

Hastings and Prince Edward Counties

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

February 2011

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## Personal Care and Home Help

The organizations listed below provide help with activities such as bathing, dressing, housekeeping, meal preparation, shopping and escorts to appointments. They may also have registered nursing staff that can provide nursing care or foot care. Some organizations provide other services that are listed in other sections of this directory.

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

## Non-Profit Service Providers

### **Ontario Community Support Association**

[www.ocsa.on.ca](http://www.ocsa.on.ca) - please follow the 'carefinder' link

**1-800-267-OSCA**

The Ontario Community Support Association represents not-for-profit community agencies. Not-for-profit agencies are accountable to their clients and communities and have provided high-quality services in Ontario for more than 30 years. Services are provided by professional staff who are committed to friendly, caring and personalized services. Trained volunteers also contribute to many services.

### **South-East Community Care Access Centre (CCAC)**

#### **Local- Community Care Access Centre (CCAC)**

470 Dundas St E Belleville ON K8N1G1

**613-310-CCAC or 613-310-2222**

**North Hastings / Bancroft – 613-332-2444 or 1-800-717-2344**

[www.se.ccac-ont.ca](http://www.se.ccac-ont.ca)

- In home and community based health care and personal support.
- Admission and placement into all Long-Term Care Homes
- Information and Referral to health and related support services

## Canadian Red Cross

[www.canadianredcross.ca](http://www.canadianredcross.ca) 88 Parks Drive Belleville, ON K8N4Z5  
613-966-0730

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

## Cheshire Homes

[www.cheshirehpe.ca](http://www.cheshirehpe.ca) 41 Pinnacle St S, Belleville, ON K8N 3A1  
613-966-2941

Cheshire of Hastings & Prince Edward provides attendant care services to individuals 16 years and older who live with a permanent physical disability and require assistance with their personal care. These services are provided either in the person's own home or in our supportive housing sites in Belleville and Picton. Referrals may be made by the individual, an agency, doctor etc.

## Community Care for Centre Hastings

[www.ccch.ca](http://www.ccch.ca) 115 Durham St N Box 310 Suite A, Madoc ON, K0K 2K0  
613-473-9009

Community Care for Central Hastings is a non-profit volunteer based agency for seniors and adults with physical disabilities. We strive to provide programs and services that assist our clients to reside in their own homes and improve the quality of life by assisting them in better utilizing community resources.

## Community Care for South Hastings

[www.ccsch.ca](http://www.ccsch.ca) Harborview Plaza, 55 Pinnacle St S, Belleville, ON K8N 3A1  
613-969-0130

Community Care for South Hastings Inc. is a non-profit agency for seniors and adults with physical disabilities. We provide programs and services that assist our clients to remain in their own homes with dignity and respect for as long as possible. Volunteers are the heart and soul of our agency. Our programs succeed because of our volunteers.

**Who is Eligible:** Seniors aged 60+ \* adults 18+ with physical disabilities

## **Pathways to Independence**

[www.pathwaysind.com](http://www.pathwaysind.com) 289 Pinnacle Street St, Belleville, ON K8N 3B3  
613-962-2541

Supported living non-profit agency, residential and vocational support, 24 hour staffing or staffing assistance, supported employment, counselling, respite care for families under stress, psychiatric clinic on site once a month

## **Prince Edward County Community Care for Seniors Association**

The Armoury, Suite 3A  
206 Main Street  
Picton, ON K0K 2T0  
Telephone: 613-476-7493  
Fax: 613-476-7728  
Email: [Communitycare@on.aibn.com](mailto:Communitycare@on.aibn.com)  
Website: [www.Communitycareforseniors.org](http://www.Communitycareforseniors.org)

The Prince Edward County Community Care for Seniors Association is a non-profit agency for seniors and adults with a physical disability. The Mission is to assist older adults to live in a home environment in reasonable independence. Services include home delivery of hot and frozen meals; escorted transportation; foot care clinics; home maintenance; respite; homemaking; reassurance programs; and social/recreational programs. The agency serves the entire County of Prince Edward.

## **Victorian Order of Nurses**

[www.von.ca](http://www.von.ca) 80 Division St, Trenton, ON K8V 5S5  
613-392-4181

Community and visiting nurse services, foot care, Community Assisted Respite and Enrichment (CARE) Program, Adult Day, homemaking, wellness and flu clinics, SMART seniors exercise program, meals on wheels, congregate dining, volunteer transportation, volunteer visiting, telephone reassurance

## Private Service Providers

All private service providers charge a fee, which can vary widely between providers. If you are hiring a health care service provider privately, you may wish to ask the following questions:

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

### **Bayshore Home Health**

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

Belleville Office 613-962-4878

Toll Free 1-866-986-0097

Home health care provider, Licensed/Regulated, visit nursing services, assisting clients with activities of daily living, assisting clients to attain their highest level of independence, assisting the family/caregiver to sustain or expand their capability to care for their client.

