of the providers of Ontario Disability Support Program (ODSP) employment services are part of this network.

<http://joininfo.ca/>

### **JobStart**

Is a community based, not-for-profit agency connecting people looking for work with employers looking to hire new employees.

(416) 231-2295

[www.jobstart-cawl.org/](http://www.jobstart-cawl.org/)

### **March of Dimes Canada - Employment Services**

Provides job training and helps people with disabilities find employment.

1-800-263-3463

[www.marchofdimes.ca/EN/programs/employment/](http://www.marchofdimes.ca/EN/programs/employment/)

### **Opportunities Fund for Persons with Disabilities**

Helps people with disabilities prepare for, obtain and maintain employment or self-employment particularly, those who are not eligible for Employment Insurance (EI) benefits.

[www.oppsfund.ca/](http://www.oppsfund.ca/)

### **Return to Work Toolkit**

This informative website, developed by the Southwest Ontario Stroke Network, provides stroke survivors, family members and healthcare providers with assistance to navigate the process of returning to work, local and provincial resources that provide guidance, support, and assistance and an online self-assessment guide to focus individual recovery efforts and provide information about ability or readiness to return to work.

[www.swostroke.ca/return-to-work/](http://www.swostroke.ca/return-to-work/)

### **WORKink**

Canada's largest virtual employment resource centre for job seekers with disabilities.

<http://workink.com>

## **Housing Resources and Information**

### **Financial Assistance for Home Modifications**

#### **Home Adaptations for Seniors' Independence (HASI)**

Offer financial assistance for minor home adaptations that will help low-income seniors to continue to live at home independently.

[www.cmhc-schl.gc.ca/en/developing-and-renovating/funding-opportunities/on-reserve-renovation-programs/home-adaptations-for-seniors-independence](http://www.cmhc-schl.gc.ca/en/developing-and-renovating/funding-opportunities/on-reserve-renovation-programs/home-adaptations-for-seniors-independence)

#### **March of Dimes Canada – Home and Vehicle Modification Program**

Provides basic funding for home and vehicle modifications.

1-800-263-463

[www.marchofdimes.ca/EN/programs/hvmp/Pages/HomeandVehicle.aspx](http://www.marchofdimes.ca/EN/programs/hvmp/Pages/HomeandVehicle.aspx)

### **Ontario Retirement Communities Association**

Offer information on retirement residences.

1-888-263-5556

[www.orcaretirement.com](http://www.orcaretirement.com)

### **Residential Rehabilitation Assistance Program for Persons with Disabilities (RRAP – Disabilities)**

Canada Mortgage and Housing Corporation offer financial assistance to allow homeowners and landlords to pay for modifications to make their property more accessible to persons with disabilities.

1-800-668-2642

[www.cmhc-schl.gc.ca/en/developing-and-renovating/funding-opportunities/on-reserve-renovation-programs/residential-rehabilitation-assistance-program](http://www.cmhc-schl.gc.ca/en/developing-and-renovating/funding-opportunities/on-reserve-renovation-programs/residential-rehabilitation-assistance-program)

### **Service Canada**

[www.canada.ca/en/services/benefits/housing.html](http://www.canada.ca/en/services/benefits/housing.html)

## **Safety Emergency Response Systems**

### **CareLink Advantage – Personal Emergency Response System**

1-866-876-7401

[info@carelinkadvantage.ca](mailto:info@carelinkadvantage.ca)

[www.carelinkadvantage.ca](http://www.carelinkadvantage.ca)

### **ConnectCare Emergency Response Service**

(905) 338-4357

1-800-665-7853

<http://connectcaremedicalalert.ca/>

### **Lifeline**

An easy-to-use personal response service that lets you summon help any time of the day or night.

