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# A Senior's Guide to **NAVIGATING** Community Resources

Part of the Navigator Series - Brought to you by the Frontenac-Kingston Council on Aging Inc.



*Care  
Compassion  
Common Sense*

## **Message from the President**

Welcome to **Navigating Community Resources** published by the Frontenac Kingston Council on Aging (COA). The COA, a registered not for profit and its volunteers, has a proud history of advocating for and supporting seniors in our community since 1990. The Council is considered the premiere organization to provide Elder Abuse Prevention Education and supports in the South Eastern Ontario region. Our peer support volunteers advise on a range of elder abuse from physical, financial, to emotional or psychological abuse.

Elder abuse is a serious and insidious issue that frequently goes unnoticed as an unhealthy dependency is fostered by an abuser. Physical elder abuse may include behaviours experienced by the elder like slapping, hitting, forced confinement, or not being allowed to get medical care, through failure to provide adequate necessities for daily living. The financial abuse our Elders experience include taking a Senior's money by applying pressure or threats, or by abuse of the Power of Attorney, forced sale of belongings, scams, or forging signatures. Emotional or Psychological abuse involves intimidating or belittling seniors, withholding or threatening to withhold supports, marginalizing or wrongly persuading seniors that they are incapable of decision making.

We offer supports including indicator signs to help identify abuse for friends, family, and senior's themselves. Elder abuse is often characterised by a normally gregarious, independent, and outgoing senior becoming increasingly withdrawn and gradually becoming isolated from friends and family. The senior will display a growing dependency on one single family member or friend for all activities including driving the senior to medical appointments, grocery shopping, cooking, cleaning, picking up medications etc. Attempts by friends and family to engage this senior are discouraged by the abuser and by the senior who fears the loss of the services they have come to rely upon should the abuser be upset by the presence of friends and family. This dependence may eventually evolve into the senior providing access to personal accounts and payments for "services" to the abuser.

An abuser will pressure this senior by saying that without them, the senior would not be able to continue to live in their own home. An abuser will emphasize how much the senior needs them. To counter implied or real threats to the withdrawal of services, we provide each senior this Navigator which shows the wealth of services available to them. This booklet destroys the abuser's argument that without them, the senior would not be able to continue to live in their own home. In addition, our booklet introduces seniors to the wealth of businesses and services available in our community to help seniors age well and safely in their own homes.

**John Mirski**  
President Frontenac-Kingston Council on Aging

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# Introduction to the Guide

The purpose of this guide is to enable independence in everyday living by providing information on community supports and services that can be utilized to carry out daily activities and participate with others in the community. By using this guide, you can learn more about what is available to you in the Kingston community and choose services most suited to your current needs.

This guide includes:

Information about agencies in Kingston that assist with a variety of activities of daily living, such as housekeeping, meal preparation, transportation and more.

A service directory that includes contact information for services under the categories of:

- Assistive Devices and Medical Supplies
- Banking Services
- Caregivers Support Services
- Companionship Care
- Crisis Intervention & Prevention
- Day Programs
- Dining Out
- Disease Management and Support Services
- Falls Prevention
- Foot Care and Orthotics
- Grocery Shopping Service and Delivery
- Health Information, Doctor Search
- Housekeeping Services
- House Downsizing Services
- Housing
- Meal Delivery Services
- Meal Preparation Services
- Personal Care Services
- Pharmacy Delivery Services
- Recreation
- Respite
- Transportation Services
- Volunteering

**This guide was developed through the Council on Aging Inc.. The Council on Aging Inc. is dedicated to supporting seniors in the community by advocating for their needs and educating the public about senior's issues and healthy aging.**

**For more information on the Council on Aging:**

**Call 613-542-1336 or visit [www.councilonagingkingston.org](http://www.councilonagingkingston.org)**

# **Key Tips for Navigating Community Resources**

## **Ask your neighbour**

Sometimes neighbours can be a fantastic support themselves or may be knowledgeable of local community resources.

## **Ask agencies about services even if they are not listed**

Many agencies will connect you with other agencies or resources in the community if they do not offer a specific service themselves.

## **The City of Kingston can be a great navigational resource**

The City of Kingston can provide you with information about community services, transit, various programs, and recreation activities offered in Kingston.

The City of Kingston's Recreation and Leisure Guide can be delivered to doorsteps and is also available online at [www.cityofkingston.ca/residents/recreation/programs](http://www.cityofkingston.ca/residents/recreation/programs). Visit [www.cityofkingston.ca](http://www.cityofkingston.ca) or call city hall at 613-546-0000 for information.

## **211 can also be a great navigational resource**

211 will connect you to a range of non-emergency community, social, government and health service information. 211 is free, confidential, and multilingual. Information en français Dial 2-1-1 or visit [www.211ontario.ca](http://www.211ontario.ca).

## **Always leave a message**

If you get an answering machine when calling to require and verify services always leave a message. State your name and telephone number, a brief sentence about why you are calling and restate your name and telephone number.

**Elder Abuse Help Line: 1-855-542-1336**

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## **Bayshore Healthcare**

Bayshore Infusion Clinic

Phone: 1-877-235-7798

Address: 190 Wellington Street, Quarry Medical Building, Suite 301

Kingston, ON K7L 3E4

Website:

<https://www.bayshore.ca/locations/bayshore-infusion-clinic-kingston-on/>

Bayshore Home Care Solutions

Phone: 613-542-4242

Toll Free: 1-855-244-7952

Email: [kmartin@bayshore.ca](mailto:kmartin@bayshore.ca)

Address: 190 Wellington Street, Level 3

Kingston, ON K7L 3E4

Website:

<https://www.bayshore.ca/locations/bayshore-infusion-clinic-kingston-on/>

Bayshore Home Health

Phone: 613-417-3361

Toll Free: 1-888-755-2441

Email: [gbell@bayshore.ca](mailto:gbell@bayshore.ca)

Address: 500 Canatara Court

Kingston, ON K7M 0E4

Website:

<https://www.bayshore.ca/locations/bayshore-infusion-clinic-kingston-on/>

### **What does Bayshore Healthcare offer?**

Bayshore Healthcare provides personalized home care services to meet your needs. They aim to make home care simple. A dedicated Care Manager will work with you to design a customized care plan to provide you with the support you need at home. In Kingston there are three branches of Bayshore Healthcare including the Bayshore Infusion Clinic, Bayshore Home Care Solutions and Bayshore Home Health.

### **How to access these services?**

- You can access services provided by Bayshore Healthcare through a referral from the South East Local Health Integration Network or you can self-refer but there is a fee for services.

- A home support manager will conduct an in-home assessment to determine what services are needed and put a care plan into place.

- You can contact through phone or email to get more information from the designated branches.

### **Bayshore Infusion Clinic provides the following services:**

- Cancer treatments
- Rheumatoid arthritis (RA) treatments
- Multiple sclerosis (MS) treatments
- Rare disease treatments
- Hemophilia treatments
- Lipid infusions
- Iron infusion
- IV antibiotics

*\* The Bayshore Infusion Clinic is by appointment only.*

### **Bayshore Home Care Solutions provides Personal Care Services including:**

- Companionship
- Meal Prep and Nutrition
- Medication reminders
- Light Housekeeping
- Fall Prevention
- Respite Care
- Medical Services such as:
- Nursing
- Serious Injury Care
- Wound Care
- End-of-Life/ Palliative Care
- Therapy & Rehab Services
- Dementia Care Services

*\* Services are available 24 hours a day, 7 days a week, through government funded programs*

## **CBI Home Health**

Phone: 613-384-7891

Address: 785 Midpark Drive, Suite 102,  
Kingston, ON K7M 7G3

Website:

<https://www.cbi.ca/web/home-health-kingston-midpark>

### **What services does CBI Home Health offer?**

CBI Home Health provides a variety of home health care services and supports from personal support workers, home support workers and nurses to assist with personal care, health care, activities of daily living and home maintenance. CBI Home Health also offers physiotherapy, occupational therapy, exercise, behavioural therapy, as well as a physician, chiropractic, vocational, speech and massage services.

### **How to access these services?**

- To access CBI Home Health services, you can refer yourself or have a family physician make a referral.

- Staff from CBI Home Health will then visit you at home after a referral is made to understand your needs and determine what services are most suitable.

### **CBI Home Health provides the following services:**

#### **Health at Home:**

- Personal Care
- Bathing
- Dressing
- Toileting
- Feeding
- Lifestyle Support
- Light Housekeeping
- Companionship Care
- Medical Appointment Accompaniment
- Nursing Services
- Wound Care
- Foot Care
- IC Therapy
- Diabetes Management
- Continence Management
- Rehabilitation
- Physiotherapy
- Occupational Therapy
- Pre/post Surgical Rehabilitation
- Post Concussion Care

#### **Healthy Aging:**

- Provides the solutions to manage medical conditions but also to remain healthy, active and social
- Conducts in-depth assessments to identify rehabilitation needs and functional status
- Provides a diverse range of specialized healthcare services including:
  - Fall Prevention
  - Musculoskeletal Rehabilitation
  - Assistive Device Prescription
  - Arthritis Programs
  - Pain management
  - Cognitive Rehabilitation
  - Specific Services
  - Advanced Foot Care
  - Behaviour Therapy
  - Chiropractic
  - Disability Management
  - Driving Assessment
  - Homemaking Help
  - MVA Rehabilitation
  - Mental Health Services
  - Nutrition
  - Orthopaedic Surgery Consultation
  - Osteopathy
  - Pain Management Rehabilitation
  - Person Support/ Attendant Care
  - Residential Care
  - Social Work
  - Speech-Language Therapy
  - Transitional Care

# **Comfort Keepers Home Health Care Services**

Phone: 613-634-2273

Toll-Free Phone: 1-855-221-3221

Email: [Kingston@comfortkeepers.ca](mailto:Kingston@comfortkeepers.ca)

Address: 1786 Bath Road, Suite 12,  
Kingston, ON K7M 4Y2

Website:

<https://www.comfortkeepers.ca/kingston/>

## **What does Comfort Keepers Home Health Care offer?**

Comfort Keepers caregivers travel to client's homes to provide care services and living assistance, allowing senior and disabled individuals to live comfortably and independently.

## **Comfort Keepers services include:**

### **Home Care Services:**

- Home Care Services
- Personal Care including bathing, mobility assistance, transferring and positioning, toileting and incontinence care, feeding and special diet
- Companionship and Care Services
- Conversation and companionship
- Meal Preparation
- Laundry
- Light Housekeeping
- Grocery Shopping/Errands

- Transportation
- Medication Reminders
- 24 Hour Care

## **Alzheimer's Disease and Dementia Care**

### **Nursing Services**

- Administering Medications
- Nail Trimming
- Foot Care
- Oral Cavity Suctioning
- Wound Care
- Blood Samples
- Post Operative Care
- Filling Insulin Syringes
- Maintaining Ostomy and Catheter Hygiene
- Setting up medication in weekly pill boxes
- Care Training for Family Members

### **Respite Care Services**

- Running errands
- Meeting with a support group
- Making a dentist or doctor appointment

### **Transportation Services**

- Prepare for appointment
- Accompany to visit
- Take notes to convey back to family
- Stay with you until you are ready to leave
- Return back home
- Accompany until caregiver returns

## **For the Love of Seniors**

Phone: 613-766-7936

Alternate Telephone: 613-217-0520

Email: [lisa@fortheLoveofSeniors.com](mailto:lisa@fortheLoveofSeniors.com)

Address: 42 Clairton Place,  
Amherstview, ON K7N 1R7

### **What does For the Love of Seniors offer?**

- Provides you with homemaking and support services in your community.

### **How to access these services?**

- You can call Lisa, the owner, at the above telephone number. Any senior in the community is eligible and can call in to self-refer.

### **For the Love of Seniors provides the following services:**

- Daytime respite
- Errands
- Doctor Appointments
- Grocery Shopping
- Light Meal Preparation
- Companion Visits

### **COA Info Fact**

Reporting elder abuse is mandatory when an older adult resides in a Long-Term Care Home or a Retirement Home and elder abuse is suspected or has occurred. The law requires reporting by anyone who knows or has reasonable grounds to suspect that a resident has been, or might be, harmed by any of the following:

improper or incompetent treatment or care,  
abuse of a resident by anyone,  
neglect of a resident by a staff member or the owner of the home,  
illegal conduct,  
misuse or fraud involving a resident's money, or  
misuse or fraud involving public funding provided to the home (long-term care homes only).

This obligation to report applies to everyone except residents of the home. Members of regulated health care professions, social workers, and naturopaths must report even if the information is otherwise confidential.

If the victim lives in their own home or in any other setting, the law does not require anyone to report the abuse. In some cases, reporting might be required by someone's employment duties, a contract for services, or a professional code of ethics. <http://www.elderabuseontario.com>

## **Heart to Heart Seniors Services Inc.**

Phone: 613-767-0820

Email: [aggie@h2hcare.ca](mailto:aggie@h2hcare.ca)

Website: [www.h2hcare.ca](http://www.h2hcare.ca)

### **What does Heart to Heart Senior Services offer?**

Heart to Heart provides many care services to seniors living in the Kingston and the surrounding community.

### **What services does Heart to Heart provide?**

- Companionship
- Transitions
- Extension of Family
- House and Pet Sitting
- Home Upgrading/Retrofitting

### **COA Info Tip!**

***If you suspect or have evidence of elder abuse in a long term care home it can be reported.***

The Long-Term Care Homes Act (s.24) states if a person who has reasonable grounds to suspect abuse has occurred or may occur shall immediately report the suspicion and the information to the Ministry of Health and Long-Term Care Director.

### **The reporting can be to:**

Tel: 1-866-434-0144 (7 days a week, 8:30a.m.-7:00 p.m.)

### **Or Write a letter:**

Director,\* Ministry of Health and Long-Term Care  
Performance Improvement and Compliance Branch

1075 Bay Street, 11th Floor

Toronto, ON M5S 2B1

<http://www.elderabuseontario.com>

## **Helping Hands 4 Seniors**

Phone: 613-329-6579

Email: [kims.helpinghands4u@gmail.com](mailto:kims.helpinghands4u@gmail.com)

Website:

<https://www.ygkfamily.com/item/helping-hands-4-seniors/>

### **What does Helping Hands 4 Seniors provide?**

Helping Hands 4 Seniors provides a wide range of non-medical care services. They can provide services on a daily, weekly or monthly frequency based on your needs.

### **What services does Helping Hands 4 Seniors offer?**

- House cleaning
- Laundry
- Shopping
- Running Errands
- Assistance to Doctor's Appointments
- Companionship/Visits
- Home Organizing
- Daytime Respite
- Assisted/ Non-Assisted Outings

***\*All services are charged at a rate of approx. \$24 per hour, with a 1-hour minimum.***

### **COA Info Tip!**

The office of the public and guardian trustee (OPGT), in addition to other responsibilities, is responsible for protecting mentally incapable people, searching for heirs, and investing perpetual care funds.

In cases of financial or personal abuse, the OPGT can apply to the court to become the abused senior's guardian on a temporary basis. The OPGT can also help the person get access to other services. They can intervene only if the person is believed to be mentally incapable and is at risk of harm or experiencing harm. There must be evidence/reason to believe that the person is incapable before the OPGT will investigate.

The Guardian Investigation Unit: 1-800-366-0335 or 416-327-6348  
<http://www.elderabuseontario.com>

## **Kingston Community Health Centres**

Phone: 613-542-2949

Address: 263 Weller Ave.

Kingston ON K7K 2V4

Website: <http://www.kchc.ca/kchc-main-site/>

### **What does Kingston Community Health Centres offer?**

Kingston Community Health Centres offers primary health care, individual support, programs and groups and services to the North Kingston catchment.

Primary Health Care services are available to community members who live in North Kingston who do not already have a family doctor. We are currently working through a waiting list.

### **How to access these services?**

Medical and individual support services are provided by appointment. Programs and groups are offered on an ongoing basis and anyone living in North Kingston is welcome to attend. Call us for more information, to be put on our waiting lists, or for appointments. You can also give us a call for information about or to register in any of the programs we have listed.

### **Kingston Community Health Centres provides the following services:**

The Primary Health Care Team Includes:

- Nurses, Nurse Practitioners and Physicians
- Dietitians
- A Diabetes Educator
- Social Workers
- Occupational Therapist
- Foot Care Nurse
- Students

Services Include:

- Sexual Health
- Occupational Therapy
- Counseling
- Foot Care
- Nutrition Services

Educational Programs Include:

- Diabetes Education
- Advanced Foot Care Education

## **How do I know if there might be abuse?**

### **Signs of Elder Abuse include:**

A noticeable decrease in the standard of living - not enough food, clothing or medication - bills paid late, after previous good payment history

Signs of withdrawal, low self-esteem; anxiety

Bruising, fearfulness

Nervousness and unwillingness to speak in the presence of a companion or caregiver



### **Elder Abuse is a Crime.**

**Call 1-855-542-1336**



## **Lennox & Addington Senior Outreach Services (L&A SOS)**

Phone: 613-354-6668

Address: 12 Richmond Park Drive,  
Napane, ON., K7R 2Z5

Email: [info@lasos.ca](mailto:info@lasos.ca)

Website: <http://lasos.ca/>

**Disclaimer:** This organization is currently under review. Changes may occur.

### **What does L&A SOS offer?**

L&A SOS enables seniors to remain independent, in their homes and active within their community through the provision of quality, integrated services.

### **How to access these services?**

Call or visit their location to sign up or book services. There are fixed fees for some services and vary depending on the service or program. No referral required.

55Plus Membership provide you with the opportunity to participate in any activity offered at 55Plus. Fill out a membership application form online or at our office. Yearly membership fee is approx. \$35.

### **L&A SOS provides the following services:**

- Adult Day Programs
- Caregiver Relief
- Respite, Overnight Weekends
- Income Tax Assistance
- Library Book Delivery
- Smart Meals
- Social Diners
- Transportation Services: Wheelchair accessible van and Seniors Town Bus
- 55Plus Membership offering recreational activities

### **Adult Day Programs which include:**

This program is designed as a recreational day away from home. Your loved one will have the opportunity to socialize and participate in activities one on one or in a group setting. We welcome those who require the service as a result of

Alzheimer's disease, dementia, physical disability, stroke and/or socially isolated individuals.

- A program that offers participation,

socialization

and recreational fun.

- Meet new people in a club like environment.
- Share a meal with new friends.
- Share stories about the old days.
- Enhance physical wellness through exercise and physical activity.
- Explore your creativity through crafts.
- Listen and sing-a-long to Old Time favourite songs
- Have fun and share laughter with others.

### **Locations**

Napane, Every Monday, Wednesday, Thursday and Friday, @12 Richmond Park Drive, Activities from 9:30am to 3:30pm daily.

Bath, Monday, Tuesday and Thursday at our Loyalist site, @101 William Henderson Drive Unit 2, Bath, Activities from 9:30am to 3:30pm daily.

### **Smart Meals & Social Diners program which includes:**

- Smart Meals
- Home cooking prepared in the SOS kitchen and delivered to your door by volunteers
- Accommodate special dietary concerns, diabetic, low sodium, minced, chopped
- Smart Meal Entrees are served with soup, sometimes salad and always dessert
- Delivered HOT to your door around noon
- Minimizes the need to grocery shop, cook and wash dishes
- Special containers for both microwave and oven re-heating
- Delivery in Napane and Deseronto, Amherstview, Odessa, and Bath
- Frozen Dinners
- L&A SOS frozen meals are delicious, nutritionally balanced and designed by a dietician particularly for seniors.
- Meals can be heated in a regular oven or microwave.
- Social Diners
- Enjoy a hot nutritious noontime meal in the company of friends with entertainment or a guest speaker following the meal.
- Hosted in a different area of our community on Thursdays.
- Advance reservations are required.
- Transportation can be arranged for a small fee for Napane and Odessa locations.

# **Lennox & Addington Senior Outreach Services (L&A SOS) Cont'd**

## **55Plus Membership which includes the opportunity:**

- To participate in any activity offered at 55Plus
- To vote at the L&A SOS June Annual General Meeting
- To communicate by receiving a copy of the monthly Newsletter, "The New Vitality" filled with program information and updates, highlights and healthy recipes. This can be available by email or can be picked up at Seniors Outreach Services.

## **Activities offered by 55Plus:**

- Arts and Crafts: quilting, knitting
- Educational Activities: family history, free

interactive workshops, driver refresher, French conversational group.

- Fitness Activities: beginner strength, strength and cardio, step and pump, core and strength, men's fitness, eccentrics gentle stretch, eccentrics tone and strength, Qi Gong, Tai Chi, yoga, chair yoga, Zumba, line dancing, Nordic pole walking
- Cards: euchre, bridge

Most activities are pay as you go for a small fee, some activities such as workshops are a larger fee, while other activities are completely free.

## **Limestone City, Home Health Care Services**

Phone: 613-767-4204

Address: 993 Princess Street, Unit 14, Suite 1424, Kingston, ON K7L 1H3

Email: [homecarelimestonecity@gmail.com](mailto:homecarelimestonecity@gmail.com)

Website:

[www.limestonecityhomehealthcare.com/services](http://www.limestonecityhomehealthcare.com/services)

### **What does Limestone City, Home Health Care Services offer?**

Limestone City Home Health Care Services offers a wide variety of services to assist you or a loved one in remaining in the comfort of home. Our professional care providers are on-hand to assist with whatever is required, from companionship to caring for an individual with Alzheimer's/Dementia.

We are listed providers for Veterans Affairs Canada, HCAI, FSCO and we are listed on the Southeast Health Line.

### **How to access these services?**

Call or email to inquire about the services

offered. An initial assessment will be completed, inquiring about your health history and the services and fees will be determined then. Prices will vary depending on service type and complexity of case.

### **Limestone City, Home Health Care Services provides the following services:**

- Personal Care
- Palliative Care
- Laundry services
- Pre- and Post-surgery Care
- Family Support
- Medication Reminders
- Companionship
- Assistance with daily outings
- Exercise assistance
- 24-hour Care
- Meal Preparation
- Respite Care
- Registered Practical Nursing Services
- Transportation Services

## **Ontario Family Matters**

Phone: 613-484-5924

Address: Kingston, ON

Email: [OntarioFamilyMatters@gmail.com](mailto:OntarioFamilyMatters@gmail.com)

Website: [www.ontariofamilymatters.ca](http://www.ontariofamilymatters.ca)

### **What does Ontario Family Matters provide?**

Offers non-medical support services in your home that are suited to your needs as well as your family.

