

# RESOURCES FOR CAREGIVERS AND FAMILY SUPPORTS IN DURHAM REGION

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## Resources for Caregivers & Family Supports in Durham Region

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## Resources for Caregivers & Family Supports in Durham Region

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<u>Resource Category</u>	<u>Resource Name &amp; Contact Information</u>	<u>Resource Description</u>
<b>Acquired Brain Injury (ABI) Information, Resources &amp; Support</b>	<b>Brain Injury Association of Durham Region</b> #24-850 King Street West Oshawa, ON 905-723-2732 1-866-354-4464 (toll free) <a href="mailto:information@biad.ca">information@biad.ca</a> <a href="http://www.biad.ca">www.biad.ca</a>	<i>Advocates for the needs of people living with the effects of brain injury. Assists in providing information about and connecting with other existing services, agencies and supports in the community. Provides support to individuals with ABI and their family members and caregivers. Programming and services include: Drop in activity day service program, entertainment nights, resource library, monthly newsletter, support groups, and community supports coordination on an outreach basis.</i>
	<b>Ontario Brain Injury Association</b> P.O. Box 2338 St. Catherines, ON 905-641-8877 1-800-263-5404 (toll-free helpline) <a href="mailto:obia@obia.on.ca">obia@obia.on.ca</a> <a href="http://www.obia.ca">www.obia.ca</a>	<i>Provides support to people with ABI and their family and friends. Support services include providing information about services and benefits, answering questions related to ABI, rehabilitation programs, and financial assistance, and providing contact information for your local brain injury community association.</i>
	<b>The National Resource Center for Traumatic Brain Injury</b> Virginia Commonwealth University Box 980542 Richmond VA 804-828-9055 <a href="http://www.nrc.pmr.vcu.edu">www.nrc.pmr.vcu.edu</a>	<i>Provides relevant, practical information for professionals, persons with brain injury and family members. Developed a wide variety of assessment tools, intervention programs, training programs and other resources including: "Getting Better and Better After Brain Injury: A Guide for Families, Friends and Caregivers For Living Smarter and Happier".</i>

<p><b>Stroke Information, Resources &amp; Support</b></p>	<p><b>Heart and Stroke Foundation of Ontario</b>  <a href="http://www.heartandstroke.ca">www.heartandstroke.ca</a></p> <p><b>Durham Region (Whitby)</b>          #2-105 Consumers Drive          905-666-3777</p>	<p>A source of information on heart disease, stroke, surgeries and treatment. Online health information and other resources available to help stroke survivors and/or caregivers.</p>
	<p><b>Lakeridge Health Oshawa Stroke Prevention Clinic</b>          Room 700 - 1 Hospital Court          1<sup>st</sup> Floor, A-Wing          905-576-8711 ext. 3757  <a href="mailto:awaller@lakeridgehealth.on.ca">awaller@lakeridgehealth.on.ca</a>  <a href="http://www.lakeridgehealth.on.ca">www.lakeridgehealth.on.ca</a></p>	<p>The clinic is for people who have been diagnosed with a Transient Ischemic Attack (TIA) or a mini-stroke, are identified as a high-risk for having a stroke or have been discharged from the hospital following an admission for a stroke. Provides timely access to assessment, diagnostic testing and treatment recommendations. Emphasis is placed on providing patients and their families with information and resources to manage their risk factors for stroke.</p>
	<p><b>My Stroke Passport (MSP)</b>          Toronto Stroke Network website  <a href="http://www.tostroke.com/">http://www.tostroke.com/</a>          Go to "For the Public" and then to "Community Resources"</p>	<p>My Stroke Passport is for persons living with stroke and their family caregivers to use during recovery and life after stroke. It can be used to record information about your health care, identify your strengths, needs and questions, help you set goals to recover, live well and prevent another stroke, keep track of your progress, communicate with your healthcare team and caregivers, and find resources and support services to meet your needs.</p> <p><a href="http://www.tostroke.com/wp-content/uploads/2012/12/My-Stroke-Passport.pdf">http://www.tostroke.com/wp-content/uploads/2012/12/My-Stroke-Passport.pdf</a></p>
	<p><b>Stroke Recovery Canada</b>          10 Overlea Boulevard,          Toronto, ON          416-425-4209 (Toronto)          905-884-7154 (York Region)          1-888-540-6666 (warm line)          1-800-263-3463 (toll free)  <a href="mailto:src@marchofdimes.ca">src@marchofdimes.ca</a>  <a href="mailto:peersupport@marchofdimes.ca">peersupport@marchofdimes.ca</a>  <a href="http://www.marchofdimes.ca/EN/programs/src/Pages/src.aspx">www.marchofdimes.ca/EN/programs/src/Pages/src.aspx</a></p>	<p>To join the Stroke Recovery Registry and to receive a free information package and newsletters, please email your full name, full address, phone number and email address to <a href="mailto:src@marchofdimes.ca">src@marchofdimes.ca</a>. Also call to learn more about peer support groups, and other stroke resources including seminars, conferences and recreational opportunities.</p>



**Stroke Recovery Canada  
Warmline**  
1-888-540-6666

*Talk to a fellow survivor, fellow caregiver/family member or be connected to a support group, learn more about stroke, stroke symptoms and stroke recovery. Find stroke recovery resources in your area.*



**Stroke Recovery Canada/  
Stroke Survivors Support Groups**  
[emugan@marchofdimes.ca](mailto:emugan@marchofdimes.ca)  
1-800-263-3463 ext. 7758

*Stroke Recovery Canada, a program of March of Dimes Canada offers support groups open to survivors, caregivers, family members and friends.*

**Durham  
Oshawa Stroke Survivors Support  
Group**  
649 King Street East  
Oshawa, ON

*Oshawa Group – a monthly meeting on the third Tuesday of every month from 10am-12pm. Please call for more information.*

**Westminster Stroke Recovery  
Group**  
Westminster United Church  
1850 Rossland Road East  
Whitby, ON  
905-723-6442  
[wuc@westminster-uc.ca](mailto:wuc@westminster-uc.ca)  
[www.westminster-uc.ca](http://www.westminster-uc.ca)

*Member run stroke support group offering support, encouragement, and education to stroke survivors and their caregivers. Refreshments are served. The group meets on Tuesdays in the Founder's Room from 1:00-3:00pm. Please call for more information.*

**Stroke in Young Adults: A New  
Resource Guide**  
613-852-2303  
[www.canadianstroke.ca](http://www.canadianstroke.ca)  
[cathy@canadianstroke.ca](mailto:cathy@canadianstroke.ca)

*The first resource guide for young adult stroke survivors and their families. Released by HSF Canadian Partnership for Stroke Recovery, University of Toronto Stroke Program, and Heart and Stroke Foundation. Topics include dealing with pain, changing relationships, return-to-work, return-to-school, regaining a drivers' license, prevention of another stroke, communication disorders and more.*

**Stroke in Young Adults** can be downloaded [HERE](#) or from the HSF Canadian Partnership for Stroke Recovery website. Hard copies can also be ordered by emailing [cathy@canadianstroke.ca](mailto:cathy@canadianstroke.ca)

	<p><b>Stroke Survivor Meeting</b>  Cedarcroft Place  649 King Street East  Oshawa, ON  905-728-3594</p>	<p><i>Informal group running on the third Tuesday of every month from 10:00 am – Noon. Discussions on any tools, techniques and resources that may be of value to the group. Contact Joan and Egon for more information.</i></p>
<p><b>Aphasia &amp; Related Communication Disabilities Information, Resources &amp; Support</b></p> 	<p><b>Aphasia and Communication Disabilities Program (ACDP) Main Office</b>  13311 Yonge Street, Suite 202  Richmond Hill, ON  905-773-7758 ext. 6216  1-800-567-0315 ext. 6216 (toll free)  <a href="mailto:acd@marchofdimes.ca">acd@marchofdimes.ca</a>  <a href="http://www.marchofdimes.ca/acdp">www.marchofdimes.ca/acdp</a></p> <p><b><u>Program Locations</u></b></p> <p><b>Stouffville</b>  12184 Ninth Line</p> <p><b>Newmarket</b>  194 Eagle Street</p> <p><b>Whitby</b>  1850 Rossland Road East</p> <p><b>Peterborough</b>  300 Sunset Boulevard</p> <p><b>Vaughan</b>  9401 Jane Street</p> <p><b>Maple</b>  10424 Keele Street</p>	<p><i>Offers services and programs for adults 18 years of age or older living with aphasia, apraxia, dysarthria and other social communication disabilities due to stroke, traumatic brain injury or neurological diseases. Our group communication programs offer clients a way to re-enter community life, one step at a time. Our team of speech-language pathologists and communicative disorder assistants work with trained volunteers to encourage learning and use of supportive communication strategies (written keywords, interactive drawings, gestures) to optimize language abilities. We also provide support for families learning about aphasia. Programs in Maple, Newmarket, Vaughan, Stouffville, Whitby and Peterborough.</i></p> <p>Link to referral form:   <a href="http://www.marchofdimes.ca/EN/programs/ydac/Documents/YDA-C-Referral-Application-2013.pdf">www.marchofdimes.ca/EN/programs/ydac/Documents/YDA-C-Referral-Application-2013.pdf</a></p>