1-866-784-1992

[www.lifeline.ca/en/](http://www.lifeline.ca/en/)

### **MedicAlert**

1-800-668-1507

[www.medicalert.ca/](http://www.medicalert.ca/)



# Advanced, Financial and Long Term Care Planning

## Advanced Planning

### Seniors: plan for the future

1-888-910-1999

[www.ontario.ca/page/seniors-plan-for-the-future](http://www.ontario.ca/page/seniors-plan-for-the-future)

### Office of the Public Guardian & Trustee (Ministry of the Attorney General)

Provides information or assistance on issues such as incapacity, guardianship processes and powers of attorney.

1-800-518-7901

[attorneygeneral@ontario.ca](mailto:attorneygeneral@ontario.ca)

[www.attorneygeneral.jus.gov.on.ca/english/family/pgt/](http://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/)

### Power of Attorney and Living Wills

Download your own power of attorney and living will documents by clicking on “Wills & Estates” on the left hand side of the page.

[www.attorneygeneral.jus.gov.on.ca](http://www.attorneygeneral.jus.gov.on.ca)

## Drug Coverage

### Ontario Drug Benefit Program (ODB)

Provides coverage for the cost of some prescription drugs to persons 65 years or older. Low-income seniors can apply for a co-payment reduction.

1-866-811-9893

[www.health.gov.on.ca/en/pro/programs/drugs/odbf\\_mn.aspx](http://www.health.gov.on.ca/en/pro/programs/drugs/odbf_mn.aspx)

### Trillium Drug Program

Provides coverage for some prescription drugs for persons under the age of 65 who have high drug costs in relation to their household income. Must have valid OHIP card and not be covered by other provincial programs (e.g., ODB, OW/ODSP, long-term care residents, persons receiving homecare services). Application kits may also be available at your pharmacy.

1-800-575-5386

[www.ontario.ca/page/get-help-high-prescription-drug-costs](http://www.ontario.ca/page/get-help-high-prescription-drug-costs)

## **Finances**

### **Disability Tax Credit and deductions**

Is a non-refundable tax credit that a person with a qualifying medical impairment can claim.

1-800-959-8281

[www.cra-arc.gc.ca/disability](http://www.cra-arc.gc.ca/disability)

### **Registered Disability Savings Plans (RDSP)**

This is a savings plan for people who are eligible for the disability tax credit.

1-800-267-6999

[www.canada.ca/en/revenue-agency/services/tax/individuals/topics/registered-disability-savings-plan-rdsp.html](http://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/registered-disability-savings-plan-rdsp.html)

### **Tax Returns**

Some medical expenses can be claimed on your tax return. For more information on what items you might be able to claim visit the website below.

[www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/what-persons-disabilities-claim-a-deduction-credit.html](http://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/what-persons-disabilities-claim-a-deduction-credit.html)

## **Long Term Care Planning**

### **Long Term Care Planning Network**

A national resource centre for aging and care planning.

(416) 526-1090

[info@ltpclanningnetwork.com](mailto:info@ltpclanningnetwork.com)

[www.ltpclanningnetwork.com/](http://www.ltpclanningnetwork.com/)

### **Veterans Affairs Canada**

Provides services and benefits to veterans and their families. Click on Services & Benefits on left hand side of the page of the website listed below.

1-866-522-2122

[www.veterans.gc.ca/eng/sub.cfm](http://www.veterans.gc.ca/eng/sub.cfm)

# General Resources and Information

## Caregiver Support and Information

**Heart and Stroke Foundation – Care Support Resources Canada**  
[www.heartandstroke.ca/services-and-resources/care-partner-support](http://www.heartandstroke.ca/services-and-resources/care-partner-support)

**Carers Canada**  
[www.carerscanada.ca](http://www.carerscanada.ca)

**I am a caregiver, National Aphasia Institute (USA)**  
[www.aphasia.org/?q=content/i-am-caregiver](http://www.aphasia.org/?q=content/i-am-caregiver)

**Care for the Caregiver – Central East LHIN**  
Provides information on local support programs for caregivers.  
<https://centraleasthealthline.ca/listServices.aspx?id=10164>