\*Apply through the South East Community Care Access Centre \*for those not covered by the CCAC, apply directly\*

### **Com-care Health Services**

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

470 Dundas St E, unit 7B, Belleville, ON K8N 1G1

613-968-3477 or 1-888-517-5760

Home health care agency offering interdisciplinary services including (but not limited to): Home & Personal Support, Nursing, Physiotherapy, Occupational Therapy, Social Work and Speech Language Pathology.

## **ParaMed Home Health Care**

Quinte Mall Office Tower, 100 Bell Blvd, 3rd floor unit 330, Belleville, ON K8P 4Y7

613-969-5258

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

Nursing Services, personal support services, foot care, wellness, clinics, flu clinics, CPR, respite

## Meal Services and Grocery Delivery

In general, there are two kinds of programs that provide meals: Community Support Services organizations may deliver hot or frozen meals to your home or you can attend a group dining program that provides a healthy meal and social activity on a pre-arranged day. Some community support and private home support organizations will provide meal preparation and grocery shopping services for a fee – see section on *Personal Care and Home Help* (p. 4-8) for a complete listing. If you are a Veteran, you may qualify for funding assistance for these services through **Veterans Affairs Canada** (see p.17 for contact information).

### Meals on Wheels and Congregate Dining

#### **Community Care- Meals on Wheels and Congregate Dining**

Belleville – 613-969-0130

Bancroft – 613-332-4700

Prince Edward County – 613-476-7493

Sidney/Frankford – 613-392-5369

Quinte West 613-392-4181

A hot or frozen nutritious meal delivered to your own home. Volunteers deliver at noon. Restricted or special diets are accommodated if possible. Call for delivery days in your area. These agencies also offer congregate dining meals in central locations throughout the geographical area. Transportation to the location can be arranged. Call for days in your area.

#### **Quinte Helping Hands**

Kevin Martin RR#5 , Trenton, ON K8V 5P8

613-394-9944

Home support agency offering services to busy families, seniors and people with special needs in the Quinte area. Services include (but are not limited to): transportation and accompaniment to appointment, shopping and social activities; errand running services; light housekeeping; respite care and caregiver relief; home and yard maintenance; and meal preparation. Individualized service plans available to meet each client's specific needs.

### Grocery Delivery

Your Independent Grocer- Dewe's Belleville 613-968-4383

Foodland, Madoc ON 613-473-4240

## 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. 4) to inquire if you qualify for CCAC services and short-term equipment rentals.

### **Bell Canada**

Special Needs

1-800-268-9243

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

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

### **Canadian Medic Alert Foundation**

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

1-800-668-1507

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

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

## Canadian Red Cross

Belleville Branch – 613-966-0730

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

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

## Life Call

228 Matheson Blvd E, Mississauga, ON L4Z 1X1

1-800-661-5433

The LifeCall personal help button is worn around the neck or wrist , Whenever help is needed, simply touch the button on the pendant, A signal is sent through the two-way voice communicator in the client's home to one of the trained professionals at the 24-hour Emergency Response Centre , Clients can hear them and they can hear the client, The help needed will be dispatched whether it's a family member, a neighbour, paramedics, police or fire fighters, Installation is done through local authorized dealers and LifeCall also offers a complimentary self-install for those who have a family member to assist.

## Medichair

[www.medichair.com](http://www.medichair.com) 170 North Front St. St N, Unit 4B and 5, Belleville, ON K8P 3B8

613-966-3669

Medichair Quinte offers support and provides products that maintain/improve mobility and independence for daily living. Products include scooters, walkers, bathroom safety, lift chairs, stair lifts, Power and manual wheelchairs, and various other items. There are new and some used items available. Some products can be rented. Call or visit for a complete listing. We also build decks & ramps and install porch lifts.

Medichair is an Assistive Devices Program (ADP) registered Vendor and many customers qualify for 75% to 100% funding on mobility products.

Medichair deals with Veterans Affairs Canada and the Ministry of Community and Social Services and Native Affairs

## **Medigas**

125 Church St S, Belleville, ON K8N 5E8

613-969-4450

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

Dealing in oxygen, sleep therapy and home medical equipment

## **Ontario March of Dimes**

DesignAbility® Program

1-866-765-7237

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

OMOD assists individuals with physical disabilities to increase their personal mobility and community accessibility through provision of devices, provides financial assistance for device repair and equipment purchase and brokerage services to help consumers acquire appropriate equipment, devices include wheelchairs, braces, mobility aids and communication aids for non-verbal consumers

## **Funding for Equipment Needs**

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

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

5700 Yonge Street, 7<sup>th</sup> Floor, Toronto, Ontario, M2M 4K5

1-800-268-6021

[http://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)