	<p><b>National Aphasia Association</b>  350 Seventh Ave. Suite 902  New York, NY  1-800-922-4622  <a href="mailto:naa@aphasia.org">naa@aphasia.org</a>  <a href="http://www.aphasia.org">www.aphasia.org</a></p>	<p><i>The National Aphasia Association is a non-profit organization that promotes public education, research, rehabilitation and support services to assist people with aphasia and their families.</i></p> <p><i>Information for persons with aphasia, caregivers and professionals available on website.</i></p>
	<p><b>Aphasia Recovery Connection (ARC)</b>  424 2<sup>nd</sup> Street  Marietta, OH, USA  <a href="http://www.aphasiarc.org">www.aphasiarc.org</a></p>	<p><i>Provides a platform and resources for people with aphasia and their caregivers to connect to others that understand what they are going through. Through Facebook groups, other social media, newsletters, and organized events, members share stories, advice, tips, tools and resources and provide comfort to help each other navigate the road to recovery</i></p>
	<p><b>The Aphasia Institute</b>  73 Scarsdale Rd  Toronto, ON  (416) 226-3636  <a href="mailto:aphasia@aphasia.ca">aphasia@aphasia.ca</a>  <a href="http://www.aphasia.ca">www.aphasia.ca</a></p>	<p><i>Offers Introductory Program (understanding aphasia and communication strategies for clients and family members – 12 weeks), Community Aphasia Program (ongoing program to encourage community involvement and social exchange), Peer Helper Program (peer leaders provide support and education to new members) and Outreach Program (weekly home visits by a trained volunteer to assist individual with aphasia and his/her family members with communication skills – 12 weeks).</i></p>
	<p><b>Aphasia and Communication Disabilities Program (ACDP) Caregiver Group</b>  905-773-7758 ext. 6658  <a href="mailto:cgoldberg@marchofdimes.ca">cgoldberg@marchofdimes.ca</a>  <a href="http://www.marchofdimes.ca/ydac">www.marchofdimes.ca/ydac</a></p>	<p><i>Monthly support group meeting for caregivers of the Aphasia and Communication Disabilities Program (ACDP). Contact the ACDP Social Worker for further information and/or for meeting dates/times.</i></p>
	<p><b>Aphasia Software Finder Tavistock Trust for Aphasia</b>  <a href="http://www.aphasiasoftwarefinder.org/">www.aphasiasoftwarefinder.org/</a></p>	<p><i>A website that provides information on software programs and apps for people with aphasia in the English language.</i></p>



	<p><b>Aphasia Education CanAssist University of Victoria</b> 250-721-7302 <a href="mailto:info@canassist.ca">info@canassist.ca</a></p>	<p><i>The Aphasia Education app plays like a game, but was designed with the help of speech language pathologists who wanted a tool to help care providers learn to interact with individuals with aphasia. The goal of the app is to teach you about some of the challenges that these individuals face, and how they - with your help! -- can overcome them effectively.</i></p>
	<p><b>Parkinson Society Canada</b> #316-4211 Yonge Street Toronto, ON 416-227-9700</p> <p><i>Progressive Supranuclear Palsy (PSP) Caregiver group:</i> 1-800-565-3000 ext.3372</p> <p><a href="http://www.parkinson.ca">www.parkinson.ca</a></p>	<p><i>The Parkinson Society Canada provides resources, support, and education relating to Parkinson's and Atypical Parkinsonism such as Progressive Supranuclear Palsy (PSP).</i></p> <p><i>Link to "Getting Help for Progressive Supranuclear Palsy - A Guide for Patients and Families"</i> <a href="http://www.cno.parkinson.ca/atf/cf/%7B7ED31649-7286-42CC-B7D1-9743D23563F0%7D/patients%20and%20families%20psp%20guide.pdf">http://www.cno.parkinson.ca/atf/cf/%7B7ED31649-7286-42CC-B7D1-9743D23563F0%7D/patients%20and%20families%20psp%20guide.pdf</a></p>
<p><b>Professional Services/Support</b></p>	<p><b>Community Care Access Centres (CCAC)</b> 310-CCAC (2222) (main line) 1-888-470-2222 (toll free) <a href="http://www.ccac-ont.ca">www.ccac-ont.ca</a></p> <p><b>Central East Head Office</b> 920 Champlain Court Whitby, ON 905-430-3308</p>	<p><i>Case Managers will assess your needs, determine your requirements for care, answer your questions and develop a customized care plan. If services are provided to you by your CCAC, case managers will arrange for quality health-care professionals - nurses, physiotherapists, social workers, registered dieticians, occupational therapists, speech therapists and personal support workers - to provide supportive services to help you at home. If you determine you need more comprehensive support, your CCAC case manager can also provide you with more information about long term care, short stay respite and convalescent care.</i></p>
<p><b>Geriatric Assessment Services</b></p>	<p><b>Community Care Durham Mental Health Services</b> Administration Office 16100 Old Simcoe Rd. Port Perry, ON 905-985-0150 ext. 253 <a href="http://www.communitycaredurham.on.ca">www.communitycaredurham.on.ca</a></p>	<p><i>Specialized geriatrics services include assessment, referral, consultation and support to adults 65+ with mental health concerns living in the community. Services Ajax/Pickering, Brock, Clarington, Oshawa, Scugog, Uxbridge, and Whitby communities.</i></p>

	<p><b>Ontario Shores for Mental Health Sciences – Geriatric Services</b>  700 Gordon Street  Whitby, ON  905-430-4055  1-800-341-6323 (toll free)  <a href="http://www.ontarioshores.ca">www.ontarioshores.ca</a></p>	<p><i>Provides specialized inpatient and outpatient services, including individualized assessment and treatment, to meet the mental health needs of individuals 65 years of age and older. Referrals are accepted from family physicians and specialists. Referrals are accepted from outside the primary service area.</i></p>
	<p><b>GAIN Clinics Geriatric Assessment and Intervention Network</b>  Lakeridge Health Oshawa  1 Hospital Court, Oshawa ON  Phone: 905-576-8711 ext. 4832 or ext. 6348</p>	<p><i>Inter-professional teams provide assessment, care planning and service delivery. It is designed to provide care to seniors to help keep them out of Emergency Rooms, and able to remain in their own homes enjoying a high quality of life.</i></p>
<p><b>Finding Private Therapists</b></p>	<p><b>College of Occupational Therapists of Ontario</b>  20 Bay Street  Toronto, ON  416-214-1177  1-800-890-6570 (toll free)  <a href="http://www.coto.org">www.coto.org</a></p>	<p><i>The registrar contains all of the publicly available information of registered Occupational Therapists in Ontario. The College can be contacted to confirm that a health care professional is a registered Occupational Therapist.</i></p>
	<p><b>Ontario Society of Occupational Therapists</b>  #210-55 Eglinton Ave. E.  Toronto, ON  416-322-3011  <a href="mailto:osot@osot.on.ca">osot@osot.on.ca</a>  <a href="http://www.osot.on.ca">www.osot.on.ca</a></p>	<p><i>Provides suggestions for finding an Occupational Therapist as well as listings of member Occupational Therapists who provide services in communities throughout Ontario.</i></p>
	<p><b>College of Physiotherapists of Ontario</b>  #901-375 University Avenue,  Toronto, ON  416-591-3828  1- 800-583-5885 (toll free)  <a href="mailto:info@collegept.org">info@collegept.org</a>  <a href="http://www.collegept.org">www.collegept.org</a></p>	<p><i>Find information about Physiotherapists and Physical Therapists including practice addresses, contact information, languages spoken, and qualifications</i></p>

	<p><b>The Ontario Association of Speech-Language Pathologists &amp; Audiologists (OSLA)</b>  410 Jarvis Street  Toronto, ON  416-920-3676  1-800-718-6752 (toll free)  <a href="mailto:mail@osla.on.ca">mail@osla.on.ca</a>  <a href="http://www.osla.on.ca">www.osla.on.ca</a></p>	<p><i>OSLA facilitates linkages between those who need services and clinicians in private practice in their area.</i></p>
	<p><b>Ontario Psychological Association</b>  #403-21 St. Clair Ave. E  Toronto, ON  416-961-5552  1-800-268-0069 (toll free)  <a href="mailto:opa@psych.on.ca">opa@psych.on.ca</a>  <a href="http://www.psych.on.ca">www.psych.on.ca</a></p>	<p><i>The OPA offers a free referral service Monday-Friday 10am-3pm by phone. An online referral service is also available to find the names of registered Psychologists with the desired speciality and location.</i></p>
	<p><b>Mood Disorders Association of Ontario (MDAO)</b>  #602-36 Eglinton Ave. West.  Toronto, ON  416-486-8046 (support line)  1-888-486-8236 (toll free)  <a href="http://www.mooddisorders.on.ca">www.mooddisorders.on.ca</a></p>	<p><i>Offers online guides to help you find a therapist and/or mood disorders clinic in your area.</i></p>
<b>Hearing Resources</b>	<p><b>Canadian Hearing Society</b>  <a href="http://www.chs.ca">www.chs.ca</a></p> <p><b>Durham Region:</b>  Braemor Center Plaza  575 Thornton Road N, Unit 7  Oshawa, ON  905-404-8490</p>	<p><i>Offers 17 programs and services to meet the needs of people who are culturally deaf, oral deaf, deafened or hard of hearing. Programs include accessibility services, hearing healthcare services and counselling services.</i></p>
<b>Vision Resources</b>	<p><b>Canadian National Institute for the Blind (CNIB)</b>  1-800-563-2642 (CNIB helpline)  <a href="http://www.cnib.ca">www.cnib.ca</a></p> <p><b>Oshawa</b>  #10 - 1 Mary Street North  905-436-7732</p>	<p><i>Services include rehabilitation support services (i.e. wellness support, low vision services, independent living services, travel instruction, career and employment services), CNIB library, helpful products and assistive technologies, and accessibility expertise (i.e. consulting services and training for private and public sector organizations).</i></p>