**After Stroke- March of Dimes Caregivers**  
Our After Stroke community is here to help you navigate the health care system, overcome challenges involved in caring for a loved one post-stroke, and find helpful resources and support.  
<https://afterstroke.marchofdimes.ca/information-and-resources/caregivers>

**Powerful Tools for Caregivers**  
In the six weekly classes, caregivers develop a wealth of self-care tools to: reduce personal stress; change negative self-talk; communicate their needs to family members and healthcare or service providers; communicate effectively in challenging situations; recognize the messages in their emotions, deal with difficult feelings; and make tough caregiving decisions. Class participants also receive a copy of *The Caregiver Help Book* developed specifically for the class.  
For More information call 1-866-971-5545  
[www.ceselfmanagement.ca/PTC](http://www.ceselfmanagement.ca/PTC)

**Service Canada Being a Caregiver – Benefits and leave**  
[www.ontario.ca/document/your-guide-employment-standards-act-0/family-caregiver-leave](http://www.ontario.ca/document/your-guide-employment-standards-act-0/family-caregiver-leave)  
[www.canada.ca/en/services/benefits/ei/family-caregiver-adults.html](http://www.canada.ca/en/services/benefits/ei/family-caregiver-adults.html)

**New EI Family Care Benefit**  
[www.canada.ca/en/employment-social-development/campaigns/ei-improvements/adult-care.html](http://www.canada.ca/en/employment-social-development/campaigns/ei-improvements/adult-care.html)

**Stroke Engine Canada: Family Support – Acute Care**  
<http://strokeengine.ca/family/index.php?page=topic&subpage=patient&id=82>

**The Stroke Network: Online Stroke Support and Information**  
[www.strokenetwork.org/](http://www.strokenetwork.org/)

**VON Caregiver Connect – Caregiver Support and Education**  
[www.von.ca/en/service/caregiver-support-and-education](http://www.von.ca/en/service/caregiver-support-and-education)

**Young Carers Program (Toronto)**  
[www.ycptoronto.com/](http://www.ycptoronto.com/)

**Power House Project Ontario – Young Carers Initiative**  
[www.powerhouseproject.ca/](http://www.powerhouseproject.ca/)

## **Need a family Doctor?**

**Health Care Connect**  
[www.health.gov.on.ca/en/ms/healthcareconnect/public/](http://www.health.gov.on.ca/en/ms/healthcareconnect/public/)

## **Depression**

**Stroke Foundation – Depression and anxiety after stroke Fact Sheet**  
<https://strokefoundation.org.au/About-Stroke/Help-after-stroke/Stroke-resources-and-fact-sheets/Depression-and-anxiety-after-stroke-fact-sheet>

**National Stroke Association – Depression**  
[www.stroke.org/we-can-help/survivors/stroke-recovery/post-stroke-conditions/emotional/depression/](http://www.stroke.org/we-can-help/survivors/stroke-recovery/post-stroke-conditions/emotional/depression/)

**Heart and Stroke Foundations**  
[www.heartandstroke.ca/stroke/recovery-and-support/emotions/depression](http://www.heartandstroke.ca/stroke/recovery-and-support/emotions/depression)

**Stroke Engine Family: Post-Stroke Depression**  
[www.strokenetwork.ca/en/patient-info/family-support-acute-info/](http://www.strokenetwork.ca/en/patient-info/family-support-acute-info/)

## **Diabetes Education Programs in Durham Region**

### **Durham Region Diabetes Network (DRDN)**

The Durham Region Diabetes Network (DRDN) is committed to establishing a regionalized, coordinated and equitable system of prevention, management and treatment of diabetes that meets the needs of clients living with diabetes, their families and caregivers, and those at risk of developing diabetes in Durham Region. Services include; community awareness, motivation, education and support in the forms of monthly Diabetes Support Groups in four different Durham communities; free

community education sessions such as Living Healthy With Diabetes, Craving Change and Durham Diabetes Day; as well as diabetes education and in-servicing for families, care givers and staff (both medical and non-medical) of those living with diabetes.