### **What services does Ontario Family Matters offer?**

- Assistive Communication
- Activities & Music Therapies
- Advocacy
- Housekeeping
- Companionship
- Lawn & Yard Care
- Meal Preparation
- Assistive Entertaining
- Shopping
- Arranging Additional Services
- Updates
- Respite
- Palliative Care

# **ParaMed Home Health Care**

Phone: 613-549-0112

Address: 786 Blackburn Mews

Kingston, ON

Email: [info@paramed.com](mailto:info@paramed.com)

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

## **What does ParaMed offer?**

Committed to enhancing independence in your home by providing you with the care that you need.

How to access these services?

- Can self-refer by calling the office number and they will direct you to the intake team.
- You will receive an initial assessment by a ParaMed registered nurse to determine the appropriate services and care that you need.

## **ParaMed provides the following services:**

Home support services which includes:

- Personal care
- Homemaking
- Companion aide
- Palliative care
- Dementia care
- Foot care (care and relief from corns and calluses, education regarding footwear and toenail trimming all provided by nursing services)
- Chronic Disease Management
- Post Hospitalization IV care and wound care
- Seniors Wellness Checks
- Dietitian
- Occupational Therapy
- Physiotherapy
- Social Work

Personal care program, which includes:

- Bathing
- Grooming
- Dressing
- Eating
- Mobility
- Personal bathroom needs
- Medication assistance
- Bedside Care

Homemaking program which includes:

- Meal preparation
- Menu planning
- Light housekeeping
- Laundry

- Grocery shopping

Companion aide program which includes:

- Social interaction
- Respite care
- Engage client in activities
- Escort you to appointments or leisure activities
- Minimal assistance with meals and mobility issues

# **Quality Care Health Services**

Phone: 613-531-0265

Address: 1096 Crossfield Ave., Kingston, ON.

## **What does Quality Care Health Services offer?**

Provides home health care services to assist you to stay at home and have greater independence.

## **How to access these services?**

You can call to request information about services and can self-refer for the services. Fees are hourly based and dependent on the service needed.

## **Quality Care Health Services provides the following services:**

Nursing services which includes:

- Advanced foot-care
- Wound care
- Medication management
- Health teaching
- Breath alcohol testing
- Immunization programs

Homemaking service which includes:

- Cleaning
- Laundry
- Meal planning and preparation
- Grocery shopping
- Errands

Personal support services which includes:

- Caregiver relief / in-home respite
- Skin care
- Personal care
- Lifts
- Nutrition
- Transfers
- Medications
- Assistance with mobility
- Companionship

Hospice is provided through a team approach to address the holistic needs and wishes of the patient from medical and pain management to household and nutritional assistance and spiritual and emotional support.

# **REPUTE Home and Healthcare**

Phone: 613-631-0931

Address: 2447 Princess St. Unit E

Kingston, ON K7M 3G1

Email: [homecare@reputehealthcare.com](mailto:homecare@reputehealthcare.com)

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

## **What does REPUTE Home and Healthcare offer?**

REPUTE Home & Healthcare is all about trust. We provide personalized home care services to meet your needs. We make home care simple. We work with you to design a customized care plan to provide the support you need in the comfort of your own home. You could choose from a wide range of services offered.

## **How to access these services?**

REPUTE Home & Healthcare can be contacted via phone 24/7. You will always talk to someone live regardless of the time you call. In order to serve you better, our customer service representative will ask you about your needs and make an appointment with you for a Free In-home assessment at your earliest convenience. You can also contact us by filling out the contact form on our website and someone will get in touch with you within 24 hours.

## **Quality Care Health Services provides the following services:**

### **Homecare services:**

- Companionship
- Light Housekeeping
- Meal Prep and Nutrition
- Respite Care
- Medication Reminders
- Bathing & Dressing
- Alzheimer's & Dementia Care
- Errands & Transportation

### **Footcare and Nursing:**

- Immunization Program
- Wound & Ostomy Care
- End of Life / Palliative Care
- Footcare
- Intravenous Therapies
- Post Hospitalization or Surgery Care
- Falls Prevention & Balance Training
- Pain & Symptom Management
- Diabetes Education & Management

- Administering & Reviewing Medications
- Chronic Disease Management & Counseling

### **In-home Physiotherapy & Mobility Device**

#### **Assessments:**

- Personalized Exercise Programs
- Pain Management
- Mobility & Gait Training
- Functional & ADL Training
- Falls Prevention & Balance Training
- Home Safety Assessments & Funding Assistance
- Post Hip & knee Replacement Programs
- Services in nursing homes and retirement homes



## **Retire-At-Home**

Phone: 613-389-0101 or 613-483-2174

Address: 427 Princess St., Suite 209

Kingston, ON

Email: [kingston@retireathome.com](mailto:kingston@retireathome.com)

Website:

<http://www.retireathomekingston.com/company>

### **What does Retire at Home offer?**

Provides customized services to assist you to stay at home and maintain independence.

Services include 24-hour supervision from an experienced nurse care manager.

### **How to access these services?**

Anyone is eligible for services and you can contact via phone or email for a free consultation. There is a fee for services.

### **Retire-At-Home Kingston provides the following services:**

Personal care services which includes:

- Morning care and bedtime care
- Help with specific exercises
- Help bathing, toileting, dressing
- Medication reminders
- Skin care
- Foot Care
- Personal grooming
- Oral hygiene
- Catheter care
- Perineal care

### **NOTE:**

*When personal care services are requested, many home support services are also provided during these shifts at no additional charge.*

Companion care services which includes:

- Companionship while in hospital or home
- Respite and overnight supervision while in hospital or at home
- Cueing and supervising all activities of daily living
- Preparing grocery lists and grocery shopping
- Accompaniment on outings & appointments
- Regular home safety inspections
- Assisting with hobbies and crafts
- Interactive activities

Home support services which includes:

- Light Housekeeping
- Taking care of your laundry
- Put away dishes if in sink
- Putting things neatly away
- Meal Prep
- Running Errands

Nursing care services which includes:

- Medication administration
- Vital signs monitoring
- Wound care and dressings
- Catheter care
- Palliative care services
- Foot care services also available

### **Offers advice and coordination of the following home medical equipment and supplies:**

- Incontinence products
- Walkers, wheelchairs, scooters
- Canes
- Grab bars
- Commodes
- Toilet safety products
- Shower/bath safety products
- Mechanical lifts
- Beds and mattresses
- Disposable gloves (and other protective equipment)
- Home delivery of medication

Hospice palliative care, which includes:

- Daily monitoring of the client's health and revision of their care plan as needed
- Assistance with pain management
- Regular sponge bathing and personal care
- Mouth care
- Positioning and repositioning in bed to promote skin integrity
- Monitoring of and assistance with dietary needs
- Regular communication with palliative care doctors and other health professionals involved
- Regular communication with family members
- Ensuring the dignity, respect, and privacy of the client as per their direction and religious beliefs
- Arrangements for Home Medical Equipment and Supplies
- Filling in the gaps with public services to ensure consistency of care

## **Retire-At-Home Cont'd**

Care management services which includes:

- Initial in-home assessment and consultation to fully understand your needs and home environment and ensure we develop the right plan for you.
- Regular supervisory visits for safety and satisfaction checks which allow us to stay on top of changing needs and deal with issues before they can cause harm.
- Design, implement and monitor a care plan that suits your needs, personal desires, and budgets. Your care plan can be altered at any time based on changing needs.
- Advocacy services to help you navigate the healthcare system and get the services you require.
- Ongoing communication with your other health care professionals as requested and required to ensure all aspects of your care are managed properly.
- Coordination and delivery of medical supplies and equipment, taking the burden off you and your family to find these resources.
- Coordination of other required services for your home or health needs.
- Ongoing communication with your family, as requested, ensuring everyone's peace of mind.
- 24-hour on-call support for questions and emergency care to deal with any question or issue that arises.

### **Note:**

*No additional charge for care management services when you receive regular service with Retire-At-Home.*

## **Rural Frontenac Community Services**

Phone: 613-279-3151 or 1-855-279-2052

Address: 1020 Elizabeth St. PO Box 250, Sharbot Lake, ON K0H2P0

Website: <http://www.rfcs.ca/services/adult-and-seniors-programs/>

### **What does Rural Frontenac Community Services offer?**

We are a community-based health service provider offering a range of supports to assist seniors in their home. We take great care to get to know you and explore what services you can benefit from and in the most cost-effective means. We work closely with Home and Community Care, the SMILE program, other support agencies and Veterans affairs.

### **How to access these services?**

Call or visit the office to learn more about the services and programs provided. Some programs and activities require you to call ahead and book a spot. Fees vary depending on service or program.

### **Rural Frontenac Community Services provides the following services:**

- Meals on Wheels
- Diners
- Personal Support
- Housekeeping
- Foot Care
- Life Line
- Caregiver Counselling and Supports
- Community Drop-in
- Income Tax Assistance

### **Meal Assistance programs include:**

#### **Meals on Wheels**

Our hot, nutritious meals are available to be delivered to your door on Tuesdays and Thursdays at a cost of approx. \$6.50 per meal. Each meal includes a roll, soup or salad, main entrée and a scrumptious dessert. Take a look at the upcoming menus and give us a call, 613 279-3151.

We also have a frozen meal menu which is available throughout the week.

#### **Dinners**

Join us for a Home Cooked Meal in four locations: Arden, Ompah/Plevna, Parham and Sharbot Lake.

Approximately \$12 per meal, includes salad, main entrée, bread, dessert, tea, coffee & juice. From 12 noon – 1:30 pm. If you're over 50 and plan to come, please call to make a reservation – 613-279-3151. Not only will there be good company and food, but you may learn something new as well. If you know someone who would benefit, invite them to come!

### **Care Support services include:**

Give us a call and we can tell you about our Respite and Day Programs. We have personal support workers (PSW's) who can come into your home to care for and interact with your family member. We also have Day Program PSW's who plan a day of social interaction and activities in a group setting. They meet weekly in three locations: Sharbot Lake (Tuesday); Plevna (Wednesday); and Parham (Thursday). We have received rave reviews! Transportation can be arranged.

Caregiver Support Group which meets at the Centre (1042 Elizabeth St.) in Sharbot Lake at 1:00 p.m., on the 3rd Wednesday of the month.

### **Community Drop-in services include:**

- The drop in is a weekly meeting place for people of all walks of life in the community.
- Every Wednesday people meet at St. Andrew's Anglican Church Hall in Sharbot Lake to enjoy each other's company, develop friendships and enjoy good food.
- The doors open at 9:00 am and the participants shop for the food for the noon meal.
- The menu is planned in advance and favorites include pork chops, homemade pizza, meatloaf, spaghetti and meals often include homemade bread.
- Food preparation takes up a good portion of the morning but there is always time for a friendly game of cards, board games, crafts and other activities such as Bingo are organized to fill the day.
- The noon meal, costing approx. \$5 is the highlight of the day.
- Please contact Mike Procter 613-279-3151 ext. 207 if you have any questions.

## **Saint Elizabeth Health Care**

Phone: 613-530-3400

Address: 1471 John Counter Blvd., Suite 410,  
Kingston, ON.

Email: [info@saintelizabeth.com](mailto:info@saintelizabeth.com)

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

### **What does Saint Elizabeth Health Care offer?**

Delivers health care in your home and community to help support independent living.

#### **How to access these services?**

- Call the office and state what services you require.
- A case manager will visit you at your home and conduct an assessment and work with you to create a care plan.

#### **Saint Elizabeth Health Care provides the following services:**

Companionship program, which includes:

- Transportation
- Accompanying you to and from medical appointments
- Shopping and other activities
- Meal planning and preparation
- Grocery shopping
- Laundry
- Light housekeeping
- Social interaction

Home support program, which includes:

- Meal planning and preparation
- Grocery shopping
- Laundry
- Light housekeeping
- Transportation

Transportation service, which includes:

- To medical appointments
- Shopping
- Banking
- Errands or any other activities

Personal care program which includes:

- Bathing
- Personal grooming
- Toileting
- Assistance with dressing
- Medication reminders
- Meal planning and preparation

- Assistance with feeding
- Exercise activities
- Mobility assistance
- Grocery shopping
- Laundry
- Light housekeeping
- Transportation to and from activities

Seniors care program, which includes:

- Supporting seniors in their homes
- Nursing care to monitor and support any aging issues or managing multiple conditions
- Screening for age related illnesses
- Falls prevention and risk assessment
- Personal and home support
- Nutrition support

Foot care program provided by a nurse which includes:

- Care for calluses, bunions, ingrown toenails and fungal infections
- Education regarding wounds and infections on feet for those with diabetes

## **Seniors Association**

Phone: 613-548-7810

Addresses:

The Seniors Centre

56 Francis St., 613-548-7810

The Seniors Centre West

1300 Bath Rd., 613-539-7813

The Senior Centre Loyalist

4080 Bath Rd., 613-985-7812

The Senior Centre North

85 MacCauley St., 613-985-7814

Email: [info@seniorskingston.ca](mailto:info@seniorskingston.ca)

Website: [www.seniorskingston.ca](http://www.seniorskingston.ca)

### **What does the Seniors Association offer?**

A not for profit charitable organization offering a variety of programs and services to enable older adults to be active in their communities and remain independent at home

### **How to access these services?**

- Memberships are required for some programs, while health services are available to all members of the community (except massage therapy and foot care).
- Memberships can be purchased online or at the Seniors Centre.
- Additional fees are associated with most programs

### **The Seniors Association provides the following services:**

Recreation programs which includes:

- Arts and crafts
- Culture and languages
- Fitness and wellness
- Sports and games
- Day trips

Meal services which includes:

- Dine in and take out restaurant and cafe

Health services which includes:

- Foot care
- Relaxation Massage
- Blood pressure clinic
- Arthritis clinic
- Hearing clinic
- Denture clinic

Home maintenance services which includes:

- Referrals to service providers to assist with running errands, cleaning, yard work and small electrical, plumbing and carpentry jobs. All service providers have been interviewed and had background checks completed.

Other services include:

- Family counselling
- Legal advice

## **Seniors for Seniors**

Phone: 613-627-3773

Address: 2275 Stevenage Drive,  
Ottawa, ON K1G 3W1

Website: <https://seniorsforseniors.ca/>

### **What does Seniors for Seniors provide?**

Seniors for Seniors provides a variety of companion services including, driver companions, overnight companions and drop-in companions in the Ottawa, Brockville and Kingston areas.

### **What services does Seniors for Seniors offer?**

#### **Personal and Homemaking Companions**

- Bathing
- Personal grooming
- Dressing
- Toileting Assistance and Incontinence Care
- Medical Reminders
- Transfer Assistance
- Cognitive Stimulation
- Exercise
- Meal Preparation and planning
- Grocery Shopping
- Dishes
- Garbage Removal
- Laundry and Ironing
- Kitchen Cleaning
- Light Housekeeping Chores

#### **Driver Companions**

- To doctors or dentist
- Various personal/home errands
- Religious Services
- Social events and gatherings
- Sporting events
- Cottages
- Family and Friends homes

#### **Live-In Companions**

- Short Term Live-Ins: provide companionship for 4 days or less
- Long Term Live-Ins: shared by two companions who share 24 hour coverage/7 days a week

#### **Overnight Assistance**

- Prepare evening snacks
- Assist in getting ready for bed
- Transfer assistance throughout the night

- Ensure that your or loved one has everything they need for the night ready and available
- Morning Care
- Prepare breakfast

#### **Drop-In Companions**

- Technology assistance
- Medication reminders
- Walks, talks, and chats
- Light housekeeping chores
- Dressing
- Yard/lawn care
- Reading
- Writing letters
- Meal Prep
- Playing Cards or board games

#### **Foot Care**

- Personalized assessment of feet and nails
- Toenail trimming and filing
- Cream application to moisturize feet
- Assessment and treatment of corns and calluses
- Advice on how to prevent
- Referrals to appropriate resources if required

## **Seniors Helping Hand Kingston**

Phone: 613-530-7663

Address: Kingston, ON

Website: <https://www.seniorshelpinghand.ca>

### **What does Seniors Helping Hand Kingston provide?**

#### **What services does Seniors for Seniors offer?**

##### **Companion Care**

- Making beds and change linens
- Dusting and vacuuming
- Laundry
- Organize and clean closets
- Take out trash
- Plan, prepare and clean up meal
- Help with errands
- Grocery shopping
- Assist with pet care
- Escort to appointments and special events
- Accompany to lunch or dinner in a restaurant
- Medicine reminders

##### **Right Sizing and Smooth Transitions**

- Home and estate clean out assistant services to families, executors, or estate trustees who are looking for:
  - Help with estate organizing
  - Estate clear out
  - Estate management
  - Estate downsizing and more to prepare the home for sale
  - Helping to downsize seniors to a retirement residence where they have an appropriate environment and peace of mind



## **South East Local Health Integration Network (SELHIN)**

Phone: 613-544-7090

Toll Free: 1-800-869-8828

For General Inquiries: 310-2222 (no area code required)

Address: 1471 John Counter Boulevard, Suite 200, Kingston, ON K7M 8S8

Website:

<http://www.southeastlin.on.ca/AboutUs/Sub-Regions/Kingston.aspx>

**Disclaimer:** *This organization is currently under review. Changes may occur.*

### **What does SELHIN offer?**

- Dedicated to providing care to you in your home and community by connecting you with appropriate services.

### **How to access these services?**

- You must have an OHIP card to be eligible for services. Depending on the services that you require there may be further eligibility criteria to meet.
- Can call the office to inquire about services that you need. An intake assessment is then done over the phone.
- You will be provided with a case manager to assess specific services that you need. Your case manager will then link you with the appropriate services.

### **Services available to eligible patients may include:**

#### **Home Care**

- Nursing
- Specialized nursing (rapid response nurses, hospice palliative care nurse practitioners)
- Personal support such as bathing and getting dressed
- Physiotherapy
- Occupational Therapy
- Speech-language Therapy
- Social Work
- Nutritional Counselling
- Medical supplies and equipment
- Information about and referral to additional health and social services

#### **Care in Community**

- Meal delivery and dining programs
- Homemaking and home help
- Transportation services
- Community dining
- Friendly visits

#### **Supported Living**

- Adult Day Programs
- Assisted living
- Supportive Housing
- Retirement Homes
- Short-stay Care
- Long-term Care Homes

### **Finding a Family Doctor**

This can be done through Health Care Connect. To access this service, you must be currently without a primary care provider and you must have a valid Ontario Health Card. You can call 1-800-445-1822 for more information. After you have joined Health Care Connect, a nurse, called a Care Connector, will help you find a health-care provider in your area

# **South East Ontario Vision Rehabilitation Services**

Phone: 613-542-4975 ext. 5081  
(Kingston office) to start a referral

Address: various sites across Kingston, Frontenac, Lennox, Addington, Quinte, Hastings, Lanark, Leeds, and Grenville  
Website:

<https://ophthalmology.queensu.ca/clinic/SOVRS>  
(for our referral form)

## **What does SOVRS offer?**

- SOVRS is funded by the Ministry of Health to provide vision rehabilitation therapy to people with all types of vision loss. Our team is made up of healthcare professionals from Vision Loss Rehabilitation Ontario and the Vision Rehabilitation Clinic at Kingston Health Sciences Centre-Hotel Dieu Site.

## **How to access these services?**

- Anyone can start the referral process. Phone 613-542-4975 extension 5081 or ask your doctor to use the referral form on our website. We will ask your eye doctor for a recent report. You must have a diagnosed eye or brain-related condition that affects vision.
- Most services are funded by the healthcare system. There may be other eligibility criteria for certain services.

## **Services available to eligible patients may include:**

### **Personalized plans**

Every individual is unique. We work with you to focus on your goals, whether it's managing at home, working, volunteering, or getting around the community.

### **Low vision services**

- Receive a functional vision assessment designed for people with low vision
- Learn about your diagnosis and how it affects your vision in daily life
- Learn ways to maximize eyesight, such as lighting, contrast, and using sight-enhancing devices, like magnifiers

### **Essential skills for daily living**

- Learn safe methods for preparing meals and using appliances
- Explore simple techniques for labeling medications, using the phone, and organizing household items
- Learn to use technologies such as iPads and tablets as a part of daily life

### **Travel and mobility instruction**

- Learn to use your remaining vision and other senses to safely navigate at home and in the community (for example, safe use of stairs, riding public transit)
- Discover specialized mobility tools to provide details of your surroundings
- Use guiding techniques to walk with a sighted person

### **Assistive technology services**

- Explore specialized technology that can assist you in reading and writing
- Receive training to use your technology at home or in the community

### **Connecting with services and supports**

- Find community programs, financial subsidies and other local resources
- Keep your family doctor, homecare coordinator and other supports updated

## **Southern Frontenac Community Services**

Phone: 613-376-6477

Address: 4295 Stage Coach Road,  
Sydenham, ON K0H 2T0

Email: [info@sfcsc.ca](mailto:info@sfcsc.ca)

Website: <http://www.sfcsc.ca/seniors-services>

### **What does Southern Frontenac Community Services offer?**

Programs that enable seniors and low-income households to remain in their local community for as long as possible, enhancing their lives with health support services and social services allowing seniors to age gracefully in their own homes and where those struggling financially can go for help. Enriching the lives of everyone with a broad range of social and recreational programs (from the VON SMART program, yoga, tai chi, arts and cultural events to community events and support groups).

### **How to access these services?**

To access the services, call or email Southern Frontenac Community Services. Some services require booking appointments ahead of time, require a membership, or are pay-as-you-go services.

### **Rural Southern Frontenac Community Services provides the following services:**

- Adult Day Service
- Food Services: frozen and hot meals on wheels
- Diners Club
- Foot Care
- Home Help
- Housekeeping
- Meal Prep
- Respite Care
- Transportation Services
- Companionship Services
- Grace Social Activity Centre

### **Adult Day Service Includes:**

A support service which provides supervised individual programming in a group setting for adults who require close monitoring or assistance with personal activities (eg. hygiene, dressing). The service assists clients to achieve and maintain their maximum level of functioning, to prevent premature and inappropriate institutionalization and to provide respite and

Service components include transportation (if required), social, recreational and physical activities, meals, personal support/attendant care and minor health care (for example, monitoring of medication).

### **Application Process**

A complete social, mental and functional assessment will be conducted by SELHIN prior to determining if an individual is eligible for Southern Frontenac Community Services Corporation Adult Day Program. They will then make the referral someone will contact the potential participant to arrange a home visit to complete the application form and to provide information about the service.