	<p><b>Lawn Bowling for the Visually Impaired</b>  <b>Northview Community Center</b>  150 Beatrice Street East  Oshawa, ON  905-725-2007</p>	<p><i>Runs Tuesdays at 10 am. The season runs from the first week following the May 24<sup>th</sup> long weekend until the end of September.</i></p>
	<p><b>Curling for the Blind</b>  226 Bond Street East  905-728-6281</p>	<p><i>Runs free of charge on Tuesdays from October until April.</i></p>
<p><b>Psychosocial/Emotional Support – Counselling &amp; Mental Health Services</b></p>	<p><b>Ontario Shores for Mental Health Sciences –</b>  700 Gordon Street  Whitby, ON  905-430-4055  1-800-341-6323 (toll free)  <a href="http://www.ontarioshores.ca">www.ontarioshores.ca</a></p>	<p><b>Outpatient Complex Mood Disorders &amp; Consultation Service</b> - inter-professional healthcare team works with the patient (18-65 years who have been diagnosed with a mood disorder and show signs of persistent illness and impaired functional ability) to develop an individualized care plan to meet the patient's needs. Services include assessments, consultations, behavioural support, shared care, assistance connecting patients with community services, and follow up care.</p> <p><b>The Geriatric Mood Clinic</b> - dedicated to the assessment, diagnosis, and treatment of individuals 60 years and older with depression.</p>
	<p><b>Oshawa Community Health Centre</b>  115 Grassmere Avenue  Oshawa, ON  905-723-0036  <a href="http://www.ochc.ca">www.ochc.ca</a></p>	<p><i>Counselling and therapy is provided to current clients utilizing various professional models of intervention. In addition to face-to-face and phone contact with the client, therapy also includes client advocacy, consultation, and collaboration with other service providers. All programs are free and staffed by a team of professionals. Serves children, adolescents, adults, couples and families.</i></p>

<p><b>Canadian Mental Health Association (CMHA)</b>  <a href="http://www.ontario.cmha.ca">www.ontario.cmha.ca</a> (Ontario)  <a href="http://www.cmha.ca">www.cmha.ca</a> (National)</p> <p><b>CMHA Durham</b>  Grand River Branch  The Bond Centre  60 Bond Street West  Oshawa, ON  905-436-8760  <a href="http://www.durham.cmha.ca">www.durham.cmha.ca</a>  <a href="mailto:cmha@cmhadurham.org">cmha@cmhadurham.org</a></p>	<p><i>Provides advocacy, education and direct service through a wide range of services and supports to people who are experiencing mental health issues and their families.</i></p>
<p><b>Centre for Addiction and Mental Health (CAMH)</b>  416-535-8501 (main switchboard)  416-595-6111 (general inquiries)  1-800-463-6273 (toll free)  <a href="http://www.camh.net">www.camh.net</a></p>	<p><i>Canada's largest mental health and addiction teaching hospital - provides a wide range of clinical programs, support and rehabilitation services.</i></p>
<p><b>Community Care Durham – COPE Mental Health Services</b>  Administration Office  16100 Old Simcoe Rd.  Port Perry, ON  905-985-0150 ext. 253  <a href="http://www.communitycaredurham.on.ca">www.communitycaredurham.on.ca</a></p>	<p><i>Supports adults with emotional or psychiatric concerns, Individual support (trained volunteer), group support (staff and trained volunteers), geriatrics services to adults 65+ with mental health concerns. Serves the communities of Ajax/Pickering, Brock, Clarington, Oshawa, Scugog, Uxbridge, and Whitby.</i></p>
<p><b>Mood Disorders Association of Ontario (MDAO)</b>  #602-36 Eglinton Ave. West.  Toronto, ON  416-486-8046 (support line)  1-888-486-8236 (toll free)  <a href="http://www.mooddisorders.on.ca">www.mooddisorders.on.ca</a></p>	<p><i>Offer free support to people living across Ontario, and their families, who are living with depression, anxiety or bipolar disorder. Services include telephone information support line, peer support groups, recovery programs and online guides to help you find a therapist and/or mood disorders clinic in your area.</i></p>

<p><b>Ontario Mental Health Helpline</b>  1-866-531-2600  <a href="http://www.mentalhealthhelpline.ca">www.mentalhealthhelpline.ca</a></p>	<p><i>Provides mental health services information and referrals. A specialist will answer your call, email or web chat 24/7. The service is free, confidential and anonymous. Also provides information about counselling services and supports in your community and basic information about mental health. A specialist will also offer support and provide strategies to help you meet your goals.</i></p>
<p><b>Durham Region Social Services Department – Family Services</b>  605 Rossland Road East  Whitby, ON  905-666-6240  1-866-840-6697 (toll free)  <a href="http://www.familyserviceontario.org/category/region/durham-region">www.familyserviceontario.org/category/region/durham-region</a></p>	<p><i>Offers short term, solution-focused individual, couple, family and group counseling to residents in Durham region for a number of issues, such as: trauma, anger, anxiety, depression, personal stress, bereavement, communication, conflict resolution, extended family, abuse, addiction, caregiving and more. Fee waived for those unable to pay. Self-referrals accepted.</i></p>
<p><b>Catholic Family Services of Durham</b>  115 Simcoe St., South, 3<sup>rd</sup> Floor  Oshawa, ON  905-725-3513  1-877-282-8932 (toll free)  <a href="http://www.cfsdurham.com">www.cfsdurham.com</a></p>	<p><i>Family counselling, individual counselling, and family life education for marriage problems, separation and divorce, personal difficulties, domestic violence etc. Office locations in Oshawa, Ajax, and Port Perry. Nondenominational. No one is refused services.</i></p>
<p><b>John Howard Society of Durham Region</b>  <b>Main Office</b>  75 Richmond Street West  Oshawa, ON  905-579-8482</p>	<p><i>Services individuals and families with programs and services in areas such as relationships, counselling, employment, literacy, housing, eviction prevention, crime prevention, harm reduction, parenting and more. Most services are free. Offices in Oshawa, Whitby, Ajax/Pickering and Bowmanville.</i></p>
<p><b>Durham Mental Health Services</b>  519 Brock Street, South  Whitby, ON  905-666-0831 ext. 221  <a href="http://www.dmhs.ca">www.dmhs.ca</a></p>	<p><i>Provides services and supports (including family &amp; peer support, community-based case management program, crisis services) to individuals and families who are living with mental health concerns.</i></p>

<p><b>Psychosocial/Emotional Support - Caregiver Support &amp; Education</b></p>	<p><b>Community Care Access Centre</b>  Resource Guide for Caregivers  Link to Guide:  <a href="http://www.ccac-ont.ca/Upload/nsm/General/Caregiver%20Support%20Guide_spversion.pdf">www.ccac-ont.ca/Upload/nsm/General/Caregiver%20Support%20Guide_spversion.pdf</a></p>	<p>CCAC Caregiver's Support Guide (c/o North Simcoe Muskoka CCAC) includes guidance on accessing services and community resources, dealing with your emotions, taking care of yourself, preventing caregiver burnout, being a long distance caregiver, managing care at home, developing a crisis plan, and managing financial challenges.</p>
	<p><b>Family Caregiver News Magazine</b>  905-833-6200  1-800-209-4810 (toll free)  <a href="mailto:info@thefamilycaregiver.com">info@thefamilycaregiver.com</a>  <a href="http://www.thefamilycaregiver.com">www.thefamilycaregiver.com</a></p>	<p>A magazine and electronic resource aimed at connecting caregivers with practical "how to" information that can help them answer their questions and find solutions to their needs. Website includes service and resource guide.</p>
	<p><b>Pathway to Recovery: A Guidebook For Families Navigating the Mental Health System in Durham Region</b>  Durham Family Resource Task Group for Mental Health  c/o Durham Mental Health Services  519 Brock Street, South  Whitby, ON  905-666-0831 ext. 221  <a href="mailto:guidebook@dmhs.ca">guidebook@dmhs.ca</a>  <a href="http://www.dmhs.ca/files/guidebook2.pdf">www.dmhs.ca/files/guidebook2.pdf</a></p>	<p>This comprehensive guidebook for family members and caregivers provides knowledge of how to successfully navigate, and find mental health services in Durham Region.</p>
	<p><b>Parkinson Society Durham Region Chapter</b>  1-866-264-3345  1-800-565-3000 ext. 3372  <a href="mailto:durhamregionchapter@parkinson.ca">durhamregionchapter@parkinson.ca</a></p>	<p><b>Care Partner Meetings</b>  For those who currently partner or have partnered those living with Parkinson's disease be they life partners, adult children, or friends. Meetings take place on the third Monday of the month excluding December, July and August, from 7:00 – 9:00 pm at the Taunton Mills Retirement Centre (3800 Brock St. North, Whitby, ON).</p>