### **Lakeridge Health**

Lakeridge Health Corporate Diabetes Education Program

Ajax Pickering 905-683-2320 ext. 15269

Bowmanville 905-623-3331 ext. 21247

Port Perry and Whitby 905-668-6831 ext. 53726

[www.lakeridgehealth.on.ca/en/ourservices/diabetes.asp](http://www.lakeridgehealth.on.ca/en/ourservices/diabetes.asp)

### **Brock Community Health Centre Diabetes Education Program**

Locations: Sunderland, Beaverton and Cannington. Please see website for detailed hours and addresses for each location.

(705) 432-2446

Fax: (705) 432-3039

[www.brockchc.ca/diabetes-education/](http://www.brockchc.ca/diabetes-education/)

### **Markham Stouffville Hospital - Uxbridge Cottage Hospital Site**

Adult Diabetes Education Centre

Health Services Building Suite 308

379 Church Street

Markham, ON

905-472-7527 x1

Fax: 905-472-7533

[www.msh.on.ca/](http://www.msh.on.ca/)

### **The Charles H. Best Centre (Type 1 Diabetes Only)**

360 Columbus Road East

Whitby, ON

(905) 620-0360

Fax: (905) 620-0579

[bestdiabetes@charleshbest.com](mailto:bestdiabetes@charleshbest.com)

[www.charleshbest.com/](http://www.charleshbest.com/)

### **Rouge Valley Health System**

Rouge Valley DEP (Ajax/Pickering)

580 Harwood Ave. S

Ajax, ON

(905) 683-2320 ext. 5269

[www.rougevalley.ca/diabetes-education](http://www.rougevalley.ca/diabetes-education)

## **Additional Healthy Eating Resources**

### **Eat Right Ontario**

EatRight Ontario allows you to ask nutrition-related questions and receive feedback by phone or email from a Registered Dietitian. Nutrition tools and links offer many additional resources to support you in developing healthy eating habits for you and your family.

[www.eatrightontario.ca/en/default.aspx](http://www.eatrightontario.ca/en/default.aspx)

### **Heart and Stroke Foundation's Get Healthy eTool**

[www.heartandstroke.ca/get-healthy/health-etools](http://www.heartandstroke.ca/get-healthy/health-etools)

## **Dysphagia Resources**

### **National Stroke Association: Dysphagia**

[www.stroke.org/we-can-help/survivors/stroke-recovery/post-stroke-conditions/physical/dysphagia/](http://www.stroke.org/we-can-help/survivors/stroke-recovery/post-stroke-conditions/physical/dysphagia/)

### **Stroke Engine Family: Dysphagia**

<http://strokenote.ca/family/index.php?page=topic&subpage=patient&id=56>

### **NHS.UK: Dysphagia**

[www.nhs.uk/conditions/swallowing-problems-dysphagia/](http://www.nhs.uk/conditions/swallowing-problems-dysphagia/)

## **Entertainment**

### **Easter Seals Canada – Access to Entertainment**

The Access 2 Entertainment card provides free admission for the support persons accompanying a person with disability. Applicants must have permanent disability and health care provider sign off.

(416) 932-8382 ext. 227

[www.access2card.ca](http://www.access2card.ca)

## **Fatigue and Sleep**

### **Canadian Sleep Society**

<https://css-scs.ca/>

### **Mayo Clinic**

[www.mayoclinic.com/health/sleep-apnea/DS00148](http://www.mayoclinic.com/health/sleep-apnea/DS00148)

**National Center for Sleep Disorders Research**  
[www.nhlbi.nih.gov/sleep](http://www.nhlbi.nih.gov/sleep)

**National Sleep Foundation**  
[www.sleepfoundation.org](http://www.sleepfoundation.org)

**Sleep Education,**  
Provided by the American Academy of Sleep Medicine  
[www.sleepeducation.com](http://www.sleepeducation.com)

**US Stroke Association's Sleep-Related Disorders**  
[www.stroke.org/we-can-help/survivors/stroke-recovery/post-stroke-conditions/physical/sleep/](http://www.stroke.org/we-can-help/survivors/stroke-recovery/post-stroke-conditions/physical/sleep/)

