

Health Care



Community Care Access Centre (CCAC) 1-800-668-0901

www.se.ccac-ont.ca

- Self or Professional referral required
- Provides information, arranges health care, support services & long-term care, in-home, community care, external to the hospital, based on eligibility
- **Services:**
 - Nursing
 - Personal Care
 - Home Support
 - Physiotherapy
 - Occupational Therapy
 - Speech Therapy
 - Dietician
 - Social Work
 - Lab services
 - Medical equipment & supplies
 - Transportation to medical appointments
 - Access to drug coverage
 - Respite



Specialized Geriatrics (SG) St. Mary's-of-the-Lake site 613 544 7767 1-800-214-5848

www.providencecare.ca

- Physician referral/agreement
- For seniors ≥ 65 with complex health issues and
 - Recent decline in managing day-to-day activities
 - Recent falls or fear of falling
 - Concerns about meds
 - Multiple admissions to hospitals or visits to the ER or physician
 - Mood, memory, thinking changes as part of other health issues
 - Recent changes in:
 - Ability to cope
 - Social supports and/or caregiver stress
 - Unexplained changes in health status

• **Services:** Outreach, Acute Care Consult, Day Hospital, Outpatient Clinic & Geriatric Inpatient Unit

• **How to:** Complete an SG Physician Referral Form, available at: www.sagelink.ca
Fax referral form (fax number on the form)



Specialty Geriatric Psychiatry Services / Geriatric Psychiatry Outpatient & Outreach Mental Health Services (MHS)

613 548-5567 ext. 5932

(Out Patient Services)
613 384-9088

(Kingston Outreach)
613 354-3916

(FL&A Outreach)
613 771-0133

(Hastings & Prince Edward Outreach)
www.providencecare.ca

- Physician referral/agreement required
- For seniors with:
 - Late onset mental health, cognitive and/or behavioural disturbance
 - Late onset concurrent disorder, i.e. substance misuse and mental health issues (Age ≥ 65 is not a limiting referral criteria)

• **Services:** Out Patient & Ambulatory Services, Geriatric Psychiatry Outreach Teams & Psychogeriatric Resource Consultants

• **How to:** Complete Geriatric Psychiatry Referral Form is available at: www.sagelink.ca
Fax form to the appropriate team (fax numbers at the top of form)



Adult Day Services (Hildegard Centre) Providence Manor

613 548-7222 ext. 3118

www.providencecare.ca

- Professional referral required
- Nourishing hot meal served at noon.
- Refreshments mid-morning & afternoon
- Personal care services including toileting, bathing, manicures & foot care
- Pastoral care & church services are available.
- Transportation will be provided to and from the centre as required
- Referrals made to other community services as required

• **Services:**

The Adult Day Program:
Tues. – Frid.
7:30 a.m. to 4:45 p.m.

The Day Away Program:
Mon. Tues. Thurs.
8:30 a.m. to 3:30 p.m.

• **How to:** Contact Denise Hagerman, Director for referral:
613 548 7222 ext 3118

Instrumental Activities of Daily Living (ADL/IADL)



Community Support Services

Tel. 1-877-340-4227

Fax. 1-877-329-1277

- Self or professional referral
- In-home non-medical services provided
- Assist with access to community support services, specialized services, assisted living in supportive housing & ABI
- Enables access to a network of services, available to individuals in the community (possibly fees applicable)



SMILE Program

1-888-866-6647

www.von.ca

- Self or professional referral.
- In-home non-medical services (personalized care plans matched to individual need)
- May be eligible for funding.
- Link seniors with community information and services

Other Services for the Elderly



VON Care Program

613 634-0130

www.von.ca

Caregiver Counselling, Education & Training, Caregiver Respite (Adult Day, In-Home), Foot Care, Home Help, Meals on Wheels, Personal Care & Support, Social & Recreational Services, Transportation



CanCare Health Services

613-384-7891

www.cancarehealth.com

Provide in Home Health Care: Nursing, Personal Care, Home Support, Escort to Appointments, Palliative Care, Chronic Disease Management



ParaMed Home Health Care

1-800-465-5054

www.paramed.com

Services in Home Health Care



St. Elizabeth Health Care Kingston

905 940-9655 ext. 6516

www.saintelizabeth.com

Support & Resources for Caregivers



First Link

1-800-266-7516

Provides connection to Alzheimer Society programs & services



Seniors Association, Kingston Region

613 548-7810

www.seniors-kingston.on.ca

Educational Resources



Advocacy Centre for the Elderly

416 598-2656

www.advocacycentreelderly.org

1-800-518-2901

www.attorneygeneral.jus.gov.on.ca

Provides advice and assistance regarding the legal issues for seniors, such as: elder abuse, general information, home care, nursing homes, pensions & income, power of attorney & related issues, retirement homes & tenancy issues.



Alzheimer Society Kingston

613 544-3078 or 1-800-266-7516

www.alzking.com

- Services include: Safely Home Program, education & training programs for families/ caregivers/service providers, family support groups, support groups for individuals with dementia, etc.
- Kingston Community Alzheimer Respite Enrichment



Canadian Coalition for Seniors' Mental Health

416 785-2500, ext. 6331

www.ccsmh.ca

Promotes the mental health of seniors (delirium, depression, mental health issues in LTC, suicide risk & prevention)



Ministry of Transportation (MTO)

1-800-701 2171

www.mto.gov.on.ca/english/dandv/driver/senior/

Safe driving for seniors



Ontario Senior's Secretariat

www.culture.gov.on.ca/seniors/

On-line access to information and services for seniors from the Government of Ontario



Community Assisted Respite Enrichment Program (C.A.R.E.)

613 634-0124

www.von.ca

- See also VON Care Program, Kingston
- Provides relief for caregivers
- No professional referral required

Services:

- In-home assistance for caregivers
- Regular relief in the home of caregiver
- Support for families
- Information, education and training in care & emotional support



The Canadian Hearing Society (CHS)

Belleville: 613 966-8995

Brockville: 613 498-3933

Kingston: 613 544-1927 & 613 542-2335 (VCO)

www.chs.ca

Provides specialized services for individuals with a hearing impairment, including:

- Communication devices, information & support, hearing help classes, speech language pathology, interpreting services, hearing care counseling, sign language services



Canadian Automobile Association (CAA)

1-800-267-8713

www.caa.ca/agingdrivers

Safe driving for seniors



Senior's Info

Seniors Info Line: 1-888-910-1999

www.seniorsinfo.ca

On-line resource for seniors from the Government of Ontario



Caregiver Connect

www.caregiver-connect.ca

On-line resource for caregivers



Canadian Continenence Foundation

705 750-4600

www.continenence-fdn.ca

Help for individuals suffering from incontinence



National Initiative for the Care of the Elderly (NICE)

416 978-0545

www.nicenet.ca

Caregiving, dementia care, elder abuse, end-of-life issues, mental health Management



Canadian National Institute for the Blind (CNIB)

1-866-842-9071 (East Region)

www.cnib.ca

Provides specialized services for people of all ages and their families to help them enjoy a good quality of life while living with vision loss.



Kingston Frontenac Lennox & Addington Falls Coalition

1-800-267-7875

www.stepsafe.com



Osteoporosis Canada

www.osteoporosis.ca



www.sagelink.ca.ca

- Web-based resource for geriatric patients and their caregivers in Southeastern Ontario.
- Provides on-line access to information, links, educational material & clinical tools related to the care of the elderly.

Canadian Pain Coalition

705 750-4600

www.canadianpaincoalition.ca