**Alzheimer Society of Durham Region**

Oshawa Executive Centre  
419 King Street West, Suite 207  
Oshawa, ON  
905-576-2567  
1-888-301-1106  
[www.alzheimer.ca/durham](http://www.alzheimer.ca/durham)

**Caregiver Support Groups**

Family/care partners meet together and exchange ideas in a supportive environment. Support groups are facilitated by Family Support Staff. Groups located in Ajax, Pickering, Bowmanville, Uxbridge, Oshawa, and Whitby. Trained professional staff is available Mon-Thurs. 8 am – 5 pm and Fridays 8 am – 1 pm to provide phone, office and home support. First Link Program will also connect families to programs and services at ASDR For more information visit:  
<http://www.alzheimer.ca/en/durham/We-can-help/First-Link>

**Respite Adult Day Programs**

**Community Care Durham – Respite Services (Admin. Office)**  
16100 Old Simcoe Rd.  
Port Perry, ON  
905-985-0150 ext. 253  
[www.communitycaredurham.on.ca](http://www.communitycaredurham.on.ca)

**Clarington Site**  
2440 Hwy. 2, Bowmanville  
905-623-7231

**Pickering Site**  
1420 Bayly Street, Pickering  
905-837-0017 ext. 223

**Uxbridge**  
2 Campbell Drive, Uxbridge  
905 -852-7222

**Whitby**  
20 Sunray Street, Unit #4, Whitby  
905-668-4863

Community Care Durham operates four Adult Day Programs in Durham Region (Clarington, Pickering, Uxbridge, and Whitby). The Adult Day Program service provides a comfortable, home-like setting for members to enjoy a wide array of social and recreational programs. Transportation assistance is provided. All sites are secure and can accommodate clients that have a tendency to wander and require assistance with activities of daily living.



<p><b>Regional Municipality of Durham</b>  <a href="http://www.durham.ca">www.durham.ca</a></p> <p><b>Lakeview Manor (Beaverton Site)</b>  Integrated Program  133 Main Street, Beaverton  705-426-7388 ext. 5320/5327</p> <p><b>Lakeview Manor (Port Perry Site)</b>  Integrated Program  451 Paxton Street, Port Perry  705-426-7388 ext. 5320/5327</p> <p><b>Hillsdale Estates (Oshawa Site)</b>  Cognitive Program  590 Oshawa Blvd. N., Oshawa  905-579-1777 ext. 497</p>	<p><i>The Regional Municipality of Durham operates three Adult Day Programs that provide a range of therapeutic social and recreational programs. Accessible transportation available through Durham Region Transit Specialized Services and Community Care Durham. All sites are secure and can accommodate clients that have a tendency to wander and require assistance with activities of daily living. Not restricted to residents of Durham Region.</i></p>
<p><b>Oshawa Senior Citizens Centres</b>  905-576-6712  <a href="mailto:info@oscc.ca">info@oscc.ca</a>  <a href="http://www.oscc.ca">www.oscc.ca</a></p> <p><b>John Street Branch</b>  Integrated Program  905-576-6712 ext. 2833</p> <p><b>Northview Branch</b>  Integrated Program  905-576-6712 ext. 2865</p> <p><b>Conant Branch</b>  Integrated Program  905-576-6712 ext. 2904</p> <p><b>Specialized Program</b>  905-576-6712 ext. 2833</p>	<p><i>The Oshawa Seniors Citizens Centres operates four Adult Day Programs in Oshawa. The Adult Day Programs provide social, recreational and therapeutic activities. Transportation assistance is provided and access to other services such as foot care, blood pressure, and income tax clinics are available. Not restricted to residents of Oshawa.</i></p> <p><i>Specialized program is a secure site and provides assistance with activities of daily living.</i></p>

<p><b>Respite Hospice</b></p>	<p><b>Hospice Durham</b>          #201-1650 Dundas Street East          Whitby, ON          905-240-4522          1-877-668-9414 (toll free)  <a href="mailto:hospice@durhamhospice.com">hospice@durhamhospice.com</a>  <a href="http://www.durhamhospice.com">www.durhamhospice.com</a></p>	<p><i>Provides practical and emotional support for clients and their family members. Services include emotional support and companionship, complementary therapy, caregiver relief, local rides, and family support services. All services are free of charge. No OHIP card needed.</i></p>
<p><b>Respite Support Services</b></p>	<p><b>Canadian Red Cross</b>  <a href="mailto:simcoe@redcross.ca">simcoe@redcross.ca</a>  <a href="http://www.redcross.ca">www.redcross.ca</a></p> <p><b>Durham Region</b>          #40-585 Wentworth Street East          905-723-2933          1-866-723-2933 (toll free)  <a href="mailto:durham-region@redcross.ca">durham-region@redcross.ca</a></p>	<p><i>Provides a number of community health services including personal support services, friendly visiting, telephone assurance, home help, meals on wheels, social work services and transportation services. Services vary in each region.</i></p>
	<p><b>Community Care Durham – Home Support Services</b>          Administration Office          16100 Old Simcoe Rd.          Port Perry, ON          905-985-0150 ext. 253  <a href="http://www.communitycaredurham.on.ca">www.communitycaredurham.on.ca</a></p>	<p><i>Provides Meals on Wheels, Transportation, Luncheon Out, Home Help, Home Maintenance, Friendly Visiting, Telephone Reassurance, and Foot Care Clinics. Services Whitby, Ajax/Pickering, Brock, Clarington, Oshawa, Scugog, and Uxbridge communities.</i></p>
	<p><b>Community Care Access Centres (CCAC)</b>          310-CCAC (2222) (main line)          1-888-470-2222 (toll free)  <a href="http://www.ccac-ont.ca">www.ccac-ont.ca</a></p> <p><b>Central East Head Office</b>          920 Champlain Court          Whitby, ON          905-430-3308</p>	<p><i>Case Managers will assess your needs, determine your requirements for care, answer your questions and develop a customized care plan. If services are provided to you by your CCAC, case managers will arrange for quality health-care professionals to provide supportive services to help you at home.</i></p>

	<p><b>Ontario Community Support Association</b>  #104-970 Lawrence Avenue West  Toronto, ON  416-256-3010  1-800-267-OCSA (6272)  <a href="http://www.ocsa.on.ca">www.ocsa.on.ca</a></p>	<p>Looking for a home and community support provider in your area? Check out the OCSA's community support provider information (Carefinder) site: <a href="http://www.homeandcommunitysupport.ca">www.homeandcommunitysupport.ca</a></p> <p>OCSA members are community-based, not-for-profit organizations that provide services to help people live at home.</p>
	<p><b>Victorian Order of Nurses (VON) Durham Region</b>  #116-50 Richmond Street East  Oshawa, ON  905-571-3151  <a href="http://www.von.ca">www.von.ca</a></p>	<p>Provides personal support services, caregiver support, community mental health services, services for people with a disability, friendly visiting and information and referral services.</p>
	<p><b>Personal Attendant Care Inc.</b>  #200- 1650 Dundas Street East  Whitby, ON  905-576-5603  <a href="http://www.pacdurham.ca">www.pacdurham.ca</a></p>	<p>A charitable non-profit organization providing personal support and assisted living services to individuals with physical disabilities living in Durham region.</p>
	<p><b>VHA Home Health Care</b>  30 Soudan Avenue, Suite 600  Toronto, ON  416-489-2500  1-888-314-6622 (toll free)</p>	<p>Provide professional services to people who need help at home, school, work or in a long-term care facility.</p>
	<p><b>St. Elizabeth</b>  1549 Victoria Street East  Whitby, ON  905-430-6997  1-877-625-5567 (toll free)  <a href="http://www.saintelizabeth.com">www.saintelizabeth.com</a></p>	<p>Offer a range of home health care services provided by registered nurses, personal support workers, community health workers and rehab therapists.</p>
<b>Grocery Shopping Services</b>	<p><b>Grocery Gateway</b>  905-564-8778  1-877-447-8778 (long distance)  <a href="http://www.grocerygateway.com">www.grocerygateway.com</a></p>	<p>Operated by Longos Brothers Fruit Markets Inc. Shop online and your order will be picked directly from a Longo's store the day of your order and delivered to your home.</p>