## **Foot Care**

### **Community Care Durham**

Ajax	(905) 837-0017
Brock	(705) 432-2900
Clarington	(905) 623-2261
Oshawa	(905) 430-5613
Scugog	(905) 985-8461
Whitby	(905) 668-6223

**DHS Health Care Service** (905) 571-1511  
[www.dhshealth.com](http://www.dhshealth.com)

**Durham Family Foot Care**  
[www.durhamfamilyfootcare.com](http://www.durhamfamilyfootcare.com)

Whitby Location  
1801 Dundas Street East, Unit 29  
Whitby, ON  
(905) 725-3849

**Foot Care Academy**  
210-1550 Kingston Rd,  
Pickering ON  
905-839-0080

**Partners in Community Nursing** (905) 665-1711

**We Care** (905) 666-6656  
[www.wecare.ca](http://www.wecare.ca)

## Hearing and Vision

### **Bell Canada Accessibility Services**

[www.bell.ca/Accessibility\\_services](http://www.bell.ca/Accessibility_services)

### **NeuroVision Therapy**

208-114 Dundas Street East

Whitby, Ontario L1N2H7

(905) 430-2229

[www.neurovisiontherapy.com](http://www.neurovisiontherapy.com)

## Hypertension

### **Hypertension Canada**

This website provides information on high blood pressure prevention and control.

<https://hypertension.ca/>

### **Heart and Stroke Foundation High Blood Pressure**

[www.heartandstroke.ca/heart/risk-and-prevention/condition-risk-factors/high-blood-pressure](http://www.heartandstroke.ca/heart/risk-and-prevention/condition-risk-factors/high-blood-pressure)

## Incontinence

### **Heart and Stroke Foundation Recovery and Support**

[www.heartandstroke.ca/stroke/recovery-and-support/physical-changes/bowels-and-bladder](http://www.heartandstroke.ca/stroke/recovery-and-support/physical-changes/bowels-and-bladder)

### **Self-Help Tool for Women Managing Incontinence**

<http://swostroke.ca/wp-content/uploads/2011/11/UI-SM-Tool-English-updated-Feb-2011.pdf>

### **Stroke Association (UK)**

[www.stroke.org.uk/resources/continence-problems-after-stroke](http://www.stroke.org.uk/resources/continence-problems-after-stroke)

### **US National Stroke Foundation Incontinence Post-Stroke**

[www.stroke.org/we-can-help/survivors/stroke-recovery/post-stroke-conditions/physical/incontinence/](http://www.stroke.org/we-can-help/survivors/stroke-recovery/post-stroke-conditions/physical/incontinence/)

## Intimacy Post Stroke

**Find a Therapist Near You: BESTCO (Board of Examiners in Sex Therapy & Counselling in Ontario)**

[www.bestco.info/therapistlocator.php](http://www.bestco.info/therapistlocator.php)



### **Heart and Stroke Canada Sex and Intimacy**

[www.heartandstroke.ca/stroke/recovery-and-support/relationships/sex-and-intimacy](http://www.heartandstroke.ca/stroke/recovery-and-support/relationships/sex-and-intimacy)

### **Toronto Stroke Network Getting Back Into Your Life: Your Sexual Relationship**

<http://tostroke.com/wp-content/uploads/2012/12/your-sexual-relationship.pdf>

### **National Stroke Association: iHOPE Discussion Guide**

[www.stroke.org/ihope-discussion-guide-sex-and-sexuality-after-a-stroke/](http://www.stroke.org/ihope-discussion-guide-sex-and-sexuality-after-a-stroke/)

### **National Stroke Association Sex and Sexuality**

[www.stroke.org/we-can-help/survivors/stroke-recovery/life-style/relationships/sex-and-sexuality/](http://www.stroke.org/we-can-help/survivors/stroke-recovery/life-style/relationships/sex-and-sexuality/)