### **Home Help Includes:**

Home Help service providers can provide assistance with routine housekeeping, shopping, meal preparation or other physically challenging activities required to maintain your home. Our Staff arrange for screened workers to complete the jobs you need done.

Approved activities include vacuuming, sweeping, mopping, washing floors, cleaning bathrooms, and kitchens, interior window washing, general housekeeping, dusting, assistance with laundry and meal preparation.

Home Helpers are generally requested on a weekly or bi-weekly basis. Please contact us for more information: 613-376-6477 ext. 306

## **Grace Social Activity Centre**

### **(GSAC) Includes:**

Ashley Bates, Coordinator

Phone: 613-376-6477, ext 310

Email: [ashley.bates@sfcsc.ca](mailto:ashley.bates@sfcsc.ca)

4295 Stage Coach Road in Sydenham, Ontario.

The GSAC is a place where older adults in South Frontenac can participate in a range of social, cultural and fitness activities, in the company of friends. Many regular programs that run weekly, bi-weekly, or monthly, as well as Special Events that happen occasionally. GSAC will also be offering programs off-site, throughout South Frontenac.

Free transportation is available to most GSAC activities. Call us a few days in advance to arrange.

### **Membership**

An annual membership fee gives you free access to most GSAC programs, except those that have an additional cost or admission charges, such as bus tours. Membership is approx. \$25 for April to March. Download a membership form [here](#).

### **Regular Programming Includes:**

- Pickleball
- Crafty Crew: Make new friends and get creative together.
- VON SMART Program: Gentle fitness program for people aged 55+. Exercise can be done from a chair, using a mobility aid or moving independently.
- Good Grace's Cafe
- Seniors Social Club: Drop-in for a fun morning of Euchre, Cribbage, Bridge and more!
- Movin' and Groovin': Low-impact exercise program designed to increase heart health and flexibility taught by a Certified Fitness Instructor.
- Book Club
- Tai Chi: This program includes a series of sitting and standing exercises that are noted to improve balance, circulation and flexibility.
- Conversation Club: Join us for lively, friendly intellectual conversations about current issues and hot topics.
- Cardio & Strength: A medium to high impact exercise class is a great way to get the body moving and stretch the joints out.

## **Victorian Order of Nurses (VON)**

Phone: 613-634-0130 or 1-800-301-0076  
Address: 1469 Princess St., Kingston, ON.  
Website: [www.von.ca](http://www.von.ca)

### **What does the VON offer?**

The VON helps seniors to navigate and connect with community supports and services in addition to offering their own services.

### **How to access these services?**

Anyone can make a referral to receive access to the majority of VON services. Services are offered for a fee.

### **The VON connects you with the following services:**

- Caregiver support and education through respite
- Foot care
- Respite
- Meals on wheels
- Volunteer transportation
- Seniors Managing Independent Life Easily (SMILE)
- Seniors Maintaining Active Roles Together (SMART)
- Community respite through 'Neighbors Helping Neighbors'
- Assisted living services for high risk seniors
- Personal support services
- Stroke support program
- Falls prevention program (referral and registration required and no fee)
- Home help (light housekeeping, vacuuming, washing floors, laundry and meal preparations)

### **SMILE Program:**

Seniors Managing Independent Life Easily  
May be contacted at: 1-888-866-6647

### **What does the SMILE program provide?**

The program is a home and community support program managed by VON with community partners. The program provides support for daily living if you are at risk of losing your independence due to increasing frailty. Services include: Meals, routine housekeeping, shopping, laundry, running errands, transportation to and from health care appointments, and seasonal outdoor chores. There is no fee for the program.

### **The SMILE program offers:**

- Support with everyday activities of daily living
- Personalized care plans with annual budgets matched to individual need
- The option to have the help of a care coordinator
- A choice in who comes to your home to provide services
- Flexibility as to when and how services will be provided

### **Who is eligible?**

Adults over 75 years of age or living with a chronic disease related to advanced aging and lives alone or with a caregiver unable to assist, and due to increasing frailty is at risk of losing their independence and requires significant support with functional activities of daily living. There is no referral required. Call if you fit these requirements.

### **SMART Program:**

Seniors Maintaining Active Roles Together  
May be contacted at: 613-634-0130 ext. 3414

### **What does the SMART program provide?**

Promotes healthy aging through the provision of exercise opportunities for older adults. It aims to improve your ability to participate in daily activities, maintain independence, prevent falls and decrease isolation.

### **There are 2 different types of SMART exercise programs:**

- Group Program is community-based. It includes volunteer-led exercise programs for seniors that accommodate all levels of ability. The exercise program is delivered in a social community setting from a seated position, using a mobility aid or a standing position and involves progressive group exercise. Classes are one hour in duration and there is no fee.

- In-Home Program takes place in the client's home. It includes volunteer-led exercise programs for seniors that accommodate all levels of ability. Exercises are facilitated by individuals with specialized training and ongoing education to provide safe, appropriate physical activities for healthy ageing. The exercise program is delivered for one hour per week for 12 weeks. Volunteers assist with 15 gentle exercises that build balance and strength. There is a small fee for the service.

## **Victorian Order of Nurses (VON) (Cont'd)**

### **Who is eligible?**

- For both programs you must be a senior resident of Kingston Frontenac Lennox & Addington County (KFL&A). You must also be medically stable and not be receiving physiotherapy services concurrently.
- For the In-Home program you must also be house-bound or have limited access to the community due to physical limitations, transportation problems or cultural barriers.

*Assisted Living Services for High Risk Seniors  
May be contacted at: 613-634-0130*

### **What does the assisted living program provide?**

The program provides a combination of personal support and homemaking services, security checks or reassurance services, and care coordination. It provides flexibility and unscheduled support when seniors need more than scheduled services to remain in their home. A plan of care unique to each client is developed and client and caregivers are directly involved in planning care. Services are reviewed and resumed on the same day as a hospital discharge.

### **Who is eligible?**

Anyone deemed so by the South East Local Health Integration Network. The South East Local Health Integration Network assesses client's eligibility and makes a referral.

## **Directory of Specific Services**

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# Assistive Devices and Medical Supplies

Agency	Description of Services
<p><b>Altair Electronics - Kingston - Assistive Device Program Vendor for Communication Aids</b>  750 Progress Ave, Kingston, ON K7M 7E1</p> <p><b>Tel:</b> 613-384-3876  <b>Email:</b> <a href="mailto:info@altair.ca">info@altair.ca</a>  <b>Website:</b> <a href="http://www.altair.ca">www.altair.ca</a></p>	<p>Assistive Devices Program Vendor for communications aids:</p> <ul style="list-style-type: none"> <li>· large-size monitors</li> <li>· braille keyboards</li> <li>· variety of software solutions for vision impaired clients</li> <li>· other equipment as authorized or approved under the Assistive Devices Program</li> <li>· sell and service computers</li> </ul> <p>Fee for service * Ministry of Health and Long-Term Care Assistive Devices Program funds 75%-100% for individuals they approve * equipment can also be purchased privately.</p>
<p><b>Kingston General Hospital Site – Kingston Health Sciences Centre – Ventilator Equipment Pool (VEP)</b>  640 Cataraqui Woods Dr, Unit 6 Kingston, ON K7P 2Y5</p> <p><b>Tel:</b> 613-548-6156  <b>Toll free:</b> 1-800-633-8977  <b>Email:</b> <a href="mailto:vep@kgh.kari.net">vep@kgh.kari.net</a>  <b>Website:</b> <a href="http://www.ontvep.ca">www.ontvep.ca</a></p>	<p>Home Visit</p> <ul style="list-style-type: none"> <li>· A home visit can be arranged with a Clinical Educator to review your home equipment and provide support as you start therapy.</li> <li>· 24/7 Day on Call RRT</li> <li>· A Respiratory Therapist is always available by telephone to answer questions or concerns about your VEP provided equipment</li> <li>· Online Support</li> <li>· Clients are welcome to request an audio-visual meeting with one our Respiratory Therapists to review your home equipment.</li> </ul>
<p><b>Kingston Oxygen Home Health Care Centre</b>  700 Progress Ave, Unit 1 Kingston, ON K7M 4W9</p> <p><b>Tel:</b> 613-548-7301  <b>Website:</b> <a href="http://www.kingstonoxygen.com">www.kingstonoxygen.com</a></p>	<p>Sales, rentals, repairs and service of home health care supplies and equipment such as mobility, bathroom safety equipment and aids to daily living</p> <ul style="list-style-type: none"> <li>· dressings</li> <li>· tracheostomy products</li> <li>· catheters</li> <li>· urinary supplies</li> <li>· ostomy appliances</li> <li>· incontinent supplies</li> <li>· intravenous supplies</li> <li>· gloves and miscellaneous medical equipment and supplies</li> </ul>
<p><b>March of Dimes Assistive Devices Program</b>  920 Princess St. Kingston, ON K7L 1H1</p> <p><b>Tel:</b> 613-549-4141  <b>Website:</b> <a href="http://www.marchofdimes.ca">www.marchofdimes.ca</a></p>	<p>Assists older adults with physical disabilities to purchase <i>assistive</i> devices that increase their mobility and functional independence. The program can help to buy, repair and maintain a wide variety of mobility or assistive equipment. It may also have contact information or resources to assist you in locating additional funding sources for disability management.</p> <p>Some devices that may qualify for funding include:</p> <ul style="list-style-type: none"> <li>· Manual and Power Wheelchairs</li> <li>· Scooters</li> <li>· Replacement Batteries</li> <li>· Walkers</li> <li>· Knee Ankle Foot Orthosis (KAFO)</li> <li>· Ankle Foot Orthosis (AFO)</li> <li>· Home and Bath Aids</li> <li>· Floor Patient Lifts</li> <li>· Basic Aids for Daily Living</li> <li>· Repairs to Existing Devices</li> </ul>

# Assistive Devices and Medical Supplies (Cont'd)

Agency	Description of Services
<p><b>Lovell Drugs - Kingston</b> <b>(Medical Arts Pharmacy)</b> 800 Princess St, Kingston, ON K7L 5E4</p> <p><b>Tel:</b> 613-549-3300 <b>Website:</b> www.lovelldrugs.com</p>	<p>The Medical Arts Pharmacy offers:</p> <ul style="list-style-type: none"><li>· mobility aids (walkers, scooters, wheelchairs)</li><li>· medication placed in blister packs (sealed, push-through packaging used to separate doses)</li><li>· preloaded insulin syringes, licensed to handle methadone</li><li>· free delivery within town limits * fee for out of town</li><li>· urgent delivers only offered on Sun</li><li>· ostomy product</li><li>· compounding</li><li>· free seasonal flu vaccines and travel clinic</li><li>· free take-home naloxone kits (emergency response kits for opioid overdose)</li></ul> <p>Medications Return Program - Safe disposal of expired or unused medications, creams, and inhalers MedsCheck - Appointments to review complex prescriptions with a pharmacist</p>
<p><b>Medigas</b> 500 Gardiners Road #3b. Kingston, ON K7M 7W9</p> <p><b>Tel:</b> 613-546-5529 <b>Website:</b> www.medigas.com</p>	<p>Medigas offers a variety of services and programs including:</p> <ul style="list-style-type: none"><li>· Sleep program offered to those who have been diagnosed with Obstructive Sleep Apnea</li><li>· Oxygen Devices</li><li>· Rental Program for clients who require equipment for only a short period of time</li><li>· Delivery and in-home setup</li><li>· And other products including:</li><li>· Aids to Daily Living</li><li>· Bathroom Safety Equipment</li><li>· Beds</li><li>· Enteral Feeding Equipment</li><li>· Lifting Devices</li><li>· Respiratory Devices and Equipment</li><li>· Seating and Mobility Aids and Devices</li></ul>
<p><b>Motion</b> <b>(formerly Motion Specialties)</b> 2293 Princess St. Kingston, ON, <u>K7M 3G1</u></p> <p><b>Tel:</b> 613-384-0400 <b>Email:</b> kingston@motionspecialties.com <b>Website:</b> www.motionspecialties.com</p>	<p>Provides home health care and assistive equipment to assist you in getting around your home and community. Products can be purchased or rented. Equipment available includes:</p> <ul style="list-style-type: none"><li>· Seating</li><li>· Bathing aids</li><li>· Incontinence supplies</li><li>· Vehicle modifications</li><li>· Ceiling track lifts</li><li>· Lift reclining chairs</li><li>· Stair lifts</li></ul> <p>Motion can also help with assistive equipment repairs and maintenance.</p>

## Assistive Devices and Medical Supplies (Cont'd)

Agency	Description of Services
<p><b>Shoppers Home Health Care (Wellwise)</b>            1011 Princess St, Kingston,            ON K7L 1H3</p> <p><b>Tel:</b> 613-531-4104  <b>Website:</b> <a href="http://www.wellwise.ca">www.wellwise.ca</a></p>	<p>Shoppers Home Health Care offers products that assist with:</p> <ul style="list-style-type: none"> <li>• Sleep including CPAP equipment</li> <li>• Mobility</li> <li>• Home Comfort</li> <li>• Other tools and gadgets</li> <li>• Personal Care</li> <li>• Active Living</li> <li>• And for certain conditions including:</li> <li>• Allergy alleviation</li> <li>• Arthritis</li> <li>• Cardiovascular Health</li> <li>• Diabetes Management Control</li> <li>• Fall Prevention</li> <li>• Footcare</li> <li>• Incontinence</li> <li>• Knee and Joint</li> <li>• Motor Control and Coordination</li> <li>• Sleep Apnea</li> <li>• Sleep Therapy</li> <li>• Weight Management</li> </ul>
<p><b>Retire At Home</b>            427 Princess St #209,            Kingston, ON K7L 5S9</p> <p><b>Tel:</b> 613-389-0101  <b>Website:</b>  <a href="http://retireathomekingston.com">retireathomekingston.com</a></p>	<p>Retire at Home offers advice and coordination of the following Home Medical Equipment and Supplies:</p> <ul style="list-style-type: none"> <li>• Incontinence Products</li> <li>• Walkers, Wheelchairs, Scooters</li> <li>• Canes</li> <li>• Grab Bars</li> <li>• Commodes</li> <li>• Toilet Safety Products</li> <li>• Mechanical Lifts</li> <li>• Beds and Mattresses</li> <li>• Disposable Gloves</li> <li>• Home Delivery of Medications</li> </ul> <p>More information on this agency can be found on page 21.</p>

# Banking Services

Agency	Description of Services
<b>Bank of Montreal (BMO)</b> Tel: 1-877-225-5266	<b>Services include:</b> <ul style="list-style-type: none"><li>· Online banking</li><li>· Phone Channel—call in, listen to prompts and do the banking over the phone (transfers, bill payments etc.)</li><li>· Delivery of only receipts and statements<ul style="list-style-type: none"><li>·Hearing impaired and who use TTY (Text Telephone), Video Relay or other Operator Assisted Relay Services</li></ul></li><li>· Seats to sit while waiting for teller</li></ul>
<b>CIBC</b> Tel: 1-800-465-2422	
<b>National Bank</b> Tel: 1-888-835-6281	
<b>Royal Bank(RBC)</b> Tel: 1-800-769-2511	
<b>Scotiabank</b> Tel: 1-800-472-6842	
<b>TD Canada Trust</b> Tel: 1-866-222-3456	

# Caregiver Supports

Agency	Description of Services
<b>Rural Frontenac Community Services</b> 1020 Elizabeth St. PO Box 250, Sharbot Lake, ON  Tel: 613-279-3151 Toll-free: 1-855-279-2052 Website: <a href="http://www.rfcs.ca/services/adult-and-seniors-programs">www.rfcs.ca/services/adult-and-seniors-programs</a>	<b>Caregiver Counselling and Support</b> On the 3rd Wednesday of the month there is a Caregiver Support Group which meets at the Centre (1042 Elizabeth St.) in Sharbot Lake at 1:00 p.m.  More information on this agency can be found on page 23.

# Companionship Care

Agency	Description of Services
<p><b>Bayshore Home Care Solutions</b>            190 Wellington Street, Level 3            Kingston, ON K7L 3E4</p> <p><b>Tel:</b> 613-542-4242  <b>Toll Free:</b> 1-855-244-7952  <b>Email:</b> kmartin@bayshore.ca  <b>Website:</b>  <a href="http://www.bayshore.ca/locations/bayshore-home-care-solutions-kingston-on/">www.bayshore.ca/locations/bayshore-home-care-solutions-kingston-on/</a></p>	<p>Provides companionship care which includes:</p> <ul style="list-style-type: none"> <li>• Home check ins</li> <li>• Light housekeeping\Laundry</li> <li>• Escorted to appointments and shopping</li> <li>• Light mea; preparation</li> <li>• Medication reminders</li> <li>• Caregiver relief</li> <li>• 24 hour/7 day service</li> <li>• Leisure and recreation activities.</li> </ul> <p>More information on this agency can be found on page 7.</p>
<p><b>Comfort Keepers Home Health Care Services</b>            1786 Bath Road, Suite 12,            Kingston, ON K7M 4Y2</p> <p><b>Tel:</b> 613-634-2273  <b>Toll-Free:</b> 1-855-221-3221  <b>Email:</b>  <a href="mailto:Kingston@comfortkeepers.ca">Kingston@comfortkeepers.ca</a>  <b>Website:</b>  <a href="http://www.comfortkeepers.ca/kingston/">www.comfortkeepers.ca/kingston/</a></p>	<p>Companionship and Care Services include:</p> <ul style="list-style-type: none"> <li>• Conversation and companionship</li> <li>• Meal preparation</li> <li>• Laundry</li> <li>• Light Housekeeping</li> <li>• Grocery Shopping/Errands</li> <li>• Transportation</li> <li>• Medication Reminders</li> <li>• 24 Hour Care</li> </ul> <p>More information on this agency can be found on page 9.</p>
<p><b>For The Love of Seniors</b>            42 Clairton Place,            Amherstview, ON, K7N 1R7</p> <p><b>Tel:</b> 613-766-7936  <b>Cell:</b> 613-217-0520  <b>Email:</b>  <a href="mailto:lisa@fortheloveofseniors.com">lisa@fortheloveofseniors.com</a></p>	<p>Provides companionship services.</p> <p>More information on this agency can be found on page 10.</p>
<p><b>Heart to Heart Seniors Services Inc.</b></p> <p><b>Tel:</b> 613-767-0820  <b>Email:</b> <a href="mailto:aggie@h2hcare.ca">aggie@h2hcare.ca</a>  <b>Website:</b> <a href="http://www.h2hcare.ca">www.h2hcare.ca</a></p>	<p>Provides companionship services.</p> <p>More information on this agency can be found on page 11.</p>

## Companionship Care (Cont'd)

Agency	Description of Services
<p><b>Helping Hands 4 Seniors</b></p> <p><b>Tel:</b> 613-329-6579</p> <p><b>Email:</b>  <a href="mailto:kims.helpinghands4u@gmail.com">kims.helpinghands4u@gmail.com</a></p> <p><b>Website:</b>  <a href="http://www.ygkfamily.com/item/helping-hands-4-seniors">www.ygkfamily.com/item/helping-hands-4-seniors</a></p>	<p>Provides companionship services and home visits.</p> <p>More information on this agency can be found on page 12.</p>
<p><b>Hospice Kingston</b>            36 Barrie Street, Kingston ON, K7L 3J7</p> <p><b>Tel:</b> 613-542-5013</p> <p><b>Email:</b>  <a href="mailto:info@hospicekingston.ca">info@hospicekingston.ca</a></p> <p><b>Website:</b> <a href="http://hospicekingston.ca">hospicekingston.ca</a></p>	<p>Regular in home visiting available from volunteers so you can have someone to talk to and spend time with at home or out in the community.</p> <p>Volunteers offer companionship, conversations about day-to-day happenings or about favourite pastimes and interests, enjoying some fresh air and by simply being there.</p> <p>To arrange companionship care, call the office and a client coordinator will follow up to learn about your needs and match you with appropriate services.</p>
<p><b>Limestone City, Home Health Care Services</b>            993 Princess Street, Unit 14, Suite 1424, Kingston, ON K7L 1H3</p> <p><b>Tel:</b> 613-767-4204</p> <p><b>Email:</b>  <a href="mailto:homecarelimestonecity@gmail.com">homecarelimestonecity@gmail.com</a></p> <p><b>Website:</b>  <a href="http://www.limestonecityhomehealthcare.com/services/">www.limestonecityhomehealthcare.com/services/</a></p>	<p>Provides companionship services.</p> <p>More information on this agency can be found on page 16.</p>
<p><b>Ontario Family Matters</b></p> <p><b>Tel:</b> 613-484-5924</p> <p><b>Email:</b>  <a href="mailto:OntarioFamilyMatters@gmail.com">OntarioFamilyMatters@gmail.com</a></p> <p><b>Website:</b>  <a href="http://www.ontariofamilymatters.ca">www.ontariofamilymatters.ca</a></p>	<p>Provides companionship care to offer you extra company around the house or to participate in activities together.</p> <p>More information on this agency can be found on page 17.</p>

## Companionship Care (Cont'd)

Agency	Description of Services
<p><b>ParaMed Home Health Care</b> 786 Blackburn Mews, Kingston, ON</p> <p><b>Tel:</b> 613-549-0112 <b>Email:</b> info@paramed.com <b>Website:</b> www.paramed.com</p>	<p>Offers companionship care which includes:</p> <ul style="list-style-type: none"> <li>• Social interaction</li> <li>• Respite care</li> <li>• Engages you in activities</li> <li>• Escort you to appointments or leisure activities</li> </ul> <p>More information on this agency can be found on page 18.</p>
<p><b>Quality Care Health Services</b> 1096 Crossfield Ave., Kingston, ON.</p> <p><b>Tel:</b> 613-531-0265 <b>Website:</b> www.limestonecityhomehealth care.com/services/</p>	<p>Provides companionship services.</p> <p>More information on this agency can be found on page 19.</p>
<p><b>REPUTE Home and Healthcare</b> 2447 Princess St., Unite E Kingston, ON</p> <p><b>Tel:</b> 613-531-0931 <b>Email:</b> homecare@reputehealthcare. com <b>Website:</b> www.reputehomecare.com.</p>	<p>Offers companionship care as part of their services.</p> <p>More information on this agency can be found on page 20.</p>
<p><b>Retire At Home</b> 427 Princess St., Suite 209, Kingston, ON.</p> <p><b>Tel:</b> 613-389-0101 <b>Cell:</b> 613-483-2174 <b>Email:</b> kingston@retireathome.com <b>Website:</b> www.retireathomekingston.co m/company/</p>	<p>Companion care services include:</p> <ul style="list-style-type: none"> <li>• Companionship while in hospital or home</li> <li>• Respite and overnight supervision while in hospital or at home</li> <li>• Cueing and supervising all activities of daily living</li> <li>• Preparing grocery lists and grocery shopping</li> <li>• Accompaniment on outings &amp; appointments</li> <li>• Regular home safety inspections</li> <li>• Assisting with hobbies and crafts Interactive activities</li> </ul> <p>More information on this agency can be found on page 21.</p>