<p><b>Home Meal Delivery Services</b></p>	<p><b>Community Care Durham – Home Support Services</b> Administration Office 16100 Old Simcoe Rd. Port Perry, ON 905-985-0150 ext. 253 <a href="http://www.communitycaredurham.on.ca">www.communitycaredurham.on.ca</a></p>	<p>Nutritious hot or frozen meals are delivered by volunteers to clients in their homes. Meals on Wheels online ordering is now available in Whitby, Ajax/Pickering, Brock, Clarington, Oshawa, Scugog, and Uxbridge communities.</p>
<p><b>Home Safety Devices</b></p>	<p><b>Durham Region Lifeline</b> c/o Philips Lifeline 95 Barber Green Road Toronto, ON 1-800-543-3546 (toll free) <a href="http://www.lifeline.ca">www.lifeline.ca</a></p>	<p>Provides access to help 24 hours per day. When a fall or emergency occurs, clients press a help button and are connected to a trained personal response assistant who assesses the situation and sends help.</p>
<p><b>Assistive/Adaptive Equipment</b></p> 	<p><b>DesignAbility Program</b> 10 Overlea Boulevard Toronto, ON 416-425-3463 1-800-263-3463 (toll free) <a href="mailto:designability@marchofdimes.ca">designability@marchofdimes.ca</a> <a href="http://www.marchofdimes.ca/designability">www.marchofdimes.ca/designability</a></p>	<p>DesignAbility volunteers work with you to craft creative, custom solutions that help you overcome barriers to work, play, personal hygiene and other daily activities. No charge except for the expense of building materials.</p>
	<p><b>Motion Specialties Oshawa</b> 149 King Street W Oshawa, ON 866-374-9590</p>	<p>Provision of health care products and services tailored to meet specific needs. Works closely with funding agencies and insurance companies across Canada and is a registered vendor for ADP, WSIB, DVA and many other agencies.</p>
<p><b>Assistive/Adaptive Equipment &amp; Home Modifications Financial Assistance</b></p>	<p><b>Ministry of Health and Long Term Care (LTC) Assistive Devices Program</b> 5700 Yonge Street, 7<sup>th</sup> Floor, Toronto 416-327-8804 416-327-4282 (TTY) 1-800-268-6021 (toll free) <a href="http://www.gov.on.ca/health">www.gov.on.ca/health</a></p>	<p>Provides financial assistance to Ontario residents with long-term physical disabilities to obtain basic, competitively priced, and personalized assistive devices appropriate to the individual's basic needs and essential for independent living.</p>

	<p><b>Canada Revenue Agency GST/HST Specially Equipped Motor Vehicle Rebate Application</b> Summerside Tax Centre 275 Pope Road Summerside, PE C1N 6A2 1-800-959-5525 <a href="http://www.cra-arc.gc.ca">www.cra-arc.gc.ca</a></p>	<p>Rebate for the GST/HST paid or payable on the purchase of a qualifying motor vehicle or on a modification service performed on your motor vehicle. Link to Application Form: <a href="http://www.cra-arc.gc.ca/E/pbg/gf/gst518/gst518-11e.pdf">www.cra-arc.gc.ca/E/pbg/gf/gst518/gst518-11e.pdf</a></p>
	<p><b>GM Canada Mobility Assistance Centre</b> 1-800-463-7463 <a href="http://www.gmmobility.com/mobility-reimbursements/">www.gmmobility.com/mobility-reimbursements/</a> <a href="http://www.mobility.gm.ca">www.mobility.gm.ca</a></p>	<p>Through the GM Mobility Reimbursement Program, new vehicle purchasers/lessees who install eligible adaptive mobility equipment on their new Chevrolet, Buick, or GMC vehicles can receive up to a \$1,000 reimbursement for the cost of the equipment.</p>
	<p><b>Home and Vehicle Modification Program</b> 291 King Street, 3<sup>rd</sup> Floor London, ON` 519-642-3700 1-877-369-4867 (toll free) <a href="mailto:hvmp@marchofdimes.ca">hvmp@marchofdimes.ca</a> <a href="http://www.marchofdimes.ca/hvmp">www.marchofdimes.ca/hvmp</a></p>	<p>Provides funding for basic home and/or vehicle modifications. The program is intended to assist permanent Ontario residents with a substantial impairment that is expected to last one year or more. By reducing or eliminating life safety risks, these modifications enable individuals with mobility restrictions to continue living in their homes, avoid job loss and participate in their communities.</p>
	<p><b>Assistive Devices Program (ADP)</b> 291 King Street, 3<sup>rd</sup> Floor London, ON` 519-642-3700 1-866-765-7237 (toll free) <a href="mailto:adp@marchofdimes.ca">adp@marchofdimes.ca</a> <a href="http://www.marchofdimes.ca/adp">www.marchofdimes.ca/adp</a></p>	<p>Provides assistance with buying, repairing, and maintaining a wide variety of mobility or assistive equipment (including wheelchairs). Funding is provided for devices that help adults live safely and independently in their homes, allow for discharge from a hospital or rehabilitation centre, help avoid job loss and support opportunities for participation in educational, developmental and community activities. The program may also assist you in obtaining funding from local service groups through partnerships with other organizations.</p>

<p><b>Financial Support</b></p>	<p><b>Ontario Ministry of Finance - Guaranteed Annual Income System (GAINS)</b>  33 King Street West,  Oshawa, ON  1-866-668-8297  1-800-263-7776 (TTY)  <a href="http://www.fin.gov.on.ca">www.fin.gov.on.ca</a></p>	<p><i>Guarantees minimum income for eligible Ontario seniors in monthly payments to qualifying pensioners. (Eligibility: Ontario resident, 65 years of age or older, receiving federal OAS &amp; GIS, permanent resident of Ontario, and your total income from all sources is below the level guaranteed by the province). If you meet eligibility criteria your benefits will be determined automatically based on information the ministry receives from HRSDC and information provided on your annual tax return.</i></p>
	<p><b>Ministry of Community and Social Services - Ontario Disability Support Program (ODSP)</b>  1-888-789-4199  <a href="http://www.mcass.gov.on.ca">www.mcass.gov.on.ca</a></p> <p><b>Oshawa</b>  850 King Street West  905-440-1030  1-800-722-1196 (toll free)  905-433-3950 (TTY)</p>	<p><i>Provides income supports/financial assistance to people with disabilities to pay for living expenses like food and housing. If you are receiving ODSP, you and your family may also be eligible to receive benefits such as prescription drug coverage, dental care, vision care, and coverage for medical supplies, medical transportation, and assistive devices. Employment supports are also offered by this program including employment Start-Up Benefit.</i></p>

**Canada Pension Plan (CPP)/  
Old Age Security/Seniors Card  
Service Canada**

Canada Enquiry Centre  
Ottawa, ON K1A 0J9  
1-800-277-9914  
1-800-255-4786 (TTY)  
[www.hrsdc.gc.ca](http://www.hrsdc.gc.ca)

*Almost all of today's seniors receive income from Canada's public pensions: the Canada Pension Plan (CPP) and Old Age Security (OAS). Together, the CPP and OAS provide a modest base upon which Canadians can build their retirement income. Basic financial support is also available to survivors and to people who become too disabled to work and their children. Canada Pension Plan (CPP) Disability Benefits provide a monthly taxable benefit to contributors who are disabled and to their dependent children. Applications are now available online or contact Service Canada to have a kit mailed to you.*

*Link to application forms:*

[www.servicecanada.gc.ca/eforms/forms/sc-isp-1152\(2011-11-15\)e.pdf](http://www.servicecanada.gc.ca/eforms/forms/sc-isp-1152(2011-11-15)e.pdf)

[www.servicecanada.gc.ca/eforms/forms/sc-isp-1400\(2012-08-30\)e.pdf](http://www.servicecanada.gc.ca/eforms/forms/sc-isp-1400(2012-08-30)e.pdf)

**Bridging the Gap  
Housing Help Durham**

134 Commercial Ave.  
Ajax, ON  
905-686-4109  
[www.healthyhousing.ca](http://www.healthyhousing.ca)

*The Durham Rent Bank and Community Trust Fund are funded by the Ministry of Community and Social Services and the Region of Durham. The rent bank provides interest free loans to families who are late with their rent by up to two months. The community trust fund gives loans for such things as hydro or gas arrears. To be eligible for the program, applicants must be part of a single or two parent family; must have a low to middle income or be in receipt of government funding such as social assistance, employment insurance or disability; and must not be living in subsidized housing.*