### **Stroke Association Sex after Stroke Fact Sheet (UK)**

[www.stroke.org.uk/resources/sex-after-stroke](http://www.stroke.org.uk/resources/sex-after-stroke)

### **Stroke Engine Sexuality**

[www.strokingengine.ca/en/patient-info/sexuality-info/](http://www.strokingengine.ca/en/patient-info/sexuality-info/)

### **Stroke Connection Sex and Intimacy after Stroke**

<http://strokeconnection.strokeassociation.org/Mar-Apr-2009/Sex-and-Intimacy-after-Stroke/>

## **Pain Management**

### **National Stroke Association: iHOPE Online Education Series**

[www.stroke.org/site/PageServer?pagename=iHOPE](http://www.stroke.org/site/PageServer?pagename=iHOPE)

### **US National Stroke Foundation Recovery Fact Sheets**

[www.stroke.org/category/resource/fact-sheets/](http://www.stroke.org/category/resource/fact-sheets/)

## **Senior Services**

### **Senior Services Directory**

An online resource that advertises businesses catered to seniors and older adults throughout North America.

[www.seniors servicedirectory.com/](http://www.seniors servicedirectory.com/)

### **Silverts Adaptive Clothing and Footwear**

Supplies simplified and dignified dressing solutions to assist with independent living.  
1-800-387-7088

[www.silverts.com](http://www.silverts.com)

## Smoking

### **Quit Smoking Canada**

This website provides facts and tips to help smokers quit. Please visit their website for more information.

[www.canada.ca/en/health-canada/services/smoking-tobacco/quit-smoking/tips-help-someone-quit-smoking/you-can-quit-smoking-we-can-help.html](http://www.canada.ca/en/health-canada/services/smoking-tobacco/quit-smoking/tips-help-someone-quit-smoking/you-can-quit-smoking-we-can-help.html)

### **Leave the Pack Behind**

Provides assistance for College and University aged individuals.

[www.leavethepackbehind.org](http://www.leavethepackbehind.org)

### **Smoker's Helpline Online**

[www.smokershelpline.ca](http://www.smokershelpline.ca)

### **Smoker's Helpline, Canadian Cancer Society**

Free information, advice and support to assist individuals in quitting smoking.

1-877-513-5333

## Travelling

### **Accessible Cruise and Vacation Specialists:**

Accessible Travel Specialists will help facilitate any travel opportunities for those with disabilities.

(416) 805-7065

### **Heart and Stroke Foundation**

<http://www.heartandstroke.ca/>

### **March of Dimes Canada, TravelAbility Travel Insurance**

TravelAbility is a travel insurance program specifically designed for people with physical disabilities and their families.

[www.marchofdimes.ca/EN/programs/travelability/Pages/travelInsurance.aspx](http://www.marchofdimes.ca/EN/programs/travelability/Pages/travelInsurance.aspx)



## Acknowledgements

This resource guide was compiled by the Durham District Stroke Centre and supported by the Durham District Stroke Council with the intention of providing helpful information for stroke survivors, care providers and their families living in the Durham District.

Please note that the information contained in this Community Resource Guide has been updated in May 2019, and is subject to change without notice. Furthermore, the sponsors of this resource does not endorse any or all organizations listed within this guide.

This resource list is intended as an overview and is not a complete listing of all services in the Durham District. Certain providers, services, programs and name changes may not be listed. Corrections, additions or deletions can be sent to the Durham District Stroke Coordinator at Lakeridge Health.

There may be fees associated with the services listed in this guide; please contact the individual service providers for more information about individual programs and program fees.



**Lakeridge  
Health**

## LEARN THE SIGNS OF STROKE

**F**ACE is it drooping?

**A**RM can you raise both?

**S**PEECH is it slurred or jumbled?

**T**IME to call 9-1-1 right away.

ACT **F A S T** BECAUSE THE QUICKER YOU ACT,  
THE MORE OF THE PERSON YOU SAVE.

© Heart And Stroke Foundation of Canada, 2014