## Companionship Care (Cont'd)

Agency	Description of Services
<p><b>Saint Elizabeth Health Care</b> 613-530-3400</p> <p>1471 John Counter Blvd., Suite 410, Kingston, ON.</p> <p>Email: info@saintelizabeth.com</p> <p>Website: www.saintelizabeth.com</p>	<p>The companionship program includes:</p> <ul style="list-style-type: none"> <li>· Transportation</li> <li>· Accompanying you to and from medical appointments</li> <li>· Shopping and other activities</li> <li>· Meal planning and preparation</li> <li>· Grocery shopping</li> <li>· Laundry</li> <li>· Light housekeeping</li> <li>· Social interaction</li> </ul> <p>More information on this agency can be found on page 24.</p>

## Crisis Intervention & Prevention

Agency	Description of Services
<p><b>Alliance Security Team</b> 613-547-6666 1-800-267-0971</p> <p>299 Concession Street, Suite 301, Kingston, ON, K7K 2B9</p> <p>Email: info@alliancewireless.com</p> <p>Website: alliancesecuritykingston.com</p>	<p>Alliance Security Team offers Medical Alert System to assist in independent living for seniors or people with disabilities. Their alert system includes:</p> <ul style="list-style-type: none"> <li>· Two-way voice activation</li> <li>· 24/7 Monitoring</li> <li>· Fall detection technology</li> </ul>
<p><b>AMHS - KFLA Crisis Line</b> 613-544-4229 Toll Free: 1-866-616-6005 Info Line: 613-544-1356</p>	<p>Caregiver Counselling and Support Crisis services including support, advocacy and referrals to other agency and community services where needed. Available 24/7 to anyone experiencing a crisis.</p>
<p><b>Comfort Keepers Home Health Care Services</b> 1786 Bath Road, Suite 12, Kingston, ON K7M 4Y2</p> <p>Tel: 613-634-2273 Toll-Free: 1-855-221-3221 Email: Kingston@comfortkeepers.ca Website: comfortkeepers.ca</p>	<p>Comfort Keepers provides medical alert systems to help keep you or a loved one safe at home. The button links to the Comfort Keepers SafetyChoice Centralized Monitoring Station who will respond promptly.</p> <p>The medical alert bracelets send an emergency message via a tabletop console connected to a phone line in the home. These consoles, known as Personal Emergency Response Systems (PERS), offer different configurations and features.</p> <p>Comfort Keepers also offers Medication Safety and Management and Home Monitoring Systems.</p> <p>More information on this agency can be found on page 9</p>



## Crisis Intervention & Prevention (Cont'd)

Agency	Description of Services
<b>Frontenac-Kingston Council on Aging</b> 57 Baiden Street, Kingston, ON, K7M 2J9  <b>Tel:</b> 613-542-1336 <b>Email:</b> info@councilonagingkingston. org <b>Website:</b> councilonagingkingston.org	<p>A charitable volunteer organization dedicated to improving the quality of life for seniors.</p> <p>To STOP ELDER ABUSE call 1-855-542-1336 or 613-542-1336</p> <p>All calls are confidential.</p>
<b>Philips Lifeline</b>  <b>Tel:</b> 613-542-9643 <b>Website:</b> www.lifeline.ca	<p>A medical response service for emergency situation involving falls at home or in the community. Includes a pendant or wrist-style Lifeline Help Button.</p> <p>A Lifeline associate will respond right away after you push your Lifeline Help Button and will assess the situation for you. A family member or emergency service will then be contacted.</p> <p>For more information on how to order a Lifeline service, you can call or visit the website.</p>
<b>Shoppers Home Health Care (Wellwise)</b> 1011 Princess St, Kingston, ON K7L 1H3  <b>Tel:</b> 613-531-4104 <b>Website:</b> www.wellwise.ca	<p>Shopper Home Health Care offers personal emergency alert systems with wireless two-way home communication.</p>

# Day Programs

Agency	Description of Services
<p><b>Lennox &amp; Addington Senior Outreach Services</b>            12 Richmond Park Drive            Napanee, ON., K7R 2Z5</p> <p><b>Tel:</b> 613-354-6668  <b>Email:</b> info@lasos.ca  <b>Website:</b> www.lasos.ca</p>	<p><b>Adult Day Programs</b>            This program is designed as a recreational day away from home. Your loved one will have the opportunity to socialize and participate in activities one on one or in a group setting. We welcome those who require the service as a result of Alzheimer's disease, dementia, physical disability, stroke and/or socially isolated individuals.</p> <ul style="list-style-type: none"> <li>· A program that offers participation, socialization and recreational fun.</li> <li>· Meet new people in a club like environment.</li> <li>· Share a meal with new friends.</li> <li>· Share stories about the good old days.</li> <li>· Enhance physical wellness through exercise and physical activity.</li> <li>· Explore your creativity through crafts.</li> <li>· Listen and sing-a-long to Old Time favourite songs</li> </ul> <p><b>Locations</b>  <b>Napanee</b>            · Every Monday, Wednesday, Thursday and Friday @12 Richmond Park Drive            · Activities from 9:30am to 3:30pm daily.</p> <p><b>Loyalist</b>            · Monday, Tuesday &amp; Thursday at our Loyalist site @101 William Henderson Drive Unit 2, Bath            · Activities from 9:30am to 3:30pm daily.</p> <p>More information on page 15.</p>
<p><b>Rural Frontenac Community Services</b>            1020 Elizabeth St.            PO Box 250, Sharbot Lake,            ON K0H2P0</p> <p><b>Tel:</b> 613-279-3151  <b>Toll-Free:</b> 1-855-279-2052  <b>Website:</b> www.rfcs.ca</p>	<p>Are you caring for a loved one at home? There are lots of joys and benefits of being a caregiver but sometimes you need a break.</p> <p>We also have Day Program PSW's who plan a day of social interaction and activities in a group setting. They meet weekly in three locations:</p> <ul style="list-style-type: none"> <li>· Sharbot Lake (Tuesday)</li> <li>· Plevna (Wednesday)</li> <li>· Parham (Thursday)</li> </ul> <p>Transportation can be arranged.</p> <p>More information on this agency can be found on page 23.</p>

## Day Programs (Cont'd)

Agency	Description of Services
<p><b>Southern Frontenac Community Services (SFCS)</b> 4295 Stage Coach Road, Sydenham, ON K0H 2T0</p> <p><b>Tel:</b> 613-376-6477 <b>Email:</b> info@sfcsc.ca <b>Website:</b> www.sfcsc.ca</p>	<p><b>Adult Day Service</b> A support service which provides supervised individual programming in a group setting for adults who require close monitoring or assistance with personal activities (eg. hygiene, dressing). The service also benefits the frail elderly as well as those with Alzheimer Disease and other progressive cognitive disorders or dementias of aging. The service assists clients to achieve and maintain their maximum level of functioning, to prevent premature and inappropriate institutionalization and to provide respite and support for their caregivers.</p> <p>Service components include transportation (if required), social, recreational and physical activities, meals, personal support/attendant care and minor health care (for example, monitoring of medication).</p> <p><b>Application Process</b> South East Local Health Integration Network (SELHIN) completes social, mental and functional assessments prior to determining if an individual is eligible for The Adult Day Program. the SELHIN will make the referral, and SFCSC Staff will contact the potential participant to arrange a home visit to complete the application form and to provide information about the service.</p> <p>The SELHIN will prioritize admittance to the Adult Day Service in situations where immediate admission to the Adult Day Service will prevent premature or inappropriate institutionalization or is required because of a caregiving crisis.</p> <p><b>Eligibility Criteria:</b> Persons with Alzheimer Disease or other progressive cognitive disorder or dementia OR Age 55 or over AND Long-term physical disability including heart disease, stroke or seizures, arthritis, breathing difficulties or impairment due to medication.</p> <p>More information on this agency can be found on page 30.</p>

# Dining Out

Agency	Description of Services
<p><b>Lennox &amp; Addington Senior Outreach Services</b> 12 Richmond Park Drive Napane, ON., K7R 2Z5</p> <p><b>Tel:</b> 613-354-6668 <b>Email:</b> info@lasos.ca <b>Website:</b> www.lasos.ca</p>	<p><b>Social Diners</b> Social Diners is a hot nutritious noontime meal in the company of friends with entertainment or a guest speaker following the meal. Hosted in a different area of our community on Thursdays. Staff and friendly volunteers make sure each person feels welcome in a safe environment.</p> <p>Advance reservations are required. Transportation can be arranged for a small fee for Napane and Odessa locations. All locations are wheelchair accessible.</p> <p>More information on this agency can be found on page 15.</p>
<p><b>Rural Frontenac Community Services</b> 1020 Elizabeth St. PO Box 250, Sharbot Lake, ON K0H2P0</p> <p><b>Tel:</b> 613-279-3151 <b>Toll-Free:</b> 1-855-279-2052 <b>Website:</b> www.rfcs.ca</p>	<p>Join us for a Home Cooked Meal in four locations:</p> <ul style="list-style-type: none"> <li>• Arden</li> <li>• Ompah/Plevna</li> <li>• Parham</li> <li>• Sharbot Lake</li> </ul> <p>The meal costs approx. \$12 and includes salad, main entrée, bread, dessert, tea, coffee &amp; juice. The meals are offered from 12pm– 1:30 pm. If you're over 50 and plan to come, please call to make a reservation – 613-279-3151.</p> <p>Not only will there be good company and food, but you may learn something new as well. If you know someone who would benefit, invite them to come!</p> <p>More information on this agency can be found on page 23.</p>
<p><b>Southern Frontenac Community Services</b> 4295 Stage Coach Road, Sydenham, ON K0H 2T0</p> <p><b>Tel:</b> 613-376-6477 <b>Email:</b> info@sfcsc.ca <b>Website:</b> www.sfcsc.ca</p>	<p>Looking to meet new people? Enjoy local entertainment? Love a good meal with even better company? Join us at Diner's club! Each week we host a delicious mid-day meal followed by fantastic entertainment in different locations around Southern Frontenac. Transportation is available for any Seniors (55+) who require it.</p> <p><b>Dates and Locations:</b></p> <ul style="list-style-type: none"> <li>• Glenburnie United Church - First Wednesday of the month</li> <li>• Battersea United Church - Some first Wednesdays</li> <li>• Verona Lions Hall – Second Wednesday of the month</li> <li>• Sydenham Grace Centre (Grace Hall) – Third Wednesday of the month</li> <li>• Harrowsmith Golden Links Hall – Fourth Wednesday of the month</li> </ul> <p><b>Time:</b> Wednesdays at 12:00pm <b>Cost:</b> approx. \$11.00 <i>Please call ahead to book your spot!</i></p> <p>More information on this agency can be found on page 30.</p>

# Disease Management Support Services

Agency	Description of Services
<p><b>Alzheimer Society, Kingston, Frontenac, Lennox, and Addington</b>            400 Elliott Avenue, Unit 4,            Kingston, ON, K7K 6M9</p> <p><b>Tel:</b> 613-544-3078  <b>Toll-Free:</b> 1-800-266-7516  <b>Email:</b> ask@alzking.com  <b>Website:</b> www.alzking.com</p>	<p>Business Hours: 9:00 a.m. to 4:30 p.m., Monday to Friday</p> <p><b>Find Resources on:</b></p> <ul style="list-style-type: none"> <li>· Dementia diagnosis</li> <li>· Treatment options</li> <li>· Living with dementia</li> <li>· Caring for someone with dementia</li> <li>· Effective communication strategies</li> <li>· Strategies to help keep those with dementia safe in their environment</li> <li>· Understanding changes in behaviour related to dementia</li> <li>· How to get in touch with support groups</li> </ul>
<p><b>Arthritis Society</b>            308 Wellington St. Suite 100,            Kingston, ON., K7K 7A8</p> <p><b>Tel:</b> 613-546-2546 ext 1601  <b>Toll-free:</b> 1-800-321-1433  <b>Email:</b> info@arthritis.ca  <b>Website:</b> www.arthritis.ca</p>	<p>Provides education, programs, and support for those living with arthritis. Self-referral or referral from health care provider. Resources including how to find a doctor, accessing medications, learning to advocate, finding care and our Helpline.</p> <p>Arthritis Rehabilitation and Education Program: Community-based rehabilitation program, with physiotherapists, occupational therapists and social workers available, and individual consultation and group education sessions.</p> <p><b>Topics may include:</b></p> <ul style="list-style-type: none"> <li>· dealing with pain</li> <li>· arthritis medications</li> <li>· exercises &amp; self-management.</li> </ul> <p><b>Support and Self-Management Programs:</b></p> <ul style="list-style-type: none"> <li>· Chronic Pain Management Workshops - 2-hour course on pain management: participants learn new information and skills, discuss ideas and share experiences with others that have chronic pain or care about people who live with chronic pain</li> <li>· Online self-management courses - E-learning programs: including "Mental Health and Well Being" and "Overcoming Fatigue"</li> </ul> <p>Project Thrive - Annual event for families living with childhood arthritis to come together, learn and have fun.</p>
<p><b>Canadian Cancer Society</b>            496 Days Rd.            Kingston, ON K7M 5R4</p> <p><b>Tel:</b> 613-384-2361  <b>Cancer Information and Support:</b>            1-888-939-3333  <b>Email:</b>            frontenac@ontario.cancer.ca  <b>Website:</b></p>	<p>Local chapter of a national voluntary health organization dealing with cancer, providing information, support and transportation to cancer-related medical appointments.</p> <p>Individuals requiring information regarding cancer or personally experiencing cancer.</p>

# Disease Management Support Services (Cont'd)

Agency	Description of Services
<p><b>Canadian Hearing Society</b> 1300 Bath Road, Frontenac Mall Unit D4 Kingston, ON, K7M4X4</p> <p><b>Toll-Free:</b> 1-866-518-0000 <b>Website:</b> www.chs.ca/locations/kingston</p>	<p>Founded in 1940, the Canadian Hearing Society (CHS) is a non-profit organization and the leading provider of services, products, and information that remove barriers to communication, advance hearing health, and promote equity for people who are Deaf or hard of hearing. CHS is governed by a board of directors, the majority of whom are Deaf or hard of hearing.</p>
<p><b>Canadian Hospice Palliative Care Association</b></p> <p><b>Tel:</b> (613) 542-5013 <b>Website:</b> hospicekingston.ca</p>	<p><b>Our Mission</b> "To provide comfort and support to individual living with a life threatening or terminal illness and their families." Compassion is our mission!</p> <p><b>What are your admission/referral criteria?</b> Individuals and families living with life limiting illness or coping with loss.</p> <p>We can provide compassionate supportive care for individuals, caregivers, and family members. We have weekly support groups and guest speakers. We also provide in home respite support and transportation to medical appointments. We can also help through our Bereavement Program whether it is one on one support or group support or monthly informal drop in chats. Hospice Kingston can be your advocate; however, we can help you and your family - we will.</p>
<p><b>Community Brain Injury Services Locations</b> 303 Bagot Street, Suite 401, Kingston, ON K7K 5W7, LaSalle Mews Building</p> <p><b>Tel:</b> 613-547-6969 <b>Website:</b> braininjuryhelp.ca</p>	<p><b>Services:</b></p> <ul style="list-style-type: none"> <li>· The CBIS Outreach service offers a neurobehavioral approach that involves cognitive, emotional, behavioural, physical and pre-vocational rehabilitation</li> <li>· The Assisted Living Program provides ongoing (up to 24-hour) services for adults with severe acquired brain injury who need specialized support to be part of the community.</li> <li>· The CBIS neuropsychologist provides assessment (not for diagnosis of brain injury), counselling and consultation as well as clinical direction for all client services.</li> </ul>
<p><b>Diabetes Canada</b></p> <p><b>Toll-Free:</b> 1-800-226-8464 <b>Email:</b> info@diabetes.ca <b>Website:</b> www.diabetes.ca</p>	<p>Get information on diabetes, Diabetes Canada programs and services, or membership.</p> <p><b>Here are examples of how we can help:</b></p> <ul style="list-style-type: none"> <li>· Respond to general diabetes information and management questions</li> <li>· Provide you with trusted diabetes resources</li> <li>· Connect you with local, provincial or national resources tailored to your needs</li> <li>· Refer you to Diabetes Canada's programs and services in your community</li> <li>· Offer encouragement and support</li> </ul>

# Disease Management Support Services (Cont'd)

Agency	Description of Services
<p><b>Heart and Stroke Foundation</b> 720 Progress Ave, Unit 5, Kingston, ON K7M 4W9</p> <p><b>Tel:</b> 613-384-2871 <b>Toll-Free:</b> 1-888-473-4636 <b>Email:</b> cathy.stefan@heartandstroke.ca <b>Website:</b></p>	<p><b>Find resources on:</b></p> <ul style="list-style-type: none"> <li>· Heart disease and stroke</li> <li>· Specific conditions</li> <li>· Treatments</li> <li>· Tips for prevention</li> <li>· Warning signs</li> <li>· Available tests</li> <li>· Risks</li> <li>· Recovery and support</li> </ul> <p>The Heart and Stroke Living with Stroke™ program Ontario Living with Stroke™ is a community-based support and educational program designed for stroke survivors and their care partners.</p> <p><b>Kingston Partner:</b> VON Greater Kingston <b>Contact:</b> 613-634-0130 Ext. 3469</p>
<p><b>Life Labs Kingston</b></p> <p><b>Tel:</b> 1-877-849-3637 <b>Locations:</b> 255 Bagot St., Kingston, ON</p> <p>791 Princess St., Kingston, ON</p> <p>1473 John Counter Blvd., #100 Kingston, ON</p> <p><b>Website:</b> www.lifelabs.com</p>	<p>Life Labs provides specialized clinical and laboratory testing. This can be done at one of their locations or at home through their Mobile Lab Service. Services can be requested by your family physician or you can call to make an appointment.</p> <p><b>Life Labs Services:</b></p> <ul style="list-style-type: none"> <li>· General Diagnostics Tests</li> <li>· Genetic Testing</li> <li>· Naturopathic Tests</li> <li>· Heart Monitoring</li> </ul> <p>There are featured tests for Anti-Aging and Wellness, Cardiovascular Health, Gastrointestinal Health, Immunological Disorders, Infection, Oncology, Reproductive Health and Pregnancy and Colorectal Cancer Screening.</p>
<p><b>Muscular Sclerosis Society</b> 829 Norwest Rd., Kingston, ON, K7P 2N3</p> <p><b>Tel:</b> 613-449-4487 <b>Toll-Free:</b> 1-800-268-7582 <b>Email:</b> kfla.msgruop@gmail.com <b>Website:</b></p>	<p>Based on a "self-help" approach, the Frontenac, Lennox and Addington Chapter brings people facing similar issues together so that they can share experiences and advice.</p> <p>Volunteers are recruited to facilitate regular meetings of these groups.</p> <p>A new support group is underway in Kingston and it is open to anyone affected by multiple sclerosis in the community. The meetings take place the third Thursday of each month from 630-8:30 p.m. at Edith Rankin Memorial United Church at 4080 Bath Rd. in Kingston.</p> <p>They also offer peer support services, friendly visiting, legal and self-advocacy support, and support for caregivers.</p>
<p><b>Ontario Brain Injury Association</b></p> <p><b>Tel:</b> 905-641-8877 <b>Toll-Free:</b> 1-855-642-8877 <b>Email:</b> obia@obia.on.ca <b>Website:</b> www.obia.on.ca</p>	<p><b>Traumatic brain Injury Resources</b> Provides educational resources for survivors and caregivers, online support groups, helpline, and acquired brain injury education. <b>Help Hotline:</b> 1-800-263-5404</p> <p><b>Resources Offered:</b></p> <ul style="list-style-type: none"> <li>· Brain Injury Information</li> <li>· Caregiver Education Program</li> <li>· Local Brain Injury Associations</li> <li>· Online Concussion Support Group</li> <li>· Peer Support Program</li> <li>· Educational Workshops</li> </ul>

## Disease Management Support Services (Cont'd)

Agency	Description of Services
<p><b>Parkinson's Canada</b> Ongwanda Resource Centre, 191 Portsmouth Ave, Kingston, ON</p> <p><b>Toll-Free:</b> 1-800-565-3000 <b>Email:</b> info@parkinson.ca <b>Website:</b> www.parkinson.ca</p>	<p>The Kingston chapter offers Parkinson's support groups for those living with Parkinson's Disease and their caregivers. The sessions occur on the first Tuesday of every month from 7pm-9pm.</p> <ul style="list-style-type: none"> <li>· February 05, 2019</li> <li>· March 05, 2019</li> <li>· April 02, 2019</li> <li>· May 07, 2019</li> <li>· June 04, 2019</li> </ul>
<p><b>Parkinson's Support Group</b> <b>Napanee Area Community Health Centre – NACHC</b> 26 Dundas St. W. Napanee ON K7R 1Z4</p> <p><b>Tel:</b> 613-354-8937 <b>Toll-Free:</b> 1-800-565-3000 ext. 3372 <b>Website:</b> www.kchc.ca/index.cfm/napanee-area-chc/</p>	<p>The NACHC runs a support group for people living with Parkinson's Disease, caregivers, friends, and family. The group takes place on the first Wednesday of each month, at 1:30pm, at Napanee Community Health Centre 26 Dundas Street West, Napanee.</p> <p>Napanee and Area Community Health Centre offers primary health care, individual support, programs/groups and services to the residents of Greater Napanee and our surrounding area. NACHC's catchment area encompasses the Town of Greater Napanee, East to County Road 6, West to the Town of Deseronto, South to Lake Ontario (including Amherst Island) and North, including all of Stone Mills Township.</p> <p>For more information on all programs, please call 613.354.8937 ext. 7111.</p>
<p><b>Quinte District Brain Injury Association (BIAQD)</b> The Core Centre, 2nd Floor, 223 Pinnacle Street, Belleville, Ontario, K8N 3A7</p> <p><b>Tel:</b> 613-967-2756 <b>Email:</b> info@biaqd.ca <b>Website:</b> www.biaqd.ca</p>	<p><b>Traumatic brain Injury Resources</b> The Brain Injury Association Quinte District is a not-for-profit organization dedicated to supporting individuals with Acquired Brain Injury, their families, and their communities by promoting awareness through education, information and outreach services.</p> <p>Anyone living with the effects of Acquired Brain Injury can become a member of BIAQD, by filling out a Dual Membership Application between BIAQD and the Ontario Brain Injury Association) and paying a small annual fee.</p> <p>We run a variety of different programs both in and outside of our office that are completely covered by your annual membership fee. In addition to our weekly programs we do have special events for our members such as Golf Tournaments, Harvest Festivals, Holiday Parties and more!</p> <p>If you are interested in becoming a member and joining some or all of these amazing programs, please contact the office and get registered today.</p> <p><b>Activities Offered:</b></p> <ul style="list-style-type: none"> <li>· Aquafit</li> <li>· Fitness Programs</li> <li>· Music</li> <li>· Lunch Program</li> <li>· Walking Program</li> <li>· Artistic Expression</li> <li>· Computers</li> <li>· Peer Support</li> <li>· Potluck Art</li> <li>· Recreation Program</li> <li>· Knitting Circle</li> </ul>