<p><b>Income Tax Information</b></p>	<p><b>Canada Revenue Agency - Community Volunteer Income Tax Program (CVITP)</b> 1-800-959-8281 <a href="http://www.cra.gc.ca">www.cra.gc.ca</a></p>	<p><i>The objective of the CVITP is to help eligible individuals who are not able to prepare their income tax and benefit returns by themselves. The Canada Revenue Agency (CRA) and community organizations collaborate and the organizations host tax preparation clinics and arrange for volunteers to prepare tax returns for individuals who have low income and a simple tax situation.</i></p>
	<p><b>Ontario Ministry of Finance – Tax Advisory Services Branch</b> 33 King Street West, Oshawa, ON 1-866-668-8297 1-800-263-7776 (TTY) <a href="http://www.fin.gov.on.ca">www.fin.gov.on.ca</a></p>	<p><i>Provides information, assistance and a full list of all tax credits, benefits and grants available to single people and families in Ontario, including seniors.</i></p>
	<p><b>Ontario Ministry of Finance - Tax Reduction Program</b> 33 King Street West, Oshawa, ON 1-866-668-8297 1-800-263-7776 (TTY) <a href="http://www.fin.gov.on.ca">www.fin.gov.on.ca</a></p>	<p><i>Eliminates or reduces Ontario income tax for lower income taxpayers. The program also provides additional tax relief for eligible individuals with dependent children 18 years of age or under, or with dependents with disabilities or significant health conditions of any age. The tax reduction depends on the number of dependents in the family, their ages and other deductions or credits claimed. The ON428 Ontario Tax Form included with your federal income tax return package must be completed.</i></p>
	<p><b>Ontario Ministry of Finance - Healthy Homes Renovation Tax Credit</b> 33 King Street West Oshawa, ON 1-800-668-8297 1-800-263-7776 (TTY) <a href="http://www.ontario.ca/healthyhomes">www.ontario.ca/healthyhomes</a></p>	<p><i>Seniors 65 years or older and their family members who live with them (at all income levels) may qualify for a tax credit to help with the cost of making their homes safer and more accessible. 15% for up to \$10,000 of eligible expenses can be claimed on personal income tax return each year (maximum total credit \$1,500). Before starting modifications, check to see that the work qualifies for this program.</i></p>



<p><b>Canada Revenue Agency - Family Caregiver Tax Credit</b> 1-800-959-8281 1-800-665-0354 (TTY) <a href="http://www.cra-arc.gc.ca">www.cra-arc.gc.ca</a></p>	<p>A 15% non-refundable tax credit on an amount of \$2,000 that provides tax relief to caregivers of dependant relatives. This includes spouses, common-law partners, and minor children with significant medical/physical challenges. This credit is on top of the other support credits available to caregivers (such as claiming caregiver amount on your tax returns).</p>
<p><b>Canada Revenue Agency - Disability Supports Deduction</b> 1-800-959-8281 1-800-665-0354 (TTY) <a href="http://www.cra-arc.gc.ca/disability">www.cra-arc.gc.ca/disability</a></p>	<p>An individual can claim a disability supports deduction if he/she has a disability and paid expenses that no one has claimed as medical expenses and paid them so that he/she could be employed, carry on a business or be enrolled in an educational program.</p>
<p><b>Canada Revenue Agency - Disability Tax Credit Certificate</b> 1-800-959-8281 1-800-665-0354 (TTY) <a href="http://www.cra-arc.gc.ca/disability">www.cra-arc.gc.ca/disability</a></p>	<p>Individuals, who have a severe and prolonged impairment in physical or mental functions, or their legal representative, are eligible for the Disability Tax Credit. The disability amount is a non-refundable tax credit used to reduce income tax payable on your income tax and benefit return. All or part of this amount may be transferred to your spouse or common-law partner, or other supporting person.</p>
<p><b>Canada Revenue Agency - Medical Expense Tax Credit</b> 1-800-959-8281 1-800-665-0354 (TTY) <a href="http://www.cra-arc.gc.ca">www.cra-arc.gc.ca</a></p>	<p>To qualify, the medical expenses must have been paid by either the individual or his or her legal representative. The medical expenses claimed is the portion of those expenses that exceeds the lesser of a fixed amount or 3% of the individual's net income for the year (subject to change annually).</p> <p>A complete list of qualifying medical expenses can be found at the following link:</p> <p><a href="http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltnng/ddctns/lns300-350/330/llwxpns-eng.html">www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltnng/ddctns/lns300-350/330/llwxpns-eng.html</a></p>

<p><b>Financial – Savings/ Long-Term Planning</b></p>	<p><b>Human Resources and Skills Development Canada (HRSDC)- Registered Disability Savings Plan (RDSP)</b> 1-800-622-6232 1-800-926-9105 (TTY) <a href="http://www.hrsdc.gc.ca">www.hrsdc.gc.ca</a></p> <p>Link to RDSP Overview: <a href="http://www.hrsdc.gc.ca/eng/disability_issue/s/disability_savings/rdsp_you.shtml">www.hrsdc.gc.ca/eng/disability_issue/s/disability_savings/rdsp_you.shtml</a></p>	<p>The RDSP is a long-term savings plan to help Canadians with disabilities and their families save for the future. The "beneficiary" of the RDSP is the person who will receive the money in the future. There is no annual contribution limit to the RDSP, but there is a lifetime contribution limit of \$200,000. The Government pays a matching grant of up to \$3,500 and a bond of up to \$1,000 a year into the RDSPs of low-income and modest-income Canadians. To open an RDSP and apply for the grant and bond, contact one of the participating financial organizations including Bank of Montreal, Bank of Nova Scotia, CIBC Securities Inc., RBC Royal Bank, TD Waterhouse</p> <p>For a complete listing of participating financial organizations refer to the following link:</p> <p><a href="http://www.hrsdc.gc.ca/eng/disability_issues/disability_savings/financ_org.shtml">www.hrsdc.gc.ca/eng/disability_issues/disability_savings/financ_org.shtml</a></p>
	<p><b>PLAN Toronto</b> 120 Eglinton Avenue East, 5<sup>th</sup> Floor Toronto, ON 416-232-9444 <a href="http://www.plantoronto.ca">www.plantoronto.ca</a></p>	<p>A non-profit organization started by and for families with a relative with a disability. They provide support, seminars, and resources related to financial planning to help families create a good life and a safe, secure future for their loved ones.</p>
	<p><b>K3C Credit Counselling Oshawa</b> Oshawa Executive Centre 203A-419 King Street W. Oshawa, ON 905-665-6204 1-800-379-5556</p>	<p>A community based not-for-profit credit counselling agency that provides assistance to people who are experiencing financial difficulties. K3C Credit Counselling offers budgeting tips and money management techniques that help you manage your day to day finances, keep up with monthly bills, save for the future and pay down debt.</p>



**Registered Disability Savings Plan (RDSP) Seminar**  
[www.youtube.com/user/marchofdime](http://www.youtube.com/user/marchofdime)  
[scda](http://www.youtube.com/user/marchofdime)

*In conjunction with Ryerson University, MODC hosted a seminar on the Registered Disability Savings Plan (RDSP). The video presentation is divided into five segments, all of which may be found on youtube.com*

**Housing Resources**

**Durham Region Housing Access Centre**  
 (3 branches)  
[www.durham.ca](http://www.durham.ca)

*Provide information on all social housing available in the community through housing registry, referral, application assistance, and a drop-in centre. Assists with related services to support residents in their housing.*

**Durham Region Housing Services**  
 605 Rossland Road  
 Whitby, ON  
 905-666-6225  
[www.durham.ca](http://www.durham.ca)

**Durham Region Non-Profit Housing Corporation**  
 28A Albert Street  
 Oshawa, ON  
 905-436-6610  
 905-686-1278  
[www.durham-housing.com](http://www.durham-housing.com)

**Housing Help Durham**  
 134 Commercial Avenue  
 Ajax, ON  
 905-686-4109  
[www.healthyhousing.ca](http://www.healthyhousing.ca)

**Transportation**

**Durham Region Transit Specialized Services**  
 110 Westney Road South  
 Ajax, Ontario  
 1-800-263-1916  
[drtspecialized@region.durham.on.ca](mailto:drtspecialized@region.durham.on.ca)  
[www.durhamregiontransit.com/SpecializedTransit](http://www.durhamregiontransit.com/SpecializedTransit)

*An accessible-door-to-accessible door transportation service for persons with disabilities which prevent them from using regular, fixed route transit service. The service utilizes specialized vehicles, equipped with wheelchair lifts operated by qualified staff. Serves all communities in Durham Region (Ajax, Pickering, Whitby, Oshawa, Clarington, Townships of Brock, Scugog and Uxbridge)*

<p><b>Durham Rapid Taxi</b>  16A-979 Brock Road South  Pickering, ON  905-831-2345  1-888-851-4511 (toll free)  <a href="http://www.durhamrapidtaxi.com">www.durhamrapidtaxi.com</a></p>	<p><i>Provides a wheelchair accessible taxi service. Phone several hours to 1 day ahead to order wheelchair accessible vans.</i></p>
<p><b>Dignity Transportation Inc.</b>  416-398-2222  1-866-398-2109  <a href="mailto:info@dignitytransportation.com">info@dignitytransportation.com</a>  <a href="http://www.dignitytransportation.com">www.dignitytransportation.com</a></p>	<p><i>Accessible transportation service available 24 hours/day – 7 days a week for individuals with mobility impairments and/or cognitive disabilities. Provides door to door service. Offers competitive flat rate pricing structure based on distance traveled. May also book a vehicle by the hour (two hour minimum) for trips with numerous stops. There is no additional charge for escorts. Services the GTA and surrounding areas including York, Durham, Peel and rest of Ontario. Special outing services are also available to neighbouring cities and tourist attractions, like Niagara Falls, Casino Rama in Orillia etc. Independently owned and operated.</i></p>
<p><b>Disability Travel Card  Easter Seals Canada</b>  #401-40 Holly Street  Toronto, ON  416-932-8382  1-877-376-6362 ext. 224 (toll free)  <a href="mailto:bchan@easterseals.ca">bchan@easterseals.ca</a>  <a href="http://www.easterseals.ca">www.easterseals.ca</a></p>	<p><i>For people with disabilities who require assistance of a support person when traveling. The card offers the holder discounts to the support person in attendance with them when traveling with participating partners including Via Rail, Greyhound Bus Lines and Coach Canada.</i></p> <p><i>Application package can be downloaded at:</i></p> <p><a href="http://www.easterseals.ca/english/wp-content/uploads/2012/08/DisabilityTravel-Card2012.pdf">www.easterseals.ca/english/wp-content/uploads/2012/08/DisabilityTravel-Card2012.pdf</a></p>