- 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**

717 Richmond St, Unit 5, London, ON N6A 1S2

1-866-765-7237

[http://www.marchofdimes.ca/dimes/people\\_with\\_disabilities\\_caregivers/programs\\_and\\_services/mobility\\_aids/assistive\\_devices.htm](http://www.marchofdimes.ca/dimes/people_with_disabilities_caregivers/programs_and_services/mobility_aids/assistive_devices.htm)

- 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 and Support for Home or Vehicle Adaptations

### **Canada Revenue Agency**

Offices in Kingston and Ottawa

Service by appointment only

To book an appointment or for General Enquiries call 1-800-959-8281

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

- Cost of home renovation, purchase of an adapted vehicle or vehicle modification may qualify as medical expenses on your income tax return

### **Canada Mortgage and Housing Corporation**

Home Accessibility Assistance Programs

100 Sheppard Ave E, Suite 500, Toronto, ON M2N 6Z1

1-800-668-2642

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

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

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

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

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

### **Ontario March of Dimes**

Home and Vehicle Modification Program

Toll Free: 1-877-369-4867, press "2" to speak with an Intake Counsellor

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

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

## Income Assistance

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

### **Service Canada**

**Canada Pension Plan (CPP), Toronto and Area Office**

**Old Age Security (OAS) Programs**

**Guaranteed Income Supplement**

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

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

[www.hrsdc.gc.ca/eng/oas-cpp](http://www.hrsdc.gc.ca/eng/oas-cpp)

- **CPP** is a monthly retirement pension available at 65 years (or between 60 and 64 years if earning requirements met during initial qualifying period) CPP disability benefits for under 65, plus allowance for dependent children
- **Old Age Security (OAS)** Monthly pension to persons 65 or over regardless of income, must be a legal resident of Canada for at least 40 years to receive full pension or meet other requirements for residency
- **Guaranteed Income Supplement (GIS)** is added monthly to Old Age Security for those with limited or no income, amount of supplement is adjusted quarterly, reapply when income taxes are filed (end of April), not payable outside Canada beyond a period of 6 months
- Apply 6 months before becoming eligible (not automatic), application forms available online, by phone or in person at Service Canada sites

### **Employment Insurance**

1-800-206-7218

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

- 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

## **Social Services**

Belleville - 613-966-8032

Bancroft - 613-332-3410

Madoc - 613-473-5258

Trenton - 613-392-1387

Picton - 613-476-2842

Financial assistance and employment supports including training and skills development, academic upgrading and work placements

Financial Assistance

Monthly allowance based on family size, housing costs and income, monthly drug benefit card , other services include:

Employment Start-Up Benefit -- covers costs related to starting a job or work placement, Community Start-Up Benefit -- help with housing or moving costs, Families with Children -- newborn child allowance, back to school allowance for dependent children, child care start-up costs, basic dental care for children, Health-Related Benefits -- may include dentures, emergency dental services, eyeglasses, special diet allowance, health care supplies, medical transportation funds, prosthetic devices, funerals and burials

## **Outreach Program**

Centre Hastings 1-800-622-6232

<http://www.servicecanada.gc.ca/>

One-stop service delivery for a wide range of federal programs and services, Internet access, labour market information, assistance locating and applying for Employment Insurance, Social Insurance Numbers, Canada Pension Plan, Old Age Security, passports (see separate entries for program details), Apprenticeship Incentive Grant, Canada Education Savings Grant, Pleasure Craft Licences and others

## **Ontario. Ministry of Community and Social Services**

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

#### **Ontario Works (OW)**

[www.mcsc.gov.on.ca](http://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 web site. Persons in need of immediate financial assistance should apply for Ontario Works.
- Financial interview with ODSP or Ontario Works will submit referral to Disability Adjudication Unit

## **Ontario. Ministry of Revenue**

### **Client Accounts and Services Branch, Guaranteed Annual Income System**

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

1-866-668-8297

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

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

## **Veterans Affairs Canada**

Kingston District Office

449 Princess St, Ste 101, Kingston, ON K7L 1C3

[www.vac-acc.gc.ca](http://www.vac-acc.gc.ca)

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

## Funding Assistance for Prescription Medications

### **Ontario. Ministry of Health and Long-Term Care**

#### **Ontario Drug Benefits (ODB) Program**

5700 Yonge St, 3<sup>rd</sup> floor, Toronto, ON M2M 4K5

General Information: 1-866-811-9893

Seniors Information Line: 1-888-405-0405

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

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

### **Ontario. Ministry of Health and Long-Term Care**

#### **Trillium Drug Program**

1-800-575-5386

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

## Tax Benefits

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

### **Canada Revenue Agency**

Kingston Tax Services Office

31 Hyperion Court, Kingston, ON K7L 5P3

To book an appointment or for General Enquiries call **1-800-959-8281**

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

### 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.

### **Pensioners Concerned**

55 Pinnacle St S, Belleville, ON K8N 3A1

613-962-6657

Pensioners Concerned is an established organization of volunteers who provide tax return preparation and other assistance to senior citizens, physically, academically, developmentally challenged and low income people

### **Prince Edward County Community Care for Seniors Association**

The Armoury, Suite 3A

206 Main Street

Picton, ON K0K 2T0

Telephone: 613-476-7493

Fax: 613-476-7728

Email: [Communitycare@on.aibn.com](mailto:Communitycare@on.aibn.com)

Website: [www.Communitycareforseniors.org](http://www.Communitycareforseniors.org)

Community Care has participated in the Canada Revenue agency Volunteer Income Tax program since 1981, completing income tax returns for seniors and people on low income who live in Prince Edward County. There is no charge, donations are accepted. Home visits can be arranged for people who are shut in.

# Transportation

## Accessible/Escorted Transportation – by Region

### Centre Hastings

#### **Community Care for Central Hastings**

[www.ccch.ca](http://www.ccch.ca) 115 Durham St N Box 310

Madoc, On K0K 2K0

613-473-9009

*Serves Madoc, Stirling, Tweed and surrounding area.*

Volunteer drivers are available for long distance and local trips. Escorted transportation includes kitchen table to kitchen table service. If needed, volunteers will wait with you during your appointment. A nominal cost applies. Volunteers generally are not able to manage wheelchairs. They will assist with other mobility aids.

**Escort Mobility Van** – is available and compliments the existing service but is capable of transporting wheelchairs, other devices and passengers.

- Riders must register for these services in advance information to match the correct driver and vehicle.
- Rides must be booked at least 2 business days in advance.

**Centre Hastings Public Transit** [www.chsnicin.ca](http://www.chsnicin.ca)

### North Hastings

#### **Bancroft Community Transit**

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

613-332-2732

91 Chemaushgon Rd

Bancroft, ON K0L 1C0

Bancroft Community Transit is a non-profit organization dedicated to providing transportation to individuals in need. For a small, pre-arranged fare, they will drive eligible people to important things like business meetings, medical appointments, work placements and daycare, but they will not offer transportation to liquor stores or hotels.

## **Bancroft – Trout [www.catchthetrout.ca](http://www.catchthetrout.ca)**

We urge you to ‘**Catch the TROUT**’ and experience rural public transportation. Whether you are without your own wheels; want to spend more time viewing the beautiful landscape; are environmentally conscious or want to travel in a more social setting, the TROUT will get you where you need to go safely, efficiently and affordably.

### **Quinte West**

#### **Quinte Access Public Transit System**

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

613-392-9640

Transportation service for seniors and persons with disabilities within the City of Quinte West, and Brighton areas.

- Service is available to people who are unable to climb or descend stairs; walk a distance of 175 meters; are physically and/or mentally challenged or those who need assistance.
- Fares depend on point of pick up and drop off.
- Accommodates wheelchairs and other walking devices.
- Offer both curb to curb and door to door service.
- Please contact with as much notice as able to arrange transit.

#### **VON Community Care Quinte West**

613-392-8852

Volunteer drivers are available for long distance and local trips. Escorted transportation includes kitchen table to kitchen table service. If needed, volunteers will wait with you during your appointment. A nominal cost applies. Volunteers generally are not able to manage wheelchairs. They will assist with other mobility aids.

**Escort Mobility Van** – is available and compliments the existing service but is capable of transporting wheelchairs, other devices and passengers.

Riders must register for these services in advance information to match the correct driver and vehicle.

Rides must be booked at least 2 business days in advance.

## South Hastings

### Community Care for South Hastings

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

Belleville 613-969-0130

Deseronto 613-396-6591

- A support service that provides escorted transportation to medical appointments, and essential shopping. Volunteer drivers are available to provide long distance and local transportation to medical, dental and therapy appointments, for those who qualify. A nominal cost applies.
- Riders must register for these services in advance information to match the correct driver and vehicle.
- Rides must be booked at least 2 business days in advance.
- Volunteers generally are not able to manage wheelchairs. They will assist with other mobility aids.

### Belleville Transit

613-962-1925 or 613-969-5888

[www.city.belleville.on.ca](http://www.city.belleville.on.ca)

City Hall

169 Front Street

Belleville ON K8N 2Y8

Wheelchair accessible fixed bus route

### Mohawks of the Bay of Quinte Home Support Program

613-967-3616

Handi Bus transportation

## Prince Edward County

### The Prince Edward County Community Care for Seniors Association

The Armoury, Suite 3A

206 Main Street

Picton, ON K0K 2T0

Telephone: 613-476-7493

Fax: 613-476-7728

Email: [Communitycare@on.aibn.com](mailto:Communitycare@on.aibn.com)

Website: [www.Communitycareforseniors.org](http://www.Communitycareforseniors.org)

Community Care provides escorted transportation for seniors to medical appointments and essential shopping. Volunteer drivers are available to provide long distance and local transportation. A nominal cost applies. Riders must register in advance so as to match the rider and the driver/vehicle. Volunteers will assist with other mobility aids. 2-3 days notice required.

## Specialized Transit in Prince Edward County

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

1-866-992-9640

Services for those in Prince Edward County, who have physical disabilities and seniors who require assistance. Service operates 4 days/week and fares depend on point of drop off and pick up.

- An application form is required before scheduling service. Forms are available online.
- Accommodates wheelchairs and other walking devices.
- Offer both curb to curb and door to door service.
- Please contact with as much notice as able to arrange transit.

## All Regions

### Via Rail Canada Inc

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

Tickets and Information: 1-888-842-7245

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

### Quinte Patient Transfer Service

613-968-1945 or [www.qpts.ca](http://www.qpts.ca)

- Offers transportation for appts, clinics, hospitals, residence, cottage, out of province,
- Patients are accompanied throughout appt, and never left unattended.
- Fees are generally covered by the individual

## Driver Examination Centres

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

<http://www.mto.gov.on.ca/english/dandv/driver/medical-review/faq.shtml>

### **Driver and Licence Bureau:**

Bancroft - 613-332-3500

Belleville - 613-962-3121

Madoc - 613-473-5611

Marmora - 613-472-2114

Picton - 613-476-6598

Trenton - 613-965-1261

## Accessible Parking Permit

### **Ontario Ministry of Transportation**

#### **Accessible Parking Permit Program**

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

1-800-387-3445

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

- 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

## Medical Transportation

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

### **Quinte Patient Transfer Service**

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

PO Box 1255, K8V 5R9, Trenton, Ontario

613-968-1945

QPT Service accompanies patients throughout the whole appointment and will accommodate a family member or escort. Patients are never left unattended.

Fees for this service are generally covered by the individual.

## Respite Care and Day Programs

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

The cost of respite care varies, and in some cases, services are provided at no cost to the recipient. If you require respite care, your first step is to call your local **Community Care Access Centre (CCAC)** (p. 5). 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.17 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*, 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.

### **VON-Adult Day Program**

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

80 Division St, Trenton ON K8V 5S5

613-392-4181 or toll free – 1-888-279-4866

Provides respite care for family caregivers and supports client health, ability and independence.

## Community Rehabilitation Resources

Rehabilitation services may be covered by OHIP with a doctor's referral, but material and administrative costs may be extra. Call your local CCAC to find out if you are eligible to receive rehabilitation services through CCAC (see p. 5/6 for contact information). Some extended health insurance plans provide additional coverage for rehabilitation needs. If you or your spouse is a veteran, call Veteran's Affairs to inquire about coverage.

### Publicly-Funded Providers

#### **Quinte Health Care Belleville General** [www.qhc.on.ca](http://www.qhc.on.ca)

**Rehab Day Hospital** (Occupational Therapy, Physiotherapy, Recreational Therapy, Speech and Language Therapy, Nursing)

613-969-7400 ext. 2633

- For outpatient occupational therapy and physiotherapy, a doctor's referral is needed.
- Quinte Health Care offers rehabilitation in the form of an outpatient therapy setting. Therapies offered include individual and/or group physiotherapy, occupational therapy, speech and language therapy and recreational therapy.
- Patients who are able to make their way into the hospital either by driving, having a caregiver drive them or by using a transfer service are referred to Rehab Day Hospital following discharge from hospital if therapy is required.
- The number of therapy visits per week and length of stay depends upon each individual's case and requirements.
- Authorized Assistive Devices Program (ADP) equipment assessments for walkers and wheelchairs
- Free

#### **Quinte Physiotherapy Clinic**

77 College St W 613-962-9999

- OHIP insured services.

## **Quinte and District Rehabilitation Services**

Harbourview Business Centre 106 - 11 Bay Bridge Rd. Belleville, ON K8P 3P6  
613-966-5015

**[www.quinterehab.com](http://www.quinterehab.com)**

...provide assessment, treatment and education of movement problems that result from pain, disease, accident, injury, aging or life long disabilities. This includes pain management strategies for acute and chronic movement disorders, as well as functional mobility assessments. Through the use of exercises and modalities (such as heat, ice, TENS, laser and ultrasound), our Physiotherapists will help you re-turn or adapt to regular daily activities.

## **Stroke Prevention Clinic - [www.qhc.on.ca](http://www.qhc.on.ca)**

613-969-7400 ext. 2871

- Specialized clinic that provides instruction to patients on stroke prevention including dietary, physical and other lifestyle changes.
- Doctor's referral required.
- Program fees for non-OHIP insured services.
- Timely medical assessment of stroke risk factors, case management and treatment/counselling to prevent stroke for those at high risk, e.g. those who have sustained transient ischemic attack (mini-stroke) or a mild stroke. Referrals to dietician for nutrition counselling and rehab day hospital if rehabilitation services are 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. 20), you may be able to claim some therapy services as a medical expense on your income tax.

### **Back 2 Function**

30 College St W 613-962-1612

### **Early Treatment Centre**

81 Millennium Pkwy Belleville 613-967-9675

### **Hitchon Physiotherapy and Rehab Centre**

320 Sidney St Bellville 613-967-7991

### **The Physio Centre**

235 Bridge St E Belleville

30 King St, Suite 205 Trenton 613-392-7835

### **Joint Effort Rehabilitation**

163 Moira St E 613-962-9738

## Leisure and Recreation

For more information on any of the following services or schedules, please visit the websites or call.

### **Belleville Recreation, Culture and Community Services**

265 Cannifton Rd, Belleville, ON K8N 4V8

613-966-4632

[www.city.belleville.on.ca](http://www.city.belleville.on.ca)

### **Trenton Recreation Services**

613-392-2841

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

### **Copperfield Fitness and Rehabilitation Centre**

421 Dundas St Trenton ON K8V 3S4

613-392-1825

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

- Aerobics, Aqua fit, Steam Sauna, Weights, Pool, Whirlpool.

### **One to One Health and Fitness Centre**

269 Palmer Rd Belleville ON 613-962-2032

### **YMCA of Belleville**

433 Victoria Avenue, Belleville, ON K8N 2G1

613-966-9622

[www.bellevilleymca.ca](http://www.bellevilleymca.ca) – Please call or visit the website for a full list of activities and schedules.

- Provide programs geared to individuals with cardiac and stroke related issues.

### **YMCA of Quinte West**

50 Montgomery Place, Trenton ON K8V 6S3

613-394-9622 [www.bellevilleymca.ca](http://www.bellevilleymca.ca)

### **Prince Edward County Community Care for Seniors Association**

The Armoury, Suite 3A

206 Main Street

Picton, ON K0K 2T0

Telephone: 613-476-7493

Fax: 613-476-7728

Email: [Communitycare@on.aibn.com](mailto:Communitycare@on.aibn.com)

Website: [www.Communitycareforseniors.org](http://www.Communitycareforseniors.org)

Community Care provides a range of social/recreational programs such as a Walking Program in Picton and Wellington. Call for Details.

## Friendly Visiting and Telephone Reassurance

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

### **Community Care for Central Hastings**

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

115 Durham St N, Madoc, ON K0K 2K0

613-473-9009

- Serves Central Hastings

### **Community Care for North Hastings**

#### **Friendly Visiting and Telephone Reassurance**

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

Professional Services Building

1 Manor Lane, Lower Level, Bancroft, ON K0L 1C0

613-332-4700

- Serves North Hastings

### **Community Care for South Hastings**

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

Harborview Plaza, 55 Pinnacle St S, Belleville, ON K8N 3A1

613-969-8862

- Serves South Hastings Area

### **Prince Edward County Community Care for Seniors Association**

The Armoury, Suite 3A

206 Main Street

Picton, ON K0K 2T0

Telephone: 613-476-7493

Fax: 613-476-7728

Email: [Communitycare@on.aibn.com](mailto:Communitycare@on.aibn.com)

Website: [www.Communitycareforseniors.org](http://www.Communitycareforseniors.org)

- Serves Prince Edward County

### **VON Community Care**

[www.von.va](http://www.von.va)

80 Division St, Trenton, ON K8V 5S5

613-392-8852

- Serves Quinte West

## **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](http://www.yellowpages.ca). The support services listed in this section are all not-for-profit and most are free of charge.

### **Canadian Mental Health Services**

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

Century Place, 199 Front St, Suite 530, Belleville, ON K8N 5H5  
613-969-8874

- Serves Hastings and Prince Edward

### **Counselling Services of Belleville and District**

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

12 Moira St E, Belleville, ON K8P 2R9  
613-966-7413

### **Gateway Community Health Centre**

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

41 McClellan St, Tweed ON  
613-478-1211

- Gateway Community Health Centre (CHC) offers individual / group counselling for mental health, addictions and relationship issues.

### **Links to Health Centre**

91 Chemaushgon Rd, Bancroft, ON K0L 1C0

- Links to Health is an approved employment support provider under the Ontario Disability Support Program. We also provide counselling services.

## **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.

### **Academy of Business and Learning**

Bayview Mall 440 Dundas St E, Unit 16 Belleville, ON K8N 1G1  
613-967-8973

Private vocational school, business office skills, computerized accounting, general computer upgrading, retraining, customized programs, flexible hours; Microsoft approved courseware Microsoft Office Specialist testing Centre

### **Community Living Quinte West**

42 Lafferty Rd RR#4 Trenton, ON K8V 5P7  
613-394-2222

CLQW believes that all persons have the right to live, work and play as valued and integrated members of their community. A variety of services and supports are offered to adults who are developmentally challenged and their families. These include residential supports, supported independent living options, employment skills training, educational and leisure programs. We also offer supports to Transitional Aged Youth aged 14 - 18) to help prepare them for entry into the community.

### **Community Living Prince Edward**

67 King St Unit#1 Picton ON K0K 2T0  
613-476-6038

CLPE is a non-profit agency who's Goal and Vision states "That all persons live in a state of dignity, share in all elements of living in the community and have the opportunity to participate effectively". Staff, along with volunteers, are committed to supporting people with an intellectual disability and their families. Comprehensive programs include: Residential Supports in community residences, Supported Independent Living, Associate Family Homes and Family Relief and Respite. Vocation Supports: Supported Training and Employment, This and That Workshop, Heart of the County, Splash Works, CLPE Property Maintenance. Day Supports: Rick Hotston Centre and Dimension in Living; Planning and Case Management; Resource Consultants and Family Support and Support Groups.

## **Mental Health and Support Network-Hastings and PE County**

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

350 Front St Suite C-2, Belleville ON K8N 5M5

613-969-0122

MHSN offers a basket of services which include but are not limited to Peer Support, Employment and Education Opportunities, Social and Recreational Activities, Resources – Library, Computer/Internet access and Advocating with people.

## **North Hastings Community Integration**

2 Alice St Bancroft ON K0L 1C0

613-332-2090

Adult Supports -Supported Independent Living, Shared home living, Family Home, Adult respite, Day options support, Employment support, connecting to our community, planning to achieve goals, Assistance to access funding, Referrals and resource

## **Pathways to Independence**

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

289 Pinnacle St, Belleville ON

613-962-2541

Supported living non-profit agency, residential and vocational support, 24 hour staffing or staffing assistance, supported employment, counselling, respite care for families under stress, psychiatric clinic on site once a month

## **Quinte Vocation Support Services**

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

50 Hanna Court Bellville ON K8P 5J2

613-968-5211

Formerly ARC Industries of Bellville and District, for over 44 years QVSS has provided vocational and recreational opportunities for persons achieving their employment goals. QVSS Provides Direct employment via in-house manufacturing, cleaning, training and lamination production. QVSS provides community placements services for more independent individuals.

## Information Resources

### Fraud Prevention Resources

#### **National Do Not Call List**

[www.lnnte-dncl.gc.ca](http://www.lnnte-dncl.gc.ca)

- Reduce the number of telemarketing calls to your residential or cell phone by registering your number on the National Do Not Call List
- Register on-line or by fax: 1-888-DNCL-Fax (888-362-5329)

#### **Phone busters**

1-888-495-8501

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

- 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

#### **Canadian Marketing Association (CMA)**

##### **Do Not Contact Service**

(416) 391-2362

[www.the-cma.org](http://www.the-cma.org)

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

## Information Resources

#### **Government of Canada. 1 800 O Canada**

1-800-926-9105

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

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

## **Heart and Stroke Foundation**

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

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

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

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

## **Telehealth Ontario**

1-866-797-0000/24h

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

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

## **Volunteer & Information Quinte**

Century Place 199 Front St Suite 121 Belleville ON K8N 5H5

613-969-8862

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

- Offers a free, confidential helpline for information about programs, services and activities available in Eastern Ontario Self-serve information is available through an online, searchable database on the website

## On-Line Resources

### **Seniors Info**

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

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

### **Stroke Engine**

[www.medicine.mcgill.ca/Strokingengine/](http://www.medicine.mcgill.ca/Strokingengine/)

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

### **Stroke Recovery Canada**

[www.marchofdimes.ca/dimes/national\\_programs/national\\_programs/src/](http://www.marchofdimes.ca/dimes/national_programs/national_programs/src/)

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

### **Stroke Strategy of Southeastern Ontario**

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

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

## **Non-Profit Housing and Seniors Apartments**

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

### **Affordable Housing Action Network**

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

158 George St Belleville ON 613-966-8686

### **County of Hastings -Trenton Non Profit Housing**

32 Findall St Trenton ON K8V 6S8 613-965-6394

- It has three complexes with a total of 204 units with 54 townhouses and 150 apartments. We offer regular market rent units as well as geared-to-income units. Geared-to-income tenants are taken from the centralised waiting list administered by the County of Hastings

### **Quinte Isle Non Profit Housing Corporation**

20 Richmond St Picton ON K0K 2T0 613-476-1315

- This corporation has 42 townhouses with one, two and three bedroom units; Applications are available at Ontario Works in Picton, Quinte Isle Non-Profit Housing Corporation office, and at the County of office

### **Trenton Ontario Branch 110 Legion Non Profit Housing**

120 George St Trenton ON K8V 6S5 613-394-9973

- Trenton Ontario Branch 110 Legion Non-Profit Housing Inc. has 50 apartments available to seniors. There is both one and two bedroom units with wheelchair accessibility's in some units. Both market and rent geared to income are offered. Applicants must be 65 years or older to qualify.

### **Prince Edward, Lennox and Addington Social Housing**

- Prince Edward - Lennox & Addington Social Housing offers rent-geared-to-income housing for youth, adults, families and seniors in need. [www.pelass.org](http://www.pelass.org)

## Retirement Homes

Unlike long-term care homes, retirement homes operate without any government regulation. Costs, accommodation and services vary.

### **Ontario Retirement Communities Association**

2390 Bristol Cir, Unit 6, Oakville, ON L6H 6M5

1-800-361-7254

www.orca-homes.com

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

Home	Residence	Phone	Capacity
Aldersgate Village	7 Aldersgate Dr. Belleville ON K8P 4W9	613-962-1192	
Bayview Retirement	435 Dundas St W Belleville ON K8P 1B6	613-966-6268	
Bridge St Retirement Residence	85 Bridge St. E Belleville ON K8N 1L9	613-968-7449	
Crown Ridge Place	106 Crown St Trenton, ON K8V 6R3	613-392-1289	
Heather Brook Manor	RR#2 Tweed ON K0K 3J0	613-478-6135	
Highland House	83 Highland Ave Belleville ON K8P	613-967-4663	

The Richmond	175 North Front St Belleville ON K8P 4Y8	613-966-4407	
Manor ON Loyalist	13468 Loyalist Parkway RR#1 Picton ON K0K 2T0	613-476-0444	
Maple Manor Residence	132 Avonlough Rd Belleville ON K8P 5G3		
Maples Retirement Home	RR#2 Picton ON K0K 2T0	613-476-6318	
Publow House Retirement	73 King St Picton ON K0K 2T0	613-476-1103	
Quinte Gardens	30 College St. W Belleville ON K8P 2G2	613-966-5815	
Stirling Towers Private Retirement	63 West Front ST Stirling ON K0K 2E0	613-395-2640	
The Crown Ridge	106 Crown St Trenton ON K8V 6R3	613-392-6320	
Trent Valley Lodge	185 Bay ST Trenton ON K8V 1H9	613-392-9235	
Westgate Lodge	37 Wilkie ST Belleville ON K8P 4E4	613-966-1323	

## Long Term Care Homes

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

HOME	ADDRESS	PHONE	CAPACITY
Belmont Long Term Care Facility	250 Bridge ST W, Belleville ON K8P 5N3	613-968-4434	
Caessant Care	58 Bursthall, Marmora ON K0K 2M0	613-472-3130	
Crown Ridge Place	106 Crown St, Trenton, ON K8V 6R3	613-392-1289	
E.J. McQuigge Lodge	38 Black Diamond Rd, Cannifton, ON K0K 1K0	613-966-7717	
Friendly Manor	9756 County Rd 2, Deseronto ON K0K 1X0	613-396-3438	

Hastings Centennial Manor	1 Manor Lane, Bancroft ON K0L 1C0	613-332-2070	
Hastings Manor Long Term Care Facility	476 Dundas St W, Belleville ON K8N 5B2	613-967-0128	
Kentwood Park	2 Ontario St, Picton, ON K0K 2T0	613-476-5671	
McFarland H.J. Memorial Home	603 Hwy 49, Picton, ON K0K 2T0	613-476-2138	
Picton Manor Nursing Home	9 Hill ST, Picton ON K0K 2T0	613-476-6140	
Stirling Manor Nursing Home	218 Edward St, Stirling ON K0K 3E0	613-395-2596	
Trent Valley Lodge Nursing Home	195 Bay St, Trenton ON K8V 1H9	613-392-9235	
Versa-Care Hallowell House	RR#1 Picton, ON K0K 2T0	613-476-4444	
West Lake Terrace	1673 County Rd, Picton ON K0K 2T0	613-393-2055	

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

Name	Area Served	Self-Referral accepted	Wheelchair accessible office	Personal Care	Home Help	Transport -ation	Respite	Other Services	Subsidized (may be part or full)
CCAC South-East <b>613-310-2222</b>	H&PE	Yes	Yes	Yes	No	No	Yes	PT, OT, Speech, SW <sup>1</sup>	Yes
Canadian Red Cross <b>613-966-0730/</b>	H&PE	Yes	No <sup>2</sup>	Yes	Yes	No	Yes		Available
Community Care H&PE Counties (numbers on page 5&6)	H&PE	Yes	Yes	No	Yes	Yes	No	Form filling, visiting, Homemaking, meals on wheels, telephone support	No
The Prince Edward County Community Care for Seniors Assoc.	PE	Yes	Yes	No	Yes	Yes	Yes	See website <a href="http://www.communitycareforseniors.org">www.communitycareforseniors.org</a>	Available

<sup>1</sup> Physiotherapy, Occupational therapy, Speech therapy, Social Work

<sup>2</sup> Interviews can be arranged at accessible locations

Name	Area Served	Self-Referral accepted	Wheel-chair accessible office	Personal Care	Home Help	Transportation	Respite	Other Services	Subsidized (may be part or full)
Pathways to Independence <b>613-962-2541</b>	H&PE	No	Yes	Yes	Yes	No	Yes	Vocational Support, supported employment, counselling, psychiatric clinic,	No