## Disease Management Support Services (Cont'd)

Agency	Description of Services
<b>Stroke Survivor Support Group</b> <b>Napanee Area Community Health Centre – NACHC</b> 26 Dundas St. W., Napanee ON K7R 1Z4  <b>Tel:</b> 613-634-0130 ext.3469 <b>Email:</b> Meighen.Hodgen@von.ca <b>Website:</b> www.von.ca	<p>The NACHC runs a support group for stroke survivors. The group takes place on the second Monday of each month, from 2:00pm-3:30pm, at Napanee Community Health Centre 26 Dundas Street West, Napanee.</p> <p>Focus is on maintaining hope, a healthy lifestyle and connections in the community. Provides social and emotional support to deal with life changes related to a stroke.</p> <p>To register please contact: Meighen Hodgen at 613-634-0130 ext.3469 or Meighen.Hodgen@von.ca</p>

## Falls Prevention

Agency	Description of Services
<b>KFL&amp;A Public Health</b> 221 Portsmouth Ave., Kingston ON, K7M 1V5  <b>Tel:</b> 613-549-1232 <b>Website:</b> www.kflaph.ca	<p>KFL&amp;A offers the Fall Prevention Ambassadors Program. Trained volunteers deliver reliable fall prevention information in a 60 minute PowerPoint presentation. Volunteers will come to you!</p> <p>You can call 613-549-1232 ext. 1180 to book a presentation for your community group.</p>
<b>REPUTE Home and Healthcare</b> 2447 Princess St., Unite E Kingston, ON <b>Tel:</b> 613-531-0931 <b>Email:</b> homecare@reputehealthcare.com <b>Website:</b> www.reputehomecare.com.	<p>See page 20 for more information.</p>
<b>Saint Elizabeth Health Care</b> 1471 John Counter Blvd., Suite 410, Kingston, ON. <b>Tel:</b> 613-530-3400 <b>Email:</b> info@saintelizabeth.com <b>Website:</b> www.saintelizabeth.com	<p>Provides fall prevention and risk assessments through their senior care program.</p> <p>More information on this agency can be found on page 24.</p>
<b>Seniors Association</b>  <b>Tel:</b> 613-548-7810 <b>Email:</b> info@seniorskingston.ca <b>Website:</b> www.seniorskingston.ca	<p>The Seniors Association offers a variety of fitness programs providing exercises to build core muscle strength to help feet stay stable when walking or standing. They also have the specific program called Balance for Fall Prevention. You can call the Seniors Centre to get more information and to see when this program is running.</p> <p>More information on this agency can be found on page 25.</p>

## Falls Prevention (Cont'd)

Agency	Description of Services
<b>Victorian Order of Nurses (VON)</b> 1469 Princess St. Kingston, ON  <b>Tel:</b> 613-634-0130 <b>Toll-Free:</b> 1-800-301-0076 <b>Website:</b> <a href="http://www.von.ca">www.von.ca</a>	VON offers a 12 week program for older adults that will help stay strong, on your feet, healthy and injury free. This program offers: <ul style="list-style-type: none"> <li>• pre and post assessments</li> <li>• balance and strength exercises adapted to ability</li> <li>• information on healthy lifestyles and safety</li> <li>• socialization and fun with others</li> <li>• sessions are led by regulated staff</li> </ul> Classes take place at: <ul style="list-style-type: none"> <li>• Kingston: Bay Park Baptist Church - 775 Progress Ave</li> <li>• Kingston: Artillery Park Community Centre - 382 Bagot St</li> </ul> More information on this agency can be found on page 32.

## Foot Care and Orthotic Services

Agency	Description of Services
<b>Active Orthopedic Solutions</b> 1469 Princess St. Suite4, Kingston, ON. <b>Tel:</b> 613-530-2233 <b>Website:</b> <a href="http://www.active-ortho.ca">www.active-ortho.ca</a>  <b>Second location:</b> Providence Care Hospital 752 King Street West Kingston, ON <b>Tel:</b> 613-544-4900 ext 53595	<ul style="list-style-type: none"> <li>• Assessment and consultation</li> <li>• Custom foot orthotics and bracing</li> <li>• Orthopedic footwear</li> <li>• Shoe and footwear modification</li> <li>• Equipment rental</li> </ul>
<b>Align Orthotics and Rehab</b> 802 John Marks Ave. Kingston, ON  <b>Tel:</b> 613-547-2222 <b>Website:</b> <a href="http://www.alignkingston.com">www.alignkingston.com</a>  <b>Second Location:</b> 920 Princess Street Kingston, ON (Second Floor)	<ul style="list-style-type: none"> <li>• Assessment and consultation</li> <li>• Orthotics</li> <li>• Compression stockings</li> <li>• Braces</li> <li>• Footwear recommendations</li> <li>• Exercise recommendations</li> </ul>
<b>Bayridge Chiropractic Centre</b> 817 Bayridge Drive, Kingston, ON  <b>Tel:</b> 613-389-2125 <b>Website:</b> <a href="http://www.bayridgechiro.ca">www.bayridgechiro.ca</a>	<ul style="list-style-type: none"> <li>• Chiropractic Care</li> <li>• Acupuncture</li> <li>• Biomechanical &amp; computerized gait analysis</li> <li>• Custom orthotics</li> <li>• Therapeutic modalities (Laser, ultrasound and electrotherapy)</li> <li>• Nutrition counselling</li> <li>• Stretches &amp; strengthening exercises</li> <li>• Registered massage therapy</li> </ul>

## Foot Care and Orthotic Services (Cont'd)

Agency	Description of Services
<b>Bayshore Home Care Solutions</b> 190 Wellington Street, Level 3 Kingston, ON K7L 3E4  <b>Tel:</b> 613-542-4242 <b>Toll-Free:</b> 1-855-244-7952 <b>Email:</b> <a href="mailto:kmartin@bayshore.ca">kmartin@bayshore.ca</a> <b>Website:</b> <a href="http://www.bayshore.caa/locations/bayshore-home-health-kingston-on/">www.bayshore.caa/locations/bayshore-home-health-kingston-on/</a>	Assistance with basic and advanced foot care is offered through their nursing service.  To access this service, self- and physician referrals are accepted.  More information on this agency can be found on page 7.
<b>BioPed</b> 1187 Princess Street, Kingston, ON  <b>Tel:</b> 613-542-2008 <b>Website:</b> <a href="http://www.bioped.com">www.bioped.com</a>	<ul style="list-style-type: none"> <li>· Assessment and consultation</li> <li>· Orthotics</li> <li>· Bracing</li> </ul>
<b>CBI Home Health</b> 785 Midpark Drive, Suite 102, Kingston, ON K7M 7G3  <b>Tel:</b> 613-384-7891 <b>Website:</b> <a href="http://www.cbi.ca">www.cbi.ca</a>	Nursing service providing care that includes prevention, treatment and management of conditions impacting foot care.  To access this service, self- and physician referrals are accepted.  More information on this agency can be found on page 8.
<b>Comfort Keepers Home Health Care Services</b> 1786 Bath Road, Suite 12, Kingston, ON K7M 4Y2  <b>Tel:</b> 613-634-2273 <b>Toll-Free:</b> 1-855-221-3221	Assistance with nail trimming and foot care is offered through their nursing services.  More information on this agency can be found on page 9.
<b>Dynamic Orthotics</b> 259 Queen Street, Kingston, ON  <b>Tel:</b> 613-545-9553 <b>Website:</b> <a href="http://www.dynamicorthotics.com">www.dynamicorthotics.com</a>	<ul style="list-style-type: none"> <li>· Gait and pressure analysis</li> <li>· Foam casting</li> <li>· Orthotics</li> </ul>

**Professional Foot Care Treatment**  
**Offered By Dr. Gregory P. Baran, M.D**  
**Portsmouth Medical Clinic**  
**902 Portsmouth Ave, Kingston Ontario**  
**K7M-1W9**  
**Tel: (613) 546- 2321**

**Services are covered under OHIP**  
**depending on medical conditions.**

### Such Services Include:

- Ingrown Nail Removal
- Callus Reduction
- Corn Removal
- Wart Removal
- Fungal Nail Care
- Diabetic Foot Care

## Foot Care and Orthotic Services (Cont'd)

Agency	Description of Services
<b>Handley Chiropractic Clinic</b> 484 Days Road, Kingston ON  <b>Tel:</b> 613-384-1008 <b>Email:</b> <a href="mailto:info@handleychiropractic.com">info@handleychiropractic.com</a> <b>Website:</b> <a href="http://www.handleychiropractic.com">www.handleychiropractic.com</a>	<ul style="list-style-type: none"> <li>• Chiropractic treatment</li> <li>• Medical acupuncture</li> <li>• Orthotics and orthopedic footwear</li> <li>• Spinal decompression</li> <li>• Cold and low-level laser therapy</li> </ul>
<b>Kingston Foot and Ankle Clinic and Orthotics Centre</b> 805 Development Drive, Kingston ON K7M 4W6  <b>Tel:</b> 613-634-1707 <b>Website:</b> <a href="http://kingstonfootclinic.com">kingstonfootclinic.com</a>	Professional foot care for treatment of ingrown nails, thick/fungal nail reduction/management, calluses/corns, warts and wound care.  Requests for appointments can be made by phone or on the clinic's website.
<b>Marathon Podiatry and Orthotic Clinic</b> 506 Days Road, Kingston, ON  <b>Tel:</b> 613-546-3126	<ul style="list-style-type: none"> <li>• Assessment and consultation</li> <li>• Orthotics</li> <li>• Orthopedic Footwear</li> <li>• Medical Foot Care</li> <li>• Genesisplus laser for fungal nails and plantar warts</li> </ul>
<b>Merry Family Foot Clinic</b> Frontenac Medical Centre 791 Princess Street, Suite 101, Kingston, ON K7L 1E9  <b>Tel:</b> 613-542-3668 <b>Email:</b> <a href="mailto:office@merryfootclinic.ca">office@merryfootclinic.ca</a> <b>Website:</b> <a href="http://merryfootclinic.ca">merryfootclinic.ca</a>	<ul style="list-style-type: none"> <li>• Assessment and consultation</li> <li>• Specialized treatment for foot and ankle conditions</li> <li>• Custom made orthotics</li> <li>• Footwear</li> </ul>
<b>Optimum Foot Orthotics</b> 993 Princess Street, Unit 14, Suite 1406, Kingston, ON  <b>Tel:</b> 613-777-0707 <b>Email:</b> <a href="mailto:info@optimumfootorthotics.com">info@optimumfootorthotics.com</a> <b>Website:</b> <a href="http://www.optimumfootorthotics.com">www.optimumfootorthotics.com</a>	<ul style="list-style-type: none"> <li>• On site manufacturing and fitting of custom orthotics</li> <li>• Foot care clinic</li> <li>• Plaster cast</li> </ul>
<b>ParaMed Home Health Care</b> 786 Blackburn Mews, Kingston, ON  <b>Tel:</b> 613-549-0112 <b>Email:</b> <a href="mailto:info@paramed.com">info@paramed.com</a> <b>Website:</b> <a href="http://www.paramed.com">www.paramed.com</a>	Offers foot care which includes: <ul style="list-style-type: none"> <li>• Care relief from corns and calluses</li> <li>• Education regarding footwear</li> <li>• Toenail trimming</li> </ul> More information on this agency can be found on page 18.

## Foot Care and Orthotic Services (Cont'd)

Agency	Description of Services
<b>Quarry Medical Foot Clinic</b> 2300 Princess St., Kingston, ON <b>Tel:</b> 613-541-3922 <b>Email:</b> <a href="mailto:quarrymedical@gmail.com">quarrymedical@gmail.com</a> <b>Website:</b> <a href="http://quarrymedical.com">quarrymedical.com</a>	<b>Services includes:</b> <ul style="list-style-type: none"> <li>· Foot Care</li> <li>· Diabetic Information</li> <li>· Compression Stockings</li> <li>· Wound Care</li> <li>· Custom Orthotics</li> <li>· Ingrown Toenails</li> <li>· Foot Fungus</li> <li>· Peripheral Neuropath</li> <li>· Plantar Fasciatus</li> </ul>
<b>Quality Care Health Services</b> 1096 Crossfield Ave., Kingston, ON.  <b>Tel:</b> 613-531-0265	Offer foot care services including wound management through their nursing services.  You can call to request information about services and can self-refer for the services. Fees are hourly based and dependent on the service needed.  More information on this agency can be found on page 19.
<b>Retire-At-Home</b> 427 Princess St., Suite 209, Kingston, ON  <b>Tel:</b> 613-389-0101 <b>Cell:</b> 613-483-2174 <b>Email:</b> <a href="mailto:kingston@retireathome.com">kingston@retireathome.com</a> <b>Website:</b> <a href="http://www.retireathome.com/home-care-in-kingston/">www.retireathome.com/home-care-in-kingston/</a>	Provides foot care services including wound management through their nursing services.  Anyone is eligible for services and you can contact via phone or email for a free consultation. There is a fee for services.  More information on this agency can be found on page 21.
<b>Rural Frontenac Community Services</b> 1020 Elizabeth St. PO Box 250, Sharbot Lake, ON  <b>Tel:</b> 613-279-3151 <b>Toll-Free:</b> 1-855-279-2052 <b>Website:</b> <a href="http://www.rfcs.ca">www.rfcs.ca</a>	Rural Frontenac Community Services provides many services including Foot Care. Please call their number for more information.  More information on this agency can be found on page 23.
<b>Saint Elizabeth Health Care</b> 1471 John Counter Blvd., Suite 410, Kingston, ON.  <b>Tel:</b> 613-530-3400 <b>Email:</b> <a href="mailto:info@saintelizabeth.com">info@saintelizabeth.com</a> <b>Website:</b> <a href="http://www.saintelizabeth.com">www.saintelizabeth.com</a>	Offers foot care which includes: <ul style="list-style-type: none"> <li>· Care for calluses, bunions, ingrown toenails and fungal infections.</li> <li>· Educating regarding wounds and infections on feet for those with diabetes.</li> </ul> More information on this agency can be found on page 24.

## Foot Care and Orthotic Services (Cont'd)

Agency	Description of Services
<b>Seniors Association</b> <b>Tel:</b> 613-548-7810 <b>Email:</b> <a href="mailto:info@seniorskingston.ca">info@seniorskingston.ca</a> <b>Website:</b> <a href="http://www.seniorskingston.ca">www.seniorskingston.ca</a>	<p>Registered nurses with specialized training provide toenail trimming, treatment of diabetic foot conditions, relief from corns and calluses, foot hygiene and preventative education.</p> <p>Services are available for both members and non-members at a cost.</p> <p>If you are interested, you can call or visit the Seniors Centre to make an appointment.</p> <p>More information on this agency can be found on page 25.</p>
<b>Seniors for Seniors</b> 2275 Stevenage Drive, Ottawa, ON K1G 3W1  <b>Tel:</b> 613-627-3773 <b>Website:</b> <a href="http://seniorsforseniors.ca">seniorsforseniors.ca</a>	<p>Seniors for Seniors offers the following:</p> <ul style="list-style-type: none"> <li>• Personalized assessment of feet and nails</li> <li>• Toenail trimming and filing</li> <li>• Cream application to moisturize feet</li> <li>• Assessment and treatment of corns and calluses</li> <li>• Advice on how to prevent</li> <li>• Referrals to appropriate resources if required</li> </ul> <p>More information on this agency can be found on page 26.</p>
<b>Southern Frontenac Community Services</b> 4295 Stage Coach Road, Sydenham, ON K0H 2T0  <b>Tel:</b> 613-376-6477 <b>Email:</b> <a href="mailto:info@sfcsc.ca">info@sfcsc.ca</a> <b>Website:</b> <a href="http://www.sfcsc.ca">www.sfcsc.ca</a>	<p>Southern Frontenac Community Services provides many services including Foot Care. Please call their number for more information.</p> <p>More information on this agency can be found on page 30.</p>
<b>Stand Your Ground</b> 100-1365 Midland Ave. Suite 100, Kingston, ON  <b>Tel:</b> 613-384-3026 <b>Website:</b> <a href="http://www.standyourground.ca">www.standyourground.ca</a>	<ul style="list-style-type: none"> <li>• Foot Orthotics</li> <li>• Compression socks</li> <li>• Orthopedic footwear</li> <li>• Bracing</li> </ul>
<b>Victorian Order of Nurses (VON)</b> 1469 Princess Street, Kingston, ON  <b>Tel:</b> 613-634-0130 <b>Toll-Free:</b> 1-800-301-0076 <b>Website:</b> <a href="http://www.von.ca">www.von.ca</a>	<p>VON nurses provide assessment, care and advice for clients of all ages, including people who suffer from chronic diseases like diabetes, who need to pay particular attention to their feet.</p> <p>Care includes clipping nails, treating corns, calluses, ingrown nails and thickened nails and preventative care as well as referral to other health professionals. The service can be provided in-home.</p> <p>Anyone is eligible and there is a small fee.            Call and speak with the intake reception at the VON.</p> <p>More information on this agency can be found on page 32.</p>

# Grocery Shopping Services and Delivery

Agency	Description of Services
<p><b>Bayshore Home Care Solutions</b>            190 Wellington Street, Level 3            Kingston, ON K7L 3E4</p> <p><b>Tel:</b> 613-542-4242  <b>Toll-Free:</b> 1-855-244-7952  <b>Email:</b> <a href="mailto:kmartin@bayshore.ca">kmartin@bayshore.ca</a>  <b>Website:</b>  <a href="http://www.bayshore.ca/locations/bayshore-home-care-solutions-kingston-on/">www.bayshore.ca/locations/bayshore-home-care-solutions-kingston-on/</a></p>	<p>Assistance with grocery shopping is offered through their meal preparation service.</p> <p>More information on this agency can be found on page 7.</p>
<p><b>CBI Home Health</b>            785 Midpark Drive, Suite 102,            Kingston, ON K7M 7G3</p> <p><b>Tel:</b> 613-384-7891  <b>Website:</b>  <a href="http://www.cbi.ca/web/home-health-kingston-midpark/">www.cbi.ca/web/home-health-kingston-midpark/</a></p>	<p>Assistance with grocery shopping is offered under Home Help and Homemaking.</p> <p>Home management services are provided by home support workers (HSWs) that includes:</p> <ul style="list-style-type: none"> <li>· homemaking and light house cleaning</li> <li>· shopping</li> <li>· meal preparation</li> </ul> <p>More information on this agency can be found on page 8.</p>
<p><b>Comfort Keepers Home Health Care Services</b>            1786 Bath Road, Suite 12,            Kingston, ON K7M 4Y2</p> <p><b>Tel:</b> 613-634-2273  <b>Toll-Free:</b> 1-855-221-3221  <b>Email:</b>  <a href="mailto:Kingston@comfortkeepers.ca">Kingston@comfortkeepers.ca</a>  <b>Website:</b>  <a href="http://www.comfortkeepers.ca/kingston/">www.comfortkeepers.ca/kingston/</a></p>	<p>Assistance with grocery shopping is offered through their home companionship and care services.</p> <p>More information on this agency can be found on page 9.</p>
<p><b>Fargo's General Store</b>            1202 Country Road 96            Wolfe Island, ON</p> <p><b>Tel:</b> 613-385-2323</p>	<p>Call to place an order and have items delivered to your home.</p>
<p><b>For the Love of Seniors</b>            42 Clairton Place,            Amherstview, ON, K7N 1R7</p> <p><b>Tel:</b> 613-766-7936  <b>Alt:</b> 613-217-0520  <b>Email:</b>  <a href="mailto:lisa@fortheLoveofSeniors.com">lisa@fortheLoveofSeniors.com</a>  <b>Website:</b>  <a href="http://fortheLoveofSeniors.com">fortheLoveofSeniors.com</a></p>	

## Grocery Shopping Services and Delivery (Cont'd)

Agency	Description of Services
<b>Heart to Heart Seniors Services Inc.</b>  <b>Tel:</b> 613-767-0820 <b>Email:</b> <a href="mailto:aggie@h2hcare.ca">aggie@h2hcare.ca</a> <b>Website:</b> <a href="http://www.h2hcare.ca">www.h2hcare.ca</a>	<p>Helps in transportation to grocery store. Can also assist in running the errand of grocery shopping or supporting you while grocery shopping.</p> <p>More information on this agency can be found on page 11.</p>
<b>Helping Hands 4 Seniors</b>  <b>Tel:</b> 613-329-6579 <b>Email:</b> <a href="mailto:kims.helpinghands4u@gmail.com">kims.helpinghands4u@gmail.com</a> <b>Website:</b> <a href="http://www.ygkfamily.com/item/helping-hands-4-seniors/">www.ygkfamily.com/item/helping-hands-4-seniors/</a>	<p>Provides assistance with grocery shopping and gift shopping.</p> <p>Anyone is eligible. To access these service call or email them.</p> <p>More information on this agency can be found on page 12.</p>
<b>Comfort Keepers Home Health Care Services</b> 1786 Bath Road, Suite 12, Kingston, ON K7M 4Y2  <b>Tel:</b> 613-634-2273 <b>Toll-Free:</b> 1-855-221-3221 <b>Email:</b> <a href="mailto:Kingston@comfortkeepers.ca">Kingston@comfortkeepers.ca</a> <b>Website:</b> <a href="http://www.comfortkeepers.ca/kingston/">www.comfortkeepers.ca/kingston/</a>	<p>Assistance with grocery shopping is offered through their home companionship and care services.</p> <p>More information on this agency can be found on page 9.</p>
<b>Loblaws</b> 1048 Midland Ave Kingston, ON <b>Tel:</b> 613-389-5339  1100 Princess Street, Kingston, ON <b>Tel:</b> 613-530-3861  <b>Website:</b> <a href="http://www.shop.loblaws.ca">www.shop.loblaws.ca</a>	<p>Click &amp; Collect service is offered. Visit the site, enter in postal code or location and pick a store. Shop online adding to cart and items are gathered for you and brought out to you for pick up.</p> <p>To place a Click &amp; Collect order you will need to sign up for an account and have a credit card on file. A taxi driver, family member or courier service can pick up your groceries with your file name and order number. You can pay ahead of time from your account or you can pay at pick up with any form of payment. There is a small fee for the service.</p> <p>Both Loblaws have two scooters and wheelchairs if needed.</p> <p>Rabbit Express Courier Service will pick up already gathered groceries for you and bring them to you for a small fee. Call: 613-531-9525</p>
<b>Metro</b> Gardiners Town Centre 460 Gardiners Road Kingston, ON  <b>Tel:</b> 613-384-6334	<p>First Student Bus Line can pick seniors up from their home, take them to the Metro grocery store and bring them back home every Friday morning around 9:30am to 12:30pm. The store has an electric scooter and a wheelchair available for shopping.</p> <p>Call First Student Bus Line to get on the list for pick up at: 613-389-8690.</p>



## Grocery Shopping Services and Delivery (Cont'd)

Agency	Description of Services
<p><b>MrsGrocery Kingston</b> 943 Thompson Crescent Kingston, ON</p> <p><b>Tel:</b> 1-800-553-0950 <b>Email:</b> <a href="mailto:kingston@mrsgrocery.com">kingston@mrsgrocery.com</a> <b>Website:</b> <a href="http://www.mrsgrocery.com">www.mrsgrocery.com</a></p>	<p>Personal shopping and delivery order are placed on <a href="http://www.mrsgrocery.com">www.mrsgrocery.com</a> or called in and placed. Once order is placed they will do the shopping and deliver it to you. Payment for their service is approx. \$10 and 10% of your shopping bill.</p>
<p><b>Ontario Family Matters</b></p> <p><b>Tel:</b> 613-484-5924 <b>Email:</b> <a href="mailto:OntarioFamilyMatters@gmail.com">OntarioFamilyMatters@gmail.com</a> <b>Website:</b> <a href="http://OntarioFamilyMatters.ca">OntarioFamilyMatters.ca</a></p>	<p>Assistance with grocery shopping is offered in their services.</p> <p>More information on this agency can be found on page 17.</p>
<p><b>ParaMed Home Health Care</b> 786 Blackburn Mews, Kingston, ON</p> <p><b>Tel:</b> 613-549-0112 <b>Email:</b> <a href="mailto:info@paramed.com">info@paramed.com</a> <b>Website:</b> <a href="http://www.paramed.com">www.paramed.com</a></p>	<p>Assistance with grocery shopping is offered through their homemaking program.</p> <p>More information on this agency can be found on page 18.</p>
<p><b>REPUTE Home and Healthcare</b> 2447 Princess St., Unite E Kingston, ON</p> <p><b>Tel:</b> 613-531-0931 <b>Email:</b> <a href="mailto:homecare@reputehealthcare.com">homecare@reputehealthcare.com</a> <b>Website:</b> <a href="http://www.reputehomecare.com">www.reputehomecare.com</a></p>	<p>Assistance with shopping is provided at this location. Please call for more information.</p> <p>More information on this agency can be found on page 20.</p>
<p><b>Quality Care Health Services</b> 1096 Crossfield Ave. Kingston, ON</p> <p><b>Tel:</b> 613-531-0265</p>	<p>They provide assistance with grocery shopping including doing grocery runs.</p> <p>You can call to request information about services and can self-refer for the services. Fees are hourly based and dependent on the service needed.</p> <p>More information on this agency can be found on page 19.</p>

## Grocery Shopping Services and Delivery (Cont'd)

Agency	Description of Services
<b>Quattrocchi's Speciality Foods</b> 662 Montreal Street Kingston, ON  <b>Tel:</b> 613-542-4996 <b>Website:</b> <a href="http://www.specialtyfood.ca">www.specialtyfood.ca</a>	Call in to place order and items are collected and delivered right to your home. You can also place order on the website. Any method of payment is accepted at the door. Delivers seven days a week any-time 7:30am-6pm.
<b>Retire-At-Home</b> 427 Princess St., Suite 209, Kingston, ON.  <b>Tel:</b> 613-389-0101 <b>Cell:</b> 613-483-2174 <b>Email:</b> <a href="mailto:kingston@retireathome.com">kingston@retireathome.com</a> <b>Website:</b> <a href="http://www.kingstonretireathome.com/company">www.kingstonretireathome.com/company</a>	Provides assistance with preparing grocery lists and grocery shopping through their companionship services.  Anyone is eligible for services and you can contact via phone or email for a free consultation. There is a fee for services.  More information on this agency can be found on page 21.
<b>Saint Elizabeth Health Care</b> 1471 John Counter Blvd. Suite 410, Kingston, ON.  <b>Tel:</b> 613-530-3400 <b>Email:</b> <a href="mailto:info@saintelizabeth.com">info@saintelizabeth.com</a> <b>Website:</b> <a href="http://www.saintelizabeth.com">www.saintelizabeth.com</a>	Assistance with grocery shopping is offered through their companionship program, home support program, and their personal care program.  More information on this agency can be found on page 24.
<b>Seniors for Seniors</b> 2275 Stevenage Drive, Ottawa, ON K1G 3W1  <b>Tel:</b> 613-627-3773 <b>Website:</b> <a href="http://seniorsforseniors.ca">seniorsforseniors.ca</a>	Personal and Homemaking Companions can assist you grocery shopping and meal plan.  More information on this agency can be found on page 26.
<b>Seniors Helping Hand Kingston</b> Kingston, ON  <b>Tel:</b> 613-530-7663 <b>Website:</b> <a href="http://seniorshelpinghand.ca">seniorshelpinghand.ca</a>	Grocery shopping services are made available under companion care.  More information on this agency can be found on page 27.

# Health Information, Doctor Search

Agency	Description of Services
<p><b>The College of Physicians and Surgeons of Ontario (Doctor Search)</b></p> <p><b>Toll-Free:</b> 1-800-268-7096  <b>Website:</b>  <a href="http://www.cpso.on.ca/public-register/all-doctors-search/">www.cpso.on.ca/public-register/all-doctors-search/</a></p>	<p>Online directory that you can search to find information about available family doctors and specialists, including practice addresses, telephone numbers and qualifications.</p>
<p><b>Health Care Connect</b></p> <p><b>Toll-Free:</b> 1-800-445-1822  <b>Website:</b>  <a href="http://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner/">www.ontario.ca/page/find-family-doctor-or-nurse-practitioner/</a></p>	<p>Program providing you with assistance in finding a doctor or nurse practitioner if you do not have one.</p> <p>TO be eligible for the program you must:</p> <ul style="list-style-type: none"> <li>· Not currently have a healthcare provider</li> <li>· Have a valid Ontario Health Card</li> <li>· Have an up-to-date mailing address</li> </ul>
<p><b>MedsCheck</b></p> <p><b>Toll-Free:</b> 1-866-255-6701</p>	<p>A service available that provides a free 30-minute appointment with your local pharmacist to review your medications and make sure they are being taken properly.</p> <p>To be eligible for this service, you must:</p> <ul style="list-style-type: none"> <li>· Be taking at least 3 medications for chronic conditions, or,</li> <li>· Have diabetes, or,</li> <li>· Live in long term care</li> </ul> <p>To make an appointment, contact your local pharmacist or call the listed phone number.</p>
<p><b>Service Ontario INFOLine</b></p> <p><b>Toll-Free:</b> 1-866-532-3161</p>	<p>For inquiries to health care please call the listed phone number between the hours of 8:30am to 5:00pm.</p>
<p><b>Telehealth</b></p> <p><b>Toll-Free:</b> 1-866-797-0000</p>	<p>Free access to medical advice and information by a registered nurse 24 hours a day, 7 days a week.</p> <p>By calling the listed phone number, a nurse will help direct you to the most appropriate level of care (yourself, visiting a doctor, going to a clinic, or emergency room) or put you in contact with another healthcare professional to determine your next steps.</p> <p>All calls are confidential and available in English and French.</p> <p>Translation services for some other language are also provided.</p>

# Home Maintenance and Repair

Agency	Description of Services
<p><b>For the Love of Seniors</b> 42 Clairton Place, Amherstview, ON, K7N 1R7</p> <p><b>Tel:</b> 613-766-7936 <b>Alt:</b> 613-217-0520 <b>Email:</b> <a href="mailto:lisa@fortheLoveofSeniors.com">lisa@fortheLoveofSeniors.com</a> <b>Website:</b> <a href="http://fortheLoveofSeniors.com">fortheLoveofSeniors.com</a></p>	<p>Provides home maintenance (handyman services) for a fee.</p> <p>Call to access these services.</p> <p>More information on this agency can be found on page 10.</p>
<p><b>Kingston Energy Exteriors Inc.</b> 638 Norris Crt., Kingston, ON.</p> <p><b>Tel:</b> 613-389-0155 <b>Website:</b> <a href="http://www.energykingston.com">www.energykingston.com</a></p>	<p>Provides home improvement and handyman services.</p> <p>To see if your project is eligible for this service, call the company and explain the type of work you are looking for and they may be able to assist you.</p> <p>No senior discount.</p>
<p><b>Kingston Home Maintenance</b> 3756 Copper Kettle Dr., Inverary, ON.</p> <p><b>Tel:</b> 613-353-5097 <b>Email:</b> <a href="mailto:info@kingstonhomemaintenance.ca">info@kingstonhomemaintenance.ca</a> <b>Website:</b> <a href="http://www.kingstonhomemaintenance.ca">www.kingstonhomemaintenance.ca</a></p>	<p>Provides major renovation or a small repair service.</p> <p>Send an email outlining the work you need done and receive a free estimate.</p>
<p><b>Seniors Association</b> 613-548-7810</p> <p>56 Francis St. &amp; 1300 Bath Rd., Kingston, ON.</p> <p><b>Email:</b> <a href="mailto:info@seniorskingston.ca">info@seniorskingston.ca</a></p> <p><b>Website:</b> <a href="http://www.seniorskingston.ca">www.seniorskingston.ca</a></p>	<p>Recommends trusted service provider to take care of home maintenance needs such as running errands, cleaning, yard work and small electrical, plumbing and carpentry jobs.</p> <p>Prices are negotiated by clients with the service provider.</p> <p>More information on this agency can be found on page 25.</p>

# Housekeeping Services

Agency	Description of Services
<p><b>Bayshore Healthcare</b> 102-1471 John Counter Blvd. Kingston, ON.</p> <p><b>Tel:</b> 613-542-4242 <b>Email:</b> afitches@bayshore.ca <b>Website:</b> www.bayshore.ca</p>	<p>Assistance with housekeeping is offered through their companionship service.</p> <p>It is also offered through their light housekeeping service which includes:</p> <ul style="list-style-type: none"> <li>· Light housekeeping</li> <li>· Laundry</li> <li>· Vacuuming</li> <li>· Mopping floors</li> <li>· Sweeping</li> <li>· Dusting</li> <li>· Cleaning bathrooms and kitchen</li> </ul> <p>More information on this agency can be found on page 7.</p>
<p><b>CBI Home Health</b> 785 Midpark Ave., Suite 102 Kingston, ON</p> <p><b>Tel:</b> 613-384-7891 <b>Website:</b> www.cbi.ca/web/home-health-kingston-midpark/</p>	<p>Offers assistance with basic housekeeping duties from personal support workers and home support workers.</p> <p>More information on this agency can be found on page 8.</p>
<p><b>Comfort Keepers</b> 1786 Bath Rd., Suite 12 Kingston, ON</p> <p><b>Tel:</b> 613-634-2273 <b>Toll-Free:</b> 1-855-221-3221 <b>Email:</b> kingston@comfortkeepers.ca <b>Website:</b> www.comfortkeepers.ca</p>	<p>Comfort Keepers of Kingston provides a wide range of in-home senior care services for the the Kingston, Belleville, Brockville Ontario and surrounding areas. In-home elder care provides family members with peace of mind, knowing their loved ones are taken care of. Providing long-term care for an elder can be very taxing and time consuming. Hiring home support services such as Comfort Keepers of Kingston reduces this stress.</p> <p>Assistance with housekeeping is offered through their home companionship and care services which includes:</p> <ul style="list-style-type: none"> <li>· Vacuuming</li> <li>· Dusting</li> <li>· Sweeping</li> <li>· Mopping floors</li> <li>· Cleaning bathrooms (sinks, tubs, showers, and toilets), kitchens (sinks, appliances, counters, taking out trash)</li> <li>· Straightening all rooms</li> <li>· Organizing closets and drawers</li> <li>· Cleaning easily accessed interior windows.</li> <li>· Laundry</li> </ul> <p>More information on this agency can be found on page 9.</p>

## Housekeeping Services (Cont'd)

Agency	Description of Services
<p><b>For the Love of Seniors</b> 919 Hudson Dr., Kingston, ON</p> <p><b>Tel:</b> 613-766-7936 <b>After Hours:</b> 613-217-0520 <b>Email:</b> lisa@fortheloveofseniors.com <b>Website:</b> www.fortheloveofseniors.com</p>	<p>Provides light housekeeping services.</p> <p>Anyone is eligible. Call to access these services.</p> <p>More information on this agency can be found on page 10.</p>
<p><b>Helping Hands 4 Seniors</b> Kingston, ON</p> <p><b>Tel:</b> 613-329-6579 <b>Email:</b> kims.helpinghands4u@gmail.com <b>Website:</b> www.hh4seniors.com</p>	<p>Offers assistance with basic housekeeping duties from personal support workers and home support workers.</p> <p>More information on this agency can be found on page 12.</p>
<p><b>Comfort Keepers</b> 1786 Bath Rd., Suite 12 Kingston, ON</p> <p><b>Tel:</b> 613-634-2273 <b>Toll-Free:</b> 1-855-221-3221 <b>Email:</b> kingston@comfortkeepers.ca <b>Website:</b> www.comfortkeepers.ca</p>	<p>Provides house cleaning services for a fee. Also provides assistance with home organizing and laundry.</p> <p>Anyone is eligible. To access these services call or email them.</p> <p>More information on this agency can be found on page 9.</p>
<p><b>Limestone City, Home Health Care Services</b> 993 Princess Street, Unit 14, Suite 1424, Kingston, ON K7L 1H3</p> <p><b>Tel:</b> 613-767-4204 <b>Email:</b> homecarelimestonecity@gmail.com <b>Website:</b> www.limestonecityhomehealthcare.com/services</p>	<p>Limestone City Home Health Care Services offers a wide variety of services to assist you or a loved one in remaining in the comfort of home. Our professional care providers are on-hand to assist with whatever is required, from companionship to caring for an individual with Alzheimer's/Dementia.</p> <p>We are listed providers for Veterans Affairs Canada, HCAI, FSCO and we are listed on the SouthEast Health Line.</p> <p><b>Laundry:</b> We will ensure that all of your laundry is cleaned properly so that you can always enjoy fresh, clean clothes.</p> <p>More information on this agency can be found on page 16.</p>
<p><b>Ontario Family Matters</b> Kingston, ON</p> <p><b>Tel:</b> 613-484-5942 <b>Website:</b> ontariofamilymatters.ca 64</p>	<p>Provides help with basic housekeeping duties including (but not limited to) laundry and cleaning around the house.</p> <p>More information on this agency can be found on page 17.</p>

## Housekeeping Services (Cont'd)

Agency	Description of Services
<p><b>ParaMed Home Healthcare</b> 786 Blackburn Mews, Kingston, ON.</p> <p><b>Tel:</b> 613- 549-0112 <b>Email:</b> info@paramed.com <b>Website:</b> www.paramed .com</p>	<p>Assistance with housekeeping is offered through their home- making program.</p> <p>More information on this agency can be found on page 18.</p>
<p><b>REPUTE Home and Healthcare</b> 2447 Princess St., Unite E Kingston, ON</p> <p><b>Tel:</b> 613-531-0931 <b>Email:</b> homecare@reputehealthcare.c om <b>Website:</b> www.reputehomecare.com</p>	<p>Assistance with light housekeeping and laundry is offered through this agency.</p> <p>More information on this agency can be found on page 20.</p>
<p><b>Quality Care Health Services</b> 1096 Crossfield Ave. Kingston, ON</p> <p><b>Tel:</b> 613-531-0265 <b>Website:</b> <a href="https://www.southeasthealthline.ca/displayservice.aspx?id=73665">https://www.southeasthealthlin e.ca/displayservice.aspx?id=7 3665</a></p>	<p>They provide assistance with homemaking tasks:</p> <ul style="list-style-type: none"> <li>· Cleaning</li> <li>· Laundry</li> <li>· Meal planning and preparation</li> <li>· Grocery shopping</li> <li>· Errands</li> </ul> <p>You can call to request information about services and can self-refer for the services. Fees are hourly based and dependent on the service needed.</p> <p>More information on this agency can be found on page 19.</p>

## Housekeeping Services (Cont'd)

Agency	Description of Services
<p><b>Retire-At-Home</b> 427 Princess St., Suite 209, Kingston, ON</p> <p><b>Tel:</b> 613-407-0325 <b>Alt Tel:</b> 613-389-0101 <b>After Hours:</b> 613-483-2174 <b>Email:</b> kingston@retireathome.com <b>Website:</b> retireathomekingston.com</p>	<p>Home Support Services may include:</p> <ul style="list-style-type: none"> <li>· Cleaning the kitchen, bathrooms, bedroom and other rooms</li> <li>· Change bed linens</li> <li>· Taking care of your laundry</li> <li>· Sweeping balcony or front walk</li> <li>· Pet care – taking animals for walks, feeding</li> <li>· Put away dishes if in sink</li> <li>· Put all supplies and equipment neatly away</li> <li>· Watering plants</li> <li>· Watering plants</li> </ul> <p>Anyone is eligible for services and you can contact via phone or email for a free consultation. There is a fee for services.</p> <p>At no additional charge, our experienced Client Care Managers will also provide:</p> <ul style="list-style-type: none"> <li>· Free In-Home Assessment to discuss your needs and wishes</li> <li>· Regular review visits to oversee the care you receive</li> <li>· Regular phone calls with family and professionals as required</li> <li>· 24-hour on-call support for all questions and issues</li> </ul> <p>More information on this agency can be found on page 21.</p>
<p><b>Rural Frontenac Community Services</b> 1020 Elizabeth St. PO Box 250, Sharbot Lake, ON K0H2P0</p> <p><b>Tel:</b> 613-279-3151 <b>Toll-Free:</b> 1-855-279-2052 <b>Website:</b> www.rfcs.ca/services/adult-and-seniors-programs/</p>	<p>Community Support Services are available at Rural Frontenac Community Services. We are a community-based health service provider offering a range of supports to assist seniors in their home. We take great care to get to know you and explore what services you can benefit from and in the most cost-effective means. We work closely with Home and Community Care, the SMILE program, other support agencies and Veterans affairs.</p> <p>Let our contracted workers help keep your house the way you like it. Tasks may include cleaning floors, bathrooms, kitchen areas, dusting, laundry, and food preparation.</p> <p>More information on this agency can be found on page 23.</p>
<p><b>Saint Elizabeth Health Care</b> 1471 John Counter Blvd., Suite 410, Kingston, ON</p> <p><b>Tel:</b> 613-530-3400 <b>Email:</b> info@saintelizabeth.com <b>Website:</b> www.saintelizabeth.com</p>	<p>Assistance is offered through their companionship program, home support program, and their personal care program.</p> <p>More information on this agency can be found on page 24.</p>



## Housekeeping Services (Cont'd)

Agency	Description of Services
<p><b>Seniors Association</b> 56 Francis St., Kingston, ON</p> <p><b>Second Location</b> 1300 Bath Rd., Kingston, ON.</p> <p><b>Tel:</b> 613-548-7810 <b>Email:</b> info@seniorskingston.ca <b>Website:</b> www.seniorskingston.ca</p>	<p>Recommends trusted service providers for your home maintenance needs such as running errands, cleaning and yard work.</p> <p>Prices are negotiated by the client with the service provider.</p> <p>More information on this agency can be found on page 25.</p>
<p><b>Southern Frontenac Community Services</b> 4295 Stage Coach Road, Sydenham, ON K0H 2T0</p> <p><b>Tel:</b> 613-376-6477 <b>Email:</b> info@sfcsc.ca <b>Website:</b> www.sfcsc.ca/seniors-services</p>	<p><b>Home Help</b> www.sfcsc.ca/home-helpers/</p> <p>Home Help service providers can provide assistance with routine housekeeping, shopping, meal preparation or other physically challenging activities required to maintain your home. Our Staff arrange for screened workers to complete the jobs you need done.</p> <p>Approved activities include ~ vacuuming, sweeping, mopping, washing floors, cleaning bathrooms, and kitchens, interior window washing, general housekeeping, dusting, assistance with laundry and meal preparation. Home Helpers cannot assist with bathing, dressing, foot care or hair care; requests of this nature should be requested as Respite Care.</p> <p>Home Helpers are generally requested on a weekly or bi-weekly basis. Please contact us for more information: 613-376-6477 ext. 306</p> <p>More information on this agency can be found on page 30.</p>

## Housekeeping Services (Cont'd)

### Agency

### Description of Services

#### Victorian Order of Nurses (VON)

1469 Princess St.  
Kingston, ON

Tel: 613-634-0130

Toll-Free: 1-800-301-0076

Website: www.von.ca

The Home Help program provides light housekeeping services such as vacuuming, washing floors, laundry and meal preparations. They also provide homemaking services through their respite program.

If you are a senior or individual with a disability you are eligible and there is a small fee. Call and speak with the intake reception at the VON.

#### Seniors Managing Independent Life Easily (SMILE)

The SMILE program provides support for daily living if you are 75 years of age or older and at risk of losing your independence due to increasing frailty. Services that are covered include: Meals, routine housekeeping, shopping, laundry, running errands, transportation to and from health care appointments, and seasonal outdoor chores. There is no Fee.

#### Assisted Living Service for High-Risk Seniors

The program provides a combination of personal support and homemaking services, security checks or reassurance services, and care coordination. A referral from South East Local Health Integration Network is required to access to this program.

More information on this agency can be found on page 32.



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# Housing

Agency	Description of Services
<p><b>Bowling Green II (Oasis Senior Support Living Program)</b> 237 Bath Rd., Kingston, ON</p> <p><b>Tel:</b> 613-542-7815 <b>Website:</b> <a href="http://www.homestead.ca/apartments/237-bath-road-kingston/">www.homestead.ca/apartments/237-bath-road-kingston/</a></p>	<p>There are services provided for those who are seniors living in this apartment. The following services are provided for seniors:</p> <p><b>Shopping</b></p> <ul style="list-style-type: none"><li>· Loblaw's shopping service. This service requires that you have a Loblaw's credit card. It provides internet shopping where you place your order from the list of products that are posted on Loblaw's website and they are picked up by a taxi.</li></ul> <p><b>Transportation</b></p> <ul style="list-style-type: none"><li>· Amey's Taxi includes a fee that is arranged by the hour rather than meter (Approx. \$42.40/hour). It includes trips for places like the bank, drug store etc. The driver will wait until you are done. Vans can be available for groups of up to 6 but it is regular meter however pick up times can be arranged so that you do not have to wait. Minimum of one-hour service. The number is 613-546-1111.</li><li>· Another service is through the VON. They will provide transportation to day Centres. They also have vans for group trips. There is a fee for service. The number is 613-623-9130.</li></ul> <p><b>Foot Care</b></p> <ul style="list-style-type: none"><li>· Quality Foot Care provides in home foot care and is done by appointment. There is a fee for this service. The number is 613- 539-0081.</li></ul> <p><b>Other services</b></p> <ul style="list-style-type: none"><li>· Cupboard cleaning and organizing</li><li>· Downsizing</li><li>· Handyman</li><li>· Window and balcony cleaning</li><li>· Physiotherapist</li></ul>
<p><b>Dutch Heritage Villa Non-Profit Seniors Housing</b> 1725 Sunnyside Rd. Kingston, ON.</p> <p><b>Tel:</b> 613-546-2016 <b>Email:</b> inekesg@hotmail.com</p>	<p>Can call the office number to go through the application process with a staff member.</p> <p>There is usually a 2-3 year waiting list.</p> <p>Suggests that tenants are 60 years or older but still accept those who are younger.</p> <p>They offer both market rent and subsidized rent on 50% of their units. If it is subsidized, you don't pay more than 30% of your income on rent. To be accepted for a subsidized unit you will have to talk with the book keeper to see if you meet the cut off income level.</p> <p>No services are provided however, services from outside can come in.</p>

## Housing (Cont'd)

Agency	Description of Services
<p><b>Heritage Court Seniors Apartment</b> 179 Queen St., Kingston, ON</p> <p><b>Tel:</b> 613-544-3753 <b>Website:</b> <a href="http://www.heritagecourt.ca">www.heritagecourt.ca</a></p>	<p>Can fill out an application form from the office. They look at your income level and ask for a letter from the bank that backs up your income level. References are also asked to be provided.</p> <p>All units are market rent. Tenants are required to be able to live independently.</p> <p>About 75% of tenants are seniors but there are all ages in the apartment.</p> <p>They don't provide any services, but they do allow you to organize events. Some examples of events include:</p> <ul style="list-style-type: none"> <li>· Building lunches</li> <li>· Queen's comes in twice a week for exercise program</li> <li>· Tenants organize seminars for things regarding aging</li> </ul>
<p><b>Kingston-Frontenac Housing Corporation</b> 119 Van Order Dr. Kingston, ON</p> <p><b>Tel:</b> 613-546-5591 <b>Email:</b> <a href="mailto:kfhcinfo@kfhc.ca">kfhcinfo@kfhc.ca</a> <b>Website:</b> <a href="http://www.kfhc.ca">www.kfhc.ca</a></p>	<p>If applying for rent geared to income you need to go down to the central housing registry system downtown at 362 Montreal St. or 426 Barrie St. and fill out an application.</p> <p>If applying for market rent you can call the office to inquire about questions regarding a unit. You could also go down to the office to fill out an application or get it online at their website. Once an application is filled out you will be put on a waitlist if there is one, if not you will be offered an apartment that is vacant. Income needs to be below \$35,000 and you need to be 65 or older. Need to be able to live independently.</p> <p>There are two buildings that are for seniors. No services are provided but outside services can come in to assist with living.</p>
<p><b>Marion Community Homes Corporation</b> 480 Days Rd., Kingston, ON</p> <p><b>Tel:</b> 613-634-0551</p>	<p>If applying for rent geared to income you need to go to the central housing registry system downtown at 362 Montreal St. or 426 Barrie St. and fill out an application.</p> <p>If applying for market rent, you need to call the office for an application to be mailed to your home or you can pick up one at the office. If there is a waitlist at the time, you are put on that until an apartment becomes available. You need to be 65 years or older and be able to live independently.</p> <p>There is one fully handicapped accessible unit and two modified units as well as 11 two-bedroom units and 16 one-bedroom units for market rent. There are 22 one-bedroom units that are rent geared to income.</p> <p>There are no services provided by the corporation but outside services for home care are welcomed.</p>

# Housing (Cont'd)

Agency	Description of Services
<p><b>Touchstone Property Management</b> 101-276 Kingsdale Ave., Kingston, ON</p> <p><b>Tel:</b> 613-531-3456 <b>Email:</b> admin@kingstonsold.com</p>	<p>Can fill out an application from the agency and your name goes on a waiting list until a unit becomes available. They look at your income and use a 3rd of that as their rent amount and a small amount comes from the Kinsmen Club of Kingston.</p> <p>Need to be 65 years or older to apply to the senior's buildings.</p> <p>There are 70 units on Wright Cr. that are for senior housing. Mostly bachelor apartments and someone bedrooms but those are reserved for couples.</p> <p>No services are provided but outside ones can come in to assist you.</p>
<p><b>Weller Arms Non-Profit Inc.</b> 65 Daly St., Kingston, ON</p> <p><b>Tel:</b> 613 549-8397 <b>Website:</b> www.wellerarms.ca</p>	<p>If applying for rent geared to income individual needs to go to the central housing registry downtown at 362 Montreal St. or 426 Barrie St. and fill out an application.</p> <p>If applying for market rent, you can fill out an application at the office. If there is a waitlist you will be contacted when a unit becomes available.</p> <p>Need to be 65 years or older but if no one is applying in that age bracket then they will accept those 50 or 60 as well.</p> <p>There are 5 units that are market rent. No services are provided by this agency.</p>
<p><b>Zion United Church Foundation Not-for-Profit Housing for Seniors</b> 106 Pine St., Basement Rm 5 Kingston, ON</p> <p><b>Tel:</b> 613-548-3389 <b>Email:</b> zucfi74@bellnet.ca</p>	<p>If applying for rent geared to income you need to go to the central housing registry system downtown at 362 Montreal St. Or 426 Barrie St. and fill out an application there.</p> <p>To apply for market rent apartments, you need to call the office number and talk to a staff member to set up a time to go down and fill out an application. They will talk with you to see if this residence is a good fit. If so, you will be provided with an apartment as long as there is no wait list. If there is a wait list, you name goes on it and they wait until it gets to the top of the list.</p> <p>Need to be 65 years or older and be able to live independently.</p> <p>They do not provide supports but you can have outside services come in to help you.</p>

# Housing and Social Services: Kingston Home Base Housing

**Tel:** 613-546-2695 ext. 4764  
362 Montreal St., Kingston, ON.

**Tel:** 613-531-3779  
542 Montreal St., Kingston, ON.  
**Website:** [www.cityofkingston.ca](http://www.cityofkingston.ca)

**How to register for social housing assistance:**  
Obtain Housing Application Form (Part A) for rent geared to income (RGI) assistance from a social housing registry office or print out a copy from the website:

**[www.cityofkingston.ca/residents/community-services/housing/social/forms](http://www.cityofkingston.ca/residents/community-services/housing/social/forms)**

Ensure that the application form is complete and that the application and consent to disclose information for verification purposes are signed by each member of the household listed in the application form.

Submit Part A application form and all appropriate supporting documents to the social housing registry office.

The Social Housing Registry Program office: 362 Montreal St., 613-546-2695, ext. 4764. Office Hours: Monday, Wednesday to Friday 8:30 a.m. to 4:30 p.m. Tuesday 8:30 a.m. to 5:30 p.m.

Part A of the application is used for a general assessment of your eligibility for RGI assistance.

If you are eligible you will be notified by the social housing registry in writing within 30 days after you have been notified that your application is complete.

Once offered subsidized housing Part B of the application form is used to calculate your RGI rent and verify your income. You are required to provide copies of income verification documents.

Once both Part A and B are complete you will be placed on a centralized waiting list until a unit becomes available in one of the housing units that you identified interest in.

Rent geared to income is based on 30% of a household's gross monthly income or if the household is receiving assistance from Ontario Works or Ontario Disability Support Program a social assistance rent scale is applied.  
Requirements are as follows:

- Ability to live independently with or without support services (at least one member of household must be at least 16 years of age)
- Legal residential status in Canada of each member of the household (Canadian citizen or applicant for permanent residency or for refugee protection)
- No removal order has become enforceable under the Immigration and Refugee Protection Act
- No member of household owes arrears as a result of either rent or damage to any social housing project or if arrears are owed a repayment agreement is in place
- RGI households convicted of misrepresentation under the Canadian Criminal Code or Court of Law to have misrepresented income are barred from re-application for RGI assistance for a two-year period
- Household income must be within the established income limit by type of unit
- Depending on your family composition you are eligible for a unit size under local occupancy standards
- If you own residential property you must agree to sell within 180 days after RGI assistance is received
- Notice of any change in any information or documents must be submitted within 30 business days of the change or a longer time as may be allowed by the Registry

Social housing apartments are as follows:

- Kingston Frontenac Housing Corporation (KFHC)
- Royal Canadian Legion Villa
- Kingston Municipal NPHC (Town Homes Kingston)
- Weller Arms Non-Profit Inc.
- Marion Community Homes
- St Andrew-Thomas Senior Citizen
- Kingston Cooperative Homes
- Lois Miller Co-op
- Cataraqui Co-op
- Loughborough Housing Corp.

A more in-depth list of these apartments is provided on the application form.

City of Kingston. (2014). retrieved on January 25, 2019 from <https://www.cityofkingston.ca/residents/community-services/housing/social/access>.

# Meal Delivery Services

Agency	Description of Services
<p><b>Executive Nutrition</b> 745 Gardiners Rd. Unit 17 Kingston, ON</p> <p><b>Tel:</b> 613-888-6719 <b>Email:</b> info@executivenutrition.ca <b>Website:</b> www.executivenutrition.net</p>	<p>Create an account on our website and login to begin placing your order.</p> <p>Decide between our 5 meal, 10 meal, and 15 meal packages, as well as an optional breakfast add-on. You can choose to make a one-time payment to try our meals for 1 week, or reoccurring payments to receive the same number of meals weekly.</p> <p>After choosing your meal package and order frequency, proceed to our online payment terminal through checkout. Orders must be placed by 7pm on Thursdays to ensure you will receive meals for the following week. Your custom choices for meals must be submitted through our web forms by 8PM on Thursday night.</p> <p>Meal delivered for a low cost of approx. \$10 per week or pick up for free at our store location. Meals are delivered/picked up twice a week, with the first half delivered or picked up on Sunday evenings and the remaining meals picked up or delivered on Tuesday evenings between 5:00pm and 5:30pm.</p> <p>All of our prepared meals are gluten free, never frozen, always fresh and preservative free. We have over 30 meals available to you so you will not have the same repeat meal within a 3-week time period. Our meals are enclosed in a microwavable, recyclable plastic container with a clear lid. Meals come with a label explaining the meal and what it includes.</p>
<p><b>Heart to Home</b> 870 Selkirk Rd., Kingston, ON</p> <p><b>Tel:</b> 613-384-3333 <b>Toll-Free:</b> 1- 844-384-2333 <b>Email:</b> kingston@hearttohomemeals.ca <b>Website:</b> www.hearttohomemeals.ca</p>	<p>Heart to Home Meals has over 100 frozen meals, soups and desserts to choose from. All you have to do is select the meals, order and drivers will deliver them direct to your home.</p> <p>Menu includes a wide variety of entrées including beef, chicken, pork, fish and vegetarian. Several soups to start and tempting desserts for the sweet tooth. Also provides a diverse range to meet the needs of diabetic, low fat, low calorie, low sodium and texture modified diets.</p> <p>Order online putting items into basket or call to order. There is a small fee for food and no delivery cost. There is also no mini- mum order. Food is delivered on Monday's and Tuesday's, morning or after- noon.</p> <p>You can pay by credit card securely on the website and in many instances, drivers can take cash or a cheque on delivery. They accept major credit cards but are unable to process debit cards by Interact at this time. If paying by cheque, make it out to Heart to Home Meals. Meals could also be purchased as a gift for a relative or friend.</p>

## Meal Delivery Services (Cont'd)

Agency	Description of Services
<p><b>Lennox &amp; Addington Senior Outreach Services</b>  12 Richmond Park Drive  Napane, ON., K7R 2Z5</p> <p><b>Tel:</b> 613-354-6668  <b>Email:</b> info@lasos.ca  <b>Website:</b>  lasos.ca/index.php/smart-meals/</p>	<p><b>Smart Meals</b></p> <ul style="list-style-type: none"> <li>• Offers a wide selection of ready-to-eat full course meals</li> <li>• Home cooking delivered to your door</li> <li>• Accommodate special dietary concerns, diabetic, low sodium, minced, chopped</li> <li>• Smart Meal Entrees are served with soup, sometimes salad and always dessert</li> <li>• Delivered HOT to your door around noon</li> <li>• Minimizes the need to grocery shop, cook and wash dishes</li> <li>• Special containers for both microwave and oven re-heating</li> </ul> <p><b>Locations</b></p> <ul style="list-style-type: none"> <li>• Delivery in Napane and Deseronto is every Monday, Wednesday and Friday</li> <li>• Delivery in Amherstview is Mondays and Fridays</li> <li>• Delivery in Odessa is Mondays</li> <li>• Delivery in Bath is Mondays</li> </ul> <p><b>Frozen Dinners</b></p> <ul style="list-style-type: none"> <li>• L&amp;A SOS frozen meals are delicious, nutritionally balanced and designed by a dietician particularly for seniors.</li> <li>• Frozen meals are ordered once a month from Appetito in Brampton.</li> <li>• Meals can be heated in a regular oven or microwave.</li> <li>• This service is offered across Lennox &amp; Addington County south of Hwy #7 and over to Amherst Island.</li> </ul> <p>The current menu includes over 50 entrees and a variety of soups and desserts. It also accommodates special dietary requirements such as low sodium, gluten free, renal, lactose free, puree and minced diets.</p> <p>More information on this agency can be found on page 14.</p>
<p><b>Meals by Mom</b></p> <p><b>Tel:</b> 613-484-8224  <b>Email:</b>  shelley@MealsByMom.com  <b>Website:</b> mealsbymom.com</p>	<p>We prepare fresh, never frozen, nutritious meals the way you want them. We deliver anywhere in Kingston or Greater Napane (Ontario, Canada).</p> <p>Can make orders over the phone or through email at  Orders@MealsByMom.com.</p> <p>Order one meal, or a weeks' worth in one of three sizes.</p>



## Meal Delivery Services (Cont'd)

Agency	Description of Services
<b>Ramekins</b> 1540 Bath Rd., Kingston, ON  <b>Tel:</b> 613-384-0793 <b>Website:</b> <a href="http://www.ramekins.ca">www.ramekins.ca</a>	<p>Take-home meals made fresh, ready to eat or freeze. Meals are made Monday, Tuesday &amp; Wednesday. Choose a package of any 7 Meals.</p> <p>To place an order call, fax or use the order form on the website.</p>
<b>Rural Frontenac Community Services (Meals on Wheels)</b> 1020 Elizabeth St. PO Box 250, Sharbot Lake, ON K0H2P0  <b>Tel:</b> 613-279-3151 <b>Toll-Free:</b> 1-855-279-2052 <b>Website:</b> <a href="http://www.rfcs.ca/services/adult-and-seniors-programs/">www.rfcs.ca/services/adult-and-seniors-programs/</a>	<p>Our hot, nutritious meals are available to be delivered to your door on Tuesdays and Thursdays at a cost of approx. \$6.50 per meal. Each meal includes a roll, soup or salad, main entrée and a scrumptious dessert.</p> <p>Take a look at the upcoming menus and give us a call, 613 279-3151.</p> <p>We also have a frozen meal menu which is available throughout the week.</p> <p>More information on this agency can be found on page 23.</p>
<b>Southern Frontenac Community Services</b> 4295 Stage Coach Road, Sydenham, ON K0H 2T0  <b>Tel:</b> 613-376-6477 <b>Email:</b> <a href="mailto:info@sfcsc.ca">info@sfcsc.ca</a> <b>Website:</b> <a href="http://www.sfcsc.ca/seniors-services/">www.sfcsc.ca/seniors-services/</a>	<p><b>Seniors Food Services</b>  <b>Frozen Meals on Wheels</b>            We offer a variety of menu items. You choose what you eat and when you eat it! These meals can be heated in your microwave or regular oven and only cost approx. \$5.00 each. You may pick up your order or with a minimum order of ten, have them delivered, free of charge.</p> <p>To place and order, click on the button for the "Frozen Meals Menu". Once you have filled in your preferences you can email (<a href="mailto:joanne.silver@sfcsc.ca">joanne.silver@sfcsc.ca</a>), or call (613-376-6477 ext. 303) in your order!</p> <p><b>Hot Meals on Wheels</b>            Every Tuesday, our chef, Josey Cadieux, puts together a delicious and nutritious hot meal that is delivered straight to your front door by one of our volunteer drivers. The meals cost approx. \$7.00 and include a soup or salad, an entree and side, and a dessert. Most special dietary requirements can be accommodated, including allergies, gluten intolerance, and minced! Click on the Hot Meals Menu below to see this month's menu!</p> <p>More information on this agency can be found on page 30.</p>
<b>Victorian Order of Nurses (VON) (Meals on Wheels)</b> 1469 Princess St. Kingston, ON  <b>Tel:</b> 613-634-0130 <b>Toll-Free:</b> 1-800-301-0076 <b>Website:</b> <a href="http://www.von.ca">www.von.ca</a>	<p>Volunteers deliver nourishing meals to people unable to cook or shop for themselves. The meals are prepared in government-inspected kitchens by volunteers or under contract between VON and commercial or institutional kitchens.</p> <p>Nutritious hot and frozen meals are delivered to the home by the volunteers. A local caterer provides meals including dessert, with delivery every Monday through Friday. If you live East of the LaSalle Causeway, hot meal delivery is only available on Tuesday and Friday. Special diets are accommodated where possible. Clients are billed monthly.</p> <p>More information on this agency can be found on page 32.</p>

# Meal Preparation Services

Agency	Description of Services
<p><b>Bayshore Healthcare</b> 102-1471 John Counter Blvd., Kingston, ON</p> <p><b>Tel:</b> 613-542-4242 <b>Email:</b> afitches@bayshore.ca <b>Website:</b> www.bayshore.ca</p>	<p>Assistance with meal preparation is provided through their companionship services.</p> <p>Offers assistance through their meal preparation service which includes:</p> <ul style="list-style-type: none"> <li>• Purchasing groceries</li> <li>• Preparing nutritious meals</li> <li>• Assisting with cleanup</li> </ul> <p>More information on this agency can be found on page 7.</p>
<p><b>Limestone City, Home Health Care Services</b> 993 Princess Street, Unit 14, Suite 1424 Kingston, ON K7L 1H3</p> <p><b>Tel:</b> 613-767-4204 <b>Email:</b> homecarelimestonecity@gmail.com <b>Website:</b> www.limestonecityhomehealthcare.com/services</p>	<p>Limestone City Home Health Care Services offers a wide variety of services to assist you or a loved one in remaining in the comfort of home. Our professional care providers are on-hand to assist with whatever is required, from companionship to caring for an individual with Alzheimer's/Dementia.</p> <p>We are listed providers for Veterans Affairs Canada, HCAI, FSCO and we are listed on the SouthEast Health Line.</p> <p>Preparing home-cooked, nutritious meals directly from your home.</p> <p>More information on this agency can be found on page 16.</p>
<p><b>Ontario Family Matters</b> Kingston, ON</p> <p><b>Tel:</b> 613-484-5942 <b>Website:</b> ontariofamilymatters.ca</p>	<p>Offers meal preparation services including meals for the day or in advance for reheating for a later meal.</p> <p>More information on this agency can be found on page 17.</p>
<p><b>ParaMed Home Health Care</b> 786 Blackburn Mews, Kingston, ON</p> <p><b>Tel:</b> 613- 549-0112 <b>Email:</b> info@paramed.com <b>Website:</b> www.paramed.com</p>	<p>Assistance with meal preparation is offered through their homemaking program and companion aide program.</p> <p>More information on this agency can be found on page 18.</p>
<p><b>REPUTE Home and Healthcare</b> 2447 Princess St., Unite E Kingston, ON</p> <p><b>Tel:</b> 613-531-0931 <b>Email:</b> homecare@reputehealthcare.com <b>Website:</b> www.reputehomecare.com.</p>	<p>Assistance with meal preparation and planning is offered through this agency.</p> <p>More information on this agency can be found on page 20.</p>

## Meal Preparation Services (Cont'd)

Agency	Description of Services
<b>Quality Care Health Services</b> 1096 Crossfield Ave. Kingston, ON  <b>Tel:</b> 613-531-0265	<p>They provide assistance with meal planning and preparation.</p> <p>You can call to request information about services and can self-refer for the services. Fees are hourly based and dependent on the service needed.</p> <p>More information on this agency can be found on page 19.</p>
<b>Retire-At-Home</b> 427 Princess Street, Suite 209, Kingston, ON, K7L 5S9  <b>Tel:</b> 613-389-0101 <b>Email:</b> kingston@retireathome.com <b>Website:</b> www.retireathomekingston.com	<p>At Retire-At-Home Kingston, our Home Support and Housekeeping Services are personalized to your preferences and wishes! We strongly believe that receiving proper Home Support and Housekeeping Services is a key element for you to remain comfortable and safe at home for as long as you wish.</p> <p>Meal Preparation can be completed to your preferences and standards right in your own home.</p> <p>At no additional charge, our experienced Client Care Managers will also provide:</p> <ul style="list-style-type: none"> <li>• Free In-Home Assessment to discuss your needs and wishes</li> <li>• Regular review visits to oversee the care you receive</li> <li>• Regular phone calls with family and professionals as required</li> <li>• 24-hour on-call support for all questions and issues.</li> </ul> <p>More information on this agency can be found on page 21.</p>
<b>Saint Elizabeth Health Care</b> 1471 John Counter Blvd., Suite 410, Kingston, ON  <b>Tel:</b> 613-530-3400 <b>Email:</b> info@saintelizabeth.com <b>Website:</b> www.saintelizabeth.com	<p>Assistance with meal planning and preparation is offered through their companionship program, home support program, and their personal care program.</p> <p>More information on this agency can be found on page 24.</p>
<b>Seniors Association</b> 56 Francis St. & 1300 Bath Rd. Kingston, ON  <b>Tel:</b> 613-548-7810 <b>Email:</b> info@seniorskingston.ca <b>Website:</b> www.seniorskingston.ca	<p>Offers restaurant dining and prepared meals to take home.            At Hatter's Cove restaurant, you can dine in or takeout meals.</p> <p>You can visit the rendezvous café that provides light lunch and snacks. Purchase of prepared and nutritious frozen meals to take home are also available at this cafe.</p> <p>Special orders available if placed by request.            Some meals available specific to diabetic and low sodium diets.</p> <p>More information on this agency can be found on page 25.</p>

## Meal Preparation Services (Cont'd)

Agency	Description of Services
<p><b>Victorian Order of Nurses (VON)</b> 1469 Princess St., Kingston, ON</p> <p><b>Tel:</b> 613-634-0130 <b>Toll-Free:</b> 1-800-301-0076 <b>Website:</b> www.von.ca</p>	<p>The Home Help program and respite program provide meal preparation services among other services.</p> <p>If you are a senior or individual with a disability you are eligible and there is a small fee. Call and speak with the intake reception at the VON.</p> <p>Seniors Managing independent life easily (SMILE) program provides support for daily living if you are 75 years of age or older and at risk of losing your independence due to increasing frailty. The program provides a number of services including meals. There is no Fee.</p> <p>More information on this agency can be found on page 32.</p>

## Personal Care Services

Agency	Description of Services
<p><b>Comfort Keepers</b> 1786 Bath Rd., Suite 12, Kingston, ON</p> <p><b>Tel:</b> 613-634-2273 <b>Toll-Free:</b> 1-855-221-3221 <b>Email:</b> kingston@comfortkeepers.ca <b>Website:</b> www.comfortkeepers.ca</p>	<p>Personal Care Services offered include assistance with:</p> <ul style="list-style-type: none"> <li>· Bathing, Grooming and Hygiene</li> <li>· Mobility Assistance</li> <li>· Transferring and Positioning</li> <li>· Toileting and Incontinence Care</li> <li>· Feeding</li> <li>· Special Diet</li> </ul> <p>More information on this agency can be found on page 9.</p>
<p><b>Heart to Heart Seniors Services Inc.</b></p> <p><b>Tel:</b> 613-634-2273 <b>Email:</b> aggie@h2hcare.ca <b>Website:</b> www.h2hcare.ca</p>	<p>Provide personal care services.</p>
<p><b>Limestone City, Home Health Care Services</b> 993 Princess Street, Unit 14, Suite 1424 Kingston, ON K7L 1H3</p> <p><b>Tel:</b> 613-767-4204 <b>Email:</b> homecarelimestonecity@gmail.com <b>Website:</b> www.limestonecityhomehealthcare.com/services/</p>	<p>Providing assistance with all personal care needs such as:</p> <ul style="list-style-type: none"> <li>· Bathing</li> <li>· Grooming</li> <li>· Dental hygiene</li> </ul> <p>Grooming</p> <ul style="list-style-type: none"> <li>· Assistance getting in or out of bed.</li> </ul> <p>Also offers 24-hour personal care needs.</p> <p>More information on this agency can be found on page 16.</p>

## Personal Care Services (Cont'd)

Agency	Description of Services
<b>Retire-At-Home</b> 427 Princess Street, Suite 209, Kingston, ON, K7L 5S9  <b>Tel:</b> 613-389-0101 <b>Email:</b> <a href="mailto:kingston@retireathome.com">kingston@retireathome.com</a> <b>Website:</b> <a href="http://retireathomekingston.com">retireathomekingston.com</a>	Personal assistance with personal care needs including: <ul style="list-style-type: none"> <li>· Dressing</li> <li>· Toileting</li> <li>· Bathing</li> <li>· Exercise activities</li> <li>· Skin care</li> <li>· Oral Hygiene</li> <li>· Medication Reminders</li> <li>· Personal Grooming</li> <li>· Perineal Care</li> <li>· Catheter Care</li> <li>· Morning and Bedtime Care</li> </ul> More information on this agency can be found on page 21.

## Pharmacy Delivery Services

Agency	Contact Information
<b>Bayshore Healthcare</b>	613-542-4242 102-1471 John Counter Blvd., Kingston, ON. <a href="mailto:afitches@bayshore.ca">afitches@bayshore.ca</a> <a href="http://www.bayshore.ca">www.bayshore.ca</a> More information can be found on page 7.
<b>Bioscript Pharmacy</b>	613-507-3784 800 Princess St., Kingston, ON.
<b>Comfort Keepers</b>	613-634-2273 1786 Bath Rd., Suite 12, Kingston, ON. <a href="mailto:kingston@comfortkeepers.ca">kingston@comfortkeepers.ca</a> <a href="http://www.comfortkeepers.ca">www.comfortkeepers.ca</a> More information can be found on page 9.
<b>Frontenac Medical Pharmacy</b>	613-542-7309 789 Princess St., Kingston, ON.
<b>Graham's Pharmacy</b>	613-542-4111 328 King St. E., Kingston, ON.
<b>Loblaws Pharmacy</b>	613- 389-4119 1048 Midland Ave., Kingston, ON.  613-530-3414 1100 Princess St., Kingston, ON.

## Pharmacy Delivery Services (Cont'd)

### Agency

### Contact Information

<b>Medical Arts Pharmacy</b>	613-549-3300 800 Princess St., Kingston, ON.
<b>No Frills Pharmacy</b>	613-389-8129 1030 Coverdale Dr., Kingston, ON  613-542-9225 1162 Division St., Kingston, ON.
<b>Peter's Drugs Ltd.</b>	613-546-5165 640 King St. W., Kingston, ON.
<b>Pharmasave</b>	613-507-5555 500 Gardiners Rd., Kingston, ON.
<b>Quarry Medical Pharmacy</b>	613-530-2666 100 Princess St., Kingston, ON.
<b>Reddendale Pharmacy</b>	613-634-3660 732 Front Rd., Kingston, ON.
<b>Rexall Pharma Plus</b>	613-531-8829 817 Edgar St., Kingston, ON.  613-548-3967 240 Montreal St., Kingston, ON.  613-542-1211 1036 Princess St., Kingston, ON.
<b>Shoppers Drug Mart</b>	613-544-5330 136 Princess St., Kingston, ON.  613-546-3696 445 Princess St., Kingston, ON.  613-544-2500 797 Princess St., Kingston, ON.  613-531-5373 1011 Princess St., Kingston, ON.  613-546-6199 2437 Princess St., Suite 100, Kingston, ON.

## Pharmacy Delivery Services (Cont'd)

Agency	Contact Information
<b>Shoppers Drug Mart (Cont'd)</b>	<p>613-546-3544 1201 Division St., Kingston, ON.</p> <p>613-542-0067 105 Sutherland Dr., Kingston, ON.</p> <p>613-389-7020 945 Gardiners Rd., Suite L074, Kingston, ON.</p> <p>613-384-6990 1875 Bath Rd., Kingston, ON.</p> <p>613-384-7477 775 Strand Blvd., Unit 11, Kingston, ON.</p> <p>613-547-9753 823 15, Kingston, ON.</p>
<b>Walmart</b>	<p>613-384-1645 1130 Midland Ave., Kingston, ON.</p>

## Recreation

Agency	Description of Services
<p><b>Artillery Park</b> 362 Bagot St., Kingston, ON.</p> <p><b>Tel:</b> 613-546-4291 ext. 1700 <b>Website:</b> <a href="http://www.cityofkingston.ca">www.cityofkingston.ca</a></p>	<p>Fitness and aquatic facility that includes a fitness centre with cardio and strength training equipment, gymnasium and both a lap and leisure pool.</p> <p>Fitness classes are also available.</p> <p>Kingston residents can purchase memberships to access all services available at the facility or purchase individual memberships for the pools, fitness center or fitness classes.</p> <p>Memberships can be purchased online through the City of Kingston website, through mail or fax and in person.</p>
<p><b>City of Kingston</b> City Hall, 216 Ontario St., Kingston, ON.</p> <p><b>Tel:</b> 613-546-0000 <b>Website:</b> <a href="http://www.cityofkingston.ca">www.cityofkingston.ca</a></p>	<p>Offers a variety of fitness and recreational programs available through drop-in passes or memberships.</p> <p>Registration for programs can be completing, online, in person and through mail or fax.</p> <p>For more information about registration and to view programs offered by the city of Kingston, visit <a href="http://www.cityofkingston.ca/recreation">www.cityofkingston.ca/recreation</a>.</p>

## Recreation (Cont'd)

Agency	Description of Services
<b>Community Senior Citizens Club 523</b> 100 Days Rd., Kingston, ON.  <b>Tel:</b> 613-767-6308	<p>The Club offers shuffleboard and bridge among other social activities. The club is open on Tuesdays and Thursdays from 12pm-4pm.</p> <p>To be eligible to become a member you must be a senior approximately age 60 and over. There is an annual membership fee.</p>
<b>Hospice Kingston</b> 36 Barrie St., Kingston, ON  <b>Tel:</b> 613-542-5013 <b>Website:</b> <a href="http://www.hospicekingston.ca">www.hospicekingston.ca</a>	<p>Offers a day program that includes a support group, social activities, guest speakers and recreational activities such as yoga, music and crafts.</p> <p>Services available for anyone with a life limiting illness and their family.</p> <p>To attend the day program, call the office and a client coordinator will follow up to learn about your needs and match you with appropriate services.</p>
<b>Invista Centre</b> 1350 Gardiners Rd. Kingston, ON  <b>Tel:</b> 613-544-4442 ext. 1800 <b>Website:</b> <a href="http://www.cityofkingston.ca">www.cityofkingston.ca</a>	<p>A fully accessible fitness and wellness facility that offers a fitness center, bicycle room and arenas. The fitness center offers fitness orientations and includes cardio and strength training equipment. Fitness classes are also available at the center.</p> <p>Also offered is the Hearts in Action Cardiac Rehab Support and Senior Swim classes.</p> <p>Memberships are available for the fitness center and classes. The fitness center and classes can also be accessed by purchasing drop in passes. Memberships can be purchased online through the City of Kingston, through mail or fax and in person.</p>
<b>Lennox &amp; Addington Senior Outreach Services</b> 12 Richmond Park Drive Napanee, ON K7R 2Z5  <b>Tel:</b> 613-354-6668 <b>Email:</b> <a href="mailto:info@lasos.ca">info@lasos.ca</a>  <b>Website:</b> <a href="http://www.lasos.ca">www.lasos.ca</a>	<p><b>Library Book Delivery</b></p> <ul style="list-style-type: none"> <li>• Volunteers will deliver books to your home for your reading pleasure, from the library in Napanee, Amherstview and Bath.</li> <li>• No fee.</li> <li>• Call library to reserve your materials.</li> </ul> <p>More information on this agency can be found on page 14.</p>



## Recreation (Cont'd)

Agency	Description of Services
<p><b>Lennox &amp; Addington Senior Outreach Services</b>  <b>12 Richmond Park Drive</b>  <b>Napanee, ON K7R 2Z5</b></p> <p><b>Tel:</b> 613-354-6668  <b>Email:</b> info@lasos.ca</p> <p><b>Website:</b> www.lasos.ca</p>	<p><b>55Plus Membership</b>  Benefits of Membership provide you with the opportunity:</p> <ul style="list-style-type: none"> <li>· To participate in any activity offered at 55Plus</li> <li>· To vote at the L&amp;A SOS June Annual General Meeting</li> <li>· To communicate by receiving a copy of the monthly Newsletter, "The New Vitality" filled with program information and updates, highlights and healthy recipes. This can be available by email or can be picked up at Seniors Outreach Services.</li> </ul> <p>Membership is valid April 1st to March 31st. You may join at any time and the membership fee will be prorated for the year.  Membership Form → <a href="http://lasos.ca/wp-content/uploads/2014/08/Membership-donation-form-Dec-2015.pdf">http://lasos.ca/wp-content/uploads/2014/08/Membership-donation-form-Dec-2015.pdf</a></p> <p><b>Activities offered by 55Plus</b>  Schedule → <a href="http://lasos.ca/wp-content/uploads/2019/01/Programs-Jan-Feb-2019-1.pdf">http://lasos.ca/wp-content/uploads/2019/01/Programs-Jan-Feb-2019-1.pdf</a></p> <ul style="list-style-type: none"> <li>· Arts and Crafts: quilting, knitting</li> <li>· Educational Activities: family history, free interactive workshops, driver refresher, French conversational group</li> <li>· Fitness Activities: beginner strength, strength and cardio, step and pump, core and strength, men's fitness, essentrics gentle stretch, essentrics tone and strength, Qi Gong, Tai Chi, yoga, chair yoga, Zumba, line dancing, Nordic pole walking</li> <li>· Cards: euchre, bridge</li> </ul> <p>Most activities are pay as you go for a small fee, some activities such as workshops are a larger fee, while other activities are completely free.  More information on this agency can be found on page 14.</p>
<p><b>Royal Canadian Legion Seniors Club</b>  734 Montreal St.  Kingston, ON</p> <p><b>Tel:</b> 613-548-4570</p>	<p>The Royal Canadian Legion's Senior's Club hosts card games several afternoons a week. They also organize day trips.</p> <p>There is an annual membership fee for the Senior's Club of approx. \$50.  Call to become a member.</p>

## Recreation (Cont'd)

Agency	Description of Services
<p><b>Rural Frontenac Community Services</b>            1020 Elizabeth St.            PO Box 250, Sharbot Lake,            ON K0H2P0</p> <p><b>Tel:</b> 613-279-3151  <b>Toll-Free:</b> 1-855-279-2052  <b>Website:</b>  <a href="http://www.rfcs.ca/services/adult-and-seniors-programs/">www.rfcs.ca/services/adult-and-seniors-programs/</a></p>	<p><b>Community Drop-In</b>            Come to our community drop in for good company, a meal and a coffee. The drop in is a weekly meeting place for people of all walks of life in the community.</p> <p>Every Wednesday we meet at St. Andrew's Anglican Church Hall in Sharbot Lake. The doors open at 9:00 am and the participants shop for the food for the noon meal. The menu is planned in advance and favorites include pork chops, homemade pizza, meatloaf, spaghetti and meals often include homemade bread.</p> <p>Food preparation takes up a good portion of the morning but there is always time for a friendly game of cards, board games or casual chatting. The noon meal, costing only approx. \$5 is the highlight of the day.</p> <p>Often crafts and other activities such as Bingo are organized to fill the day.</p> <p>Please contact Mike Procter 613-279-3151 ext. 207 if you have any questions.</p> <p>More information on this agency can be found on page 23.</p>
<p><b>Seniors Association</b>            56 Francis St.            &amp; 1300 Bath Rd.            Kingston, ON</p> <p><b>Tel:</b> 613-548-7810  <b>Email:</b>  <a href="mailto:info@seniorskingston.ca">info@seniorskingston.ca</a>  <b>Website:</b>  <a href="http://www.seniorskingston.ca">www.seniorskingston.ca</a></p>	<p>Offers several recreation, special interest and fitness programs including, arts and crafts, cultural groups, fitness, sports, games and technology programs, and more.</p> <p>More information on this agency can be found on page 25.</p>

## Recreation (Cont'd)

Agency	Description of Services
<b>Southern Frontenac Community Services</b> Grace Social Activity Centre 4295 Stage Coach Road in Sydenham, Ontario  Ashley Bates (Coordinator) Tel: 613-376-6477 ext 310 Email: ashley.bates@sfcsc.ca Website: www.sfcsc.ca/gsac	<p><b>Community Drop-In</b> Come to our community drop in for good company, a meal and a coffee. The drop in is a weekly meeting place for people of all walks of life in the community.</p> <p>Every Wednesday we meet at St. Andrew's Anglican Church Hall in Sharbot Lake. The doors open at 9:00 am and the participants shop for the food for the noon meal. The menu is planned in advance and favorites include pork chops, homemade pizza, meatloaf, spaghetti and meals often include homemade bread.</p> <p><b>Food pre</b>The Grace Social Activity Centre - GSAC - is a place where older adults in South Frontenac can participate in a range of social, cultural and fitness activities. It's a place to meet old friends and make new ones. GSAC offers many regular programs that run weekly, bi-weekly, or monthly, as well as Special Events that happen occasionally. GSAC will also be offering programs off-site, throughout South Frontenac. GSAC is a program provided by Southern Frontenac Community Services and supported by the Province of Ontario and the Township of South Frontenac.</p> <p><b>Membership</b> An annual membership fee gives you free access to most Grace Social Activity Centre programs, except those that have an additional cost or admission charges, such as bus tours. Membership is only approx. \$25 for April to March. Download a membership form here or contact us to find out more.</p> <p><b>Transportation</b> Free transportation is available to most GSAC activities. Call us a few days in advance to arrange.</p> <p><b>Regular Programs</b></p> <ul style="list-style-type: none"><li>• Pickleball</li><li>• Crafty Crew: Make new friends and get creative together.</li><li>• VON SMART Program: Gentle fitness program for people aged 55+. Exercise can be done from a chair, using a mobility aid or moving independently.</li><li>• Good Grace's Cafe</li><li>• Seniors Social Club: Drop-in for a fun morning of Euchre, Cribbage, Bridge and more!</li><li>• Movin' and Groovin': Low-impact exercise program designed to increase heart health and flexibility taught by a Certified Fitness Instructor.</li><li>• Book Club</li></ul>

## Recreation (Cont'd)

### Agency

### Description of Services

<p><b>Southern Frontenac Community Services (Cont'd)</b></p> <p>Grace Social Activity Centre 4295 Stage Coach Road in Sydenham, Ontario</p> <p>Ashley Bates (Coordinator) Tel: 613-376-6477 ext 310 Email: ashley.bates@sfcsc.ca Website: www.sfcsc.ca/gscac</p>	<ul style="list-style-type: none"> <li>· Tai Chi: This program includes a series of sitting and standing exercises that are noted to improve balance, circulation and flexibility.</li> <li>· Conversation Club: Join us for a lively, friendly intellectual conversations about current issues and hot topics.</li> <li>· Cardio &amp; Strength: A medium to high impact exercise class is a great way to get the body moving and stretch the joints out.</li> </ul> <p>More information on this agency can be found on page 40. paration takes up a good portion of the morning but there is always time for a friendly game of cards, board games or casual chatting. The noon meal, costing only approx. \$5 is the highlight of the day.</p> <p>Often crafts and other activities such as Bingo are organized to fill the day.</p> <p>Please contact Mike Procter 613-279-3151 ext. 207 if you have any questions.</p> <p>More information on this agency can be found on page 30.</p>
<p><b>YMCA</b> 100 Wright Cres. Kingston, ON. Tel: 613-546-2647</p> <p>745 Progress Ave. Kingston, ON Tel: 613-634-7008</p>	<p>Fitness and recreation programs available. Facility offers a fitness centre, squash courts and pool. Fitness and wellness classes are also offered.</p> <p>Memberships can be purchased online, in person or over the phone. There is also an option to pay per visit.</p> <p>Memberships provide access to both facilities and the fitness center, pool, squash courts and group fitness classes.</p>
<p><b>Victorian Order of Nurses (VON)</b> 1469 Princess St. Kingston, ON</p> <p>Tel: 613-634-0130 Toll-Free: 1-800-301-0076 Website: www.von.ca</p>	<p>The Seniors Maintaining Active Roles Together (SMART) are community-based, volunteer-led exercise programs that accommodate all levels of ability. The exercise program is delivered in a social community setting from a seated position, using a mobility aid or a standing position and involves progressive group exercise. Classes are one hour in duration. No fee.</p> <p>There is also an in-home service which requires a fee. You must be a senior resident of Kingston. You must also be medically stable and not be receiving physiotherapy services concurrently.</p> <p>For the In-Home program you must also be house-bound or have limited access to the community due to physical limitations, transportation problems or cultural barriers.</p> <p>More information on this agency can be found on page 32.</p>

# Respite

## Agency

## Description of Services

### **Lennox & Addington Senior Outreach Services (L&A SOS)**

12 Richmond Park Drive  
Napane, ON., K7R 2Z5

**Tel:** 613-354-6668

**Email:** [info@lasos.ca](mailto:info@lasos.ca)

**Website:** [www.lasos.ca](http://www.lasos.ca)

#### **Caregiver Relief**

Trained professional Personal Support Workers come into your home and assist, providing a temporary break for caregivers. The Caregiver Relief Program is a dependable in-home offering delivered by professional Personnel Support Workers trained to provide personal care, social interaction, meal preparation and more.

- Bathing, showering, bed baths, sponge baths, peri-care, washing hair, shaving with electric razor or safety razor, toileting assisting with dressing and walking or light exercise.
- Shopping, laundry, meal preparation and changing linen.

#### **Respite, Overnight Weekend**

As an extension of our current Adult Day Program, the Overnight Respite Care program is currently offered to anyone who meets the criteria of our Adult Day Program.

The program operates out of our Napane location, 12 Richmond Park Drive, Napane.

We can provide weekend respite for 3 participants every weekend from Friday afternoon through to Sunday afternoon.

Clients attending the Overnight Respite Program will benefit from therapeutic programming during the day tailored to meet the needs of each individual as well as the benefit of small-scale overnight support in a homelike setting.

More information on this agency can be found on page 14.

### **Limestone City, Home Health Care Services**