	<p><b>Community Care Durham</b> Administration Office 16100 Old Simcoe Rd. Port Perry, ON 905-985-0150 ext. 253 For APC 905-914-1574 <a href="http://www.communitycaredurham.on.ca">www.communitycaredurham.on.ca</a></p>	<p>Volunteers provide transportation to clients for medical appointments, shopping etc.</p> <p><b>Access to Primary Care (APC)</b> APC provides PSW accompaniment to high-risk older adults requiring support to attend their primary care appointments or assessments. PSW staff will accompany clients to their appointment, provide support, and settle the client home safely following their appointment. There is no fee for APC services. For more information about APC contact: 905-914-1574</p>
<p><b>Transportation - Air Travel</b></p>	<p><b>Air Canada</b> 1-800-667-4732 (toll free) 1-514-369-7039 <a href="http://www.aircanada.com">www.aircanada.com</a></p>	<p>Individuals who require significant assistance may travel with an attendant at no extra charge (if travelling within Canada on an Air Canada flight or an Air Canada flight operated by Jazz, Sky Regional, Air Georgian and Exploits Valley Air). Applicable taxes remain payable. Contact Air Canada for more information about application process.</p>
	<p><b>WestJet</b> 1-888-937-8538 <a href="http://www.westjet.com">www.westjet.com</a></p>	<p>Special or additional seating is available at no charge to guests with a physical or mental disability who require a personal attendant to provide help with meals, medication, use of the toilet, or to assist the person with a disability who is unable to assist themselves in an emergency evacuation or in the event of decompression.</p> <p>To be eligible, guests must apply (including section to be completed by physician) Link to application form: <a href="http://www.westjet.com/pdf/travel/OPOF_Form1_en.pdf">www.westjet.com/pdf/travel/OPOF_Form1_en.pdf</a></p> <p>Two programs included in this application are:</p> <p><b>The One Person One Fare program</b> (which applies only to domestic flights within Canada) and</p> <p><b>The Medical Seating Program</b> (which applies to all WestJet flights).</p>

<p><b>Transportation Driving Assessment</b></p>	<p><b>Saint Elizabeth Health Care</b> 201-90 Allstate Parkway, Suite 500 Markham, ON 416-498-6429 416-398-1035 <a href="mailto:driveable@saintelizabeth.com">driveable@saintelizabeth.com</a></p>	<p><i>Offer objective, research-based assessments of medical fitness-to-drive. Uses scientifically derived DriveABLE assessment. Persons with medical conditions that may affect driving abilities are eligible. Initial screening by telephone to check eligibility. Referral made by a medical doctor.</i></p>
	<p><b>The War Amps License to Drive Booklet</b> 1-800-622-2472 (toll free) <a href="mailto:nac@waramps.ca">nac@waramps.ca</a> <a href="http://www.waramps.ca">www.waramps.ca</a> <a href="http://www.waramps.ca/nac/life/drive.html">www.waramps.ca/nac/life/drive.html</a></p>	<p><i>A comprehensive guide for individuals with disabilities who want to drive.</i></p>
<p><b>Transportation Accessible Parking</b></p>	<p><b>Service Ontario- Accessible Parking Permit</b> 416-326-1234 416-325-3408 (TTY) 1-800-267-8097 (toll free) <a href="http://www.ontario.ca">www.ontario.ca</a></p> <p><b>Whitby</b> 590 Rossland Road East</p>	<p><i>An accessible parking permit can be issued to an individual or company. When the permit is displayed in a vehicle, that vehicle can be parked in a designated accessible parking space. Accessible parking permits will be issued to individuals who meet eligibility criteria (for example conditions or functional impairments that severely limit mobility, or vision). Permits are issued to individuals, not vehicles.</i></p>
<p><b>Legal Services</b></p>	<p><b>ARCH – A Legal Resource Centre for Persons with Disabilities</b> #110-425 Bloor Street West Toronto, ON 416-482-8255 416-482-1254 (TTY) <a href="mailto:archlib@lao.on.ca">archlib@lao.on.ca</a> <a href="http://www.archlegalclinic.ca">www.archlegalclinic.ca</a></p>	<p><i>Promotes the full social justice of persons with disabilities, and their realization of equal opportunities and full participation on an individual and systemic basis. Website contains information on legal issues affecting persons with disabilities.</i></p>


	<p><b>Law Society of Upper Canada Lawyer Referral Service (LSRS)</b> Osgoode Hall 130 Queen Street W. Toronto, ON 416-947-3330 1-800-668-7380 (toll free) <a href="mailto:lawsociety@lsuc.on.ca">lawsociety@lsuc.on.ca</a> <a href="http://www.lsuc.on.ca">www.lsuc.on.ca</a></p>	<p><i>Provides a referral to a licensed paralegal or lawyer who will provide a free consultation of up to 30 minutes to help you determine your rights and options.</i></p>
	<p><b>Legal Aid Ontario</b> Oshawa Centre 419 King Street West Oshawa, ON 905-576-2334 1-800-668-8258 (toll free) 1-866-641-8867 (TTY) <a href="http://www.legalaid.on.ca">www.legalaid.on.ca</a></p>	<p><i>Available to low income individuals and disadvantaged communities for a variety of legal problems, including criminal matters, family disputes, immigration and refugee hearings and poverty law issues such as landlord/tenant disputes, disability support and family benefits payments. May assist with payment for legal help.</i></p>
	<p><b>Advocacy Centre for the Elderly</b> 2 Carlton Street, Suite 701 Toronto, ON 416-598-2656 <a href="http://www.ancelaw.ca">www.ancelaw.ca</a></p>	<p><i>Community based legal clinic for low income seniors. ACE services and activities are in relation to areas of law of special importance to the senior population.</i></p>
	<p><b>Speak Up</b> Canadian Hospice Palliative Care Association Annex D, Saint-Vincent Hospital 60 Cambridge Street Annex D Ottawa, ON <a href="http://www.advancecareplanning.ca">www.advancecareplanning.ca</a></p>	<p><i>Website provides information, tools, and resources to assist with advance care planning.</i></p>
<b>Elder Abuse</b>	<p><b>Seniors Safety Line Ontario Network for the Prevention of Elder Abuse</b> Dial 211 and ask for the Seniors Safety Line</p>	<p><i>The Senior's Safety Line provides information, referrals, and support 24 hours a day seven days a week in over 150 languages. The hotline is a toll-free confidential resource for seniors suffering abuse, including financial, physical, sexual and mental abuse and neglect.</i></p>

<p><b>Social/Recreational/Travel/ Resources</b></p>	<p><b>Access 2 Entertainment CARD Easter Seals Canada</b> #401-40 Holly Street Toronto, ON <a href="http://www.easterseals.ca">www.easterseals.ca</a></p> <p>To download application form: <a href="http://www.access2card.ca">www.access2card.ca</a></p>	<p><i>Provides free admission (or significant discount) for support persons accompanying a person with a disability at member movie theatres and other attractions (including Toronto Zoo, ROM, Casa Loma, CN Tower, Art Gallery of Ontario etc.) across Ontario (and Canada). The person with the disability pays regular admission. There is a \$20 fee for the card (valid for 5 years). You will receive 2 free movie passes valued at approximately \$20 with your card.</i></p>
	<p><b>The Canadian Abilities Foundation Access Guide Canada</b> #401-340 College Street Toronto, ON 416-923-1885 1-888-700-4476 (toll free) <a href="http://www.abilities.ca/agc">www.abilities.ca/agc</a></p>	<p><i>Guide to listings of accessible places and resources in Canada.</i></p>
	<p><b>Town of Whitby Recreation Programs</b> 555 Rossland Road East Whitby, ON 905-666-1991 905-430-1942 (TTY) <a href="http://www.whitby.ca">www.whitby.ca</a> Activity Guide: <a href="http://www.whitby.ca/en/residents/activityguide.asp">www.whitby.ca/en/residents/activityguide.asp</a></p>	<p><i>The town of Whitby strives to provide an inclusive environment for people of all abilities to participate together in programs and services. Inclusion of those with special needs in recreation programs of their choosing will be facilitated as necessary.</i></p>
	<p><b>Community Solutions Limited ABI Cottage Getaway</b> 905-349-2020 1-800-430-6523 (toll free) <a href="mailto:info@commsolltd.com">info@commsolltd.com</a> <a href="http://www.commsolltd.com">www.commsolltd.com</a></p>	<p><i>Offers a cottage experience overlooking a picturesque lake in the Muskokas for people living with Acquired Brain Injury. Safe and supported environment so caregivers can get respite. 24/7 support staff, activities led by team of rehabilitation and personal support workers including hiking, exploring, fishing, campfires and meeting new friends. Privately owned, funded, fee for service company.</i></p>



 <b>MARCH OF DIMES CANADA</b>	<b>Accessible Travel Services</b> 10 Overlea Boulevard Toronto, ON 416-425-3463 1-866-301-3463 (toll free) <a href="mailto:travel@marchofdimes.ca">travel@marchofdimes.ca</a>	Organizes vacations (examples of past vacation locations include Mexico, Grand Cayman, Belize, Fort Lauderdale and Key West Florida, the Bahamas, Alaska, New England and Las Vegas). These trips also provide family supports and caregivers with an opportunity for respite.
 <b>MARCH OF DIMES CANADA</b>	<b>Recreation Day Trips</b> 10 Overlea Boulevard Toronto, ON 416-425-3463 1-866-301-3463 (toll free) <a href="mailto:recreation@marchofdimes.ca">recreation@marchofdimes.ca</a>	One day trips out of the city to various destinations in Southern Ontario. Wheelchair accessible transportation is provided. Social events also occur within the city of Toronto. Pre-registration is required for all day-trips. Attendant Care is not provided. The participant may be accompanied by an attendant who must pay full trip fee.
 <b>MARCH OF DIMES CANADA</b>	<b>Summer Holiday Program</b> 10 Overlea Boulevard Toronto, ON 416-425-3463 1-866-301-3463 (toll free) <a href="mailto:recreation@marchofdimes.ca">recreation@marchofdimes.ca</a>	A 6 day, adult oriented program, situated at accessible YMCA Geneva Park Conference Centre and Resort, on the outskirts of Orillia, Ontario. Experienced staff provides all attendant care.
 <b>MARCH OF DIMES CANADA</b>	<b>TravelAbility</b> #100-460 Richmond Street W. Toronto, ON 1-866-637-9798 (toll free) <a href="http://www.travelability.ingleinsurance.ca">www.travelability.ingleinsurance.ca</a> <a href="http://www.dimesinsuranceservices.com">www.dimesinsuranceservices.com</a>	A travel insurance program specifically designed for people with physical disabilities and their families. In partnership with Ingle International and Imagine Financial Ltd., March of Dimes provides you with an experienced source of travel insurance to offer people with special needs fast, friendly service and solutions that let them travel with confidence.
	<b>Abilities Centre</b> 55 Gordon Street Whitby, Ontario 905-665-8500 <a href="http://www.abilitiescentre.org">www.abilitiescentre.org</a>	A charitable organization that delivers enriching sports and fitness, arts, research and education, and life skills opportunities for people of all ages and abilities. Combines barrier-free navigation and access with inclusive and innovative programs.
<b>Exercise/Physical Rehabilitation Programs</b>	<b>Taoist-Tai-Chi Health Recovery Class</b> 601 Dundas Street West Whitby, ON 905-668-6500	Health recovery class runs every Monday from 12-1 pm (with a tea break). Cost \$80 for first four months and \$60 for each additional four months.

<p><b>Pin Pals Recreational Bowling Group</b> 905-725-1653</p>	<p>Bowling group made up of individuals who have had a stroke. Participants help one another as necessary. Games are scheduled on Fridays from 1:30 pm – to approximately 3:00 pm. Group bowls at North End Bowl's (NEB) Fun World (located at 1300 Wilson Rd.). \$3.50 per game.</p>
<p><b>T.I.M.E.</b> <b>Together In Movement &amp; Exercise</b> (at the Abilities Centre) 55 Gordon Street Whitby, Ontario 905-665-8500 <a href="mailto:lwashington@abilitiescentre.org">lwashington@abilitiescentre.org</a></p>	<p>This exercise program is ideal for individuals with a range of neuromuscular conditions such as stroke, MS, or Acquired Brain Injury. Anyone with a neuromuscular condition who is able to walk at least 10 metres (with or without a walking aid) is encouraged to participate. Physician referral needed.</p> <p><a href="http://www.abilitiescentre.org/ckfinder/userfiles/files/Time_Brochure_WEB.pdf">http://www.abilitiescentre.org/ckfinder/userfiles/files/Time_Brochure_WEB.pdf</a></p>
<p><b>SMART Exercise Program- Seniors Maintaining Active Roles Together</b> VON Durham 1615 Dundas St E Lang Tower West Building, Suite 304 Whitby, ON</p>	<p>The VON SMART Programs are community-based, volunteer-led exercise programs for seniors that accommodate all levels of ability. SMART programs improve strength, balance and cardiovascular health, and reduce social isolation and hospital visits relating to falls.</p> <p>The SMART Program is built on 15 simple progressive exercises to increase strength, physical endurance, balance and coordination. The program supports seniors to continue an exercise plan in order to maintain a healthy lifestyle. Volunteer instructors receive education from a VON SMART Coordinator and are fully supported by their Coordinator.</p> <p>The SMART Program also offers an in-home exercise program consisting of a weekly 1 hour visit for 12 weeks, to assist seniors (55+) in maintaining quality of life and independence through physical wellness and accessibility. There is a nominal fee of \$4.00 per session.</p>

	<p><b>Minds in Motion Exercise Class</b>          Alzheimer Society Durham Region          1600 Champlain Ave., Suite 202          Whitby, ON          905-576-2567 ext. 5238  <a href="mailto:lclements@alzheimerdurham.com">lclements@alzheimerdurham.com</a></p>	<p><i>Minds in Motion® is a community-based social program that incorporates physical activity and mental stimulation for people with early to mid-stage signs of Alzheimer's disease or other dementias and their care partners. Classes are offered at the Ability Centre, Alzheimer`s Society of Oshawa, Bowmanville Older Adults Association, &amp; Oshawa Senior Citizens Centres (OSCC) - John Street Branch.</i></p>
	<p><b>Conductive Education</b>          March of Dimes Canada          10 Overlea Blvd.          Toronto, ON M4H 1A4          Phone: 416-425-3463          Toll-free: 1-800-263-3463  <a href="mailto:ce@marchofdimes.ca">ce@marchofdimes.ca</a>  <a href="http://www.marchofdimes.ca">www.marchofdimes.ca</a></p>	<p><i>Conductive Education is a community rehabilitation® program offered through March of Dimes Canada. Conductive Education® is a program that combines physical rehabilitation and education to help children and adults with neurological motor disorders or who have had a stroke or brain injury. Conductive Education works on the brain to change the body. Participants are taught skills and techniques to help them overcome the challenges of their disability – they learn how to apply these strategies to their everyday life, becoming more independent.</i></p>
<p><b>Employment Services &amp; Resources</b></p>	<p><b>Ministry of Community and Social Services - Ontario Disability Support Program (ODSP)</b>          1-888-789-4199  <a href="http://www.mcass.gov.on.ca">www.mcass.gov.on.ca</a></p> <p><b>Oshawa</b>          850 King Street West          905-440-1030          1-800-722-1196 (toll free)          905-433-3950 (TTY)</p>	<p><i>In addition to Income Support programs, the Ontario Disability Support Program (ODSP) helps people with disabilities who can and want to work prepare for a find a job.</i></p>



**Employment Services**  
10 Overlea Blvd.  
Toronto, ON  
416-467-2002  
1-800-263-3463 (toll free)  
[www.marchofdimes.ca](http://www.marchofdimes.ca)

*Every year, March of Dimes Employment Services helps hundreds of people with disabilities achieve greater independence by providing job training (including computer training and education) and finding them employment. March of Dimes Employment Services offers dedicated Employment Specialists who help you reach your goals.*

**Meta Vocational Services**  
Unit #6 - 15 Thickson Road  
Whitby, ON  
905-725-0087  
1-866-794-4677 (toll free)  
[www.metavocational.com](http://www.metavocational.com)  
[metaservices@metavocational.com](mailto:metaservices@metavocational.com)

*Specializes in providing services for persons with disabilities. If you have a disability Meta can assist you with career planning, one-on-one employment counselling, resume writing and interview skills, job development and placement support and more.*

**John Howard Society  
Employment & Training Services**

**Oshawa**  
75 Richmond Street West  
905-579-8482

**Whitby**  
#200-114 Dundas St. East  
905-666-8847  
[www.jhsemploymentservices.ca](http://www.jhsemploymentservices.ca)  
[employmentservices@jhsdurham.ca](mailto:employmentservices@jhsdurham.ca)

*Comprehensive employment and job search services, assessment of skills, interests and experience, job search strategies, including resume preparation, information about careers and occupations, local labour market, employment and training opportunities, on-the-job training, work experience, help in maintaining employment, information and referral to other employment and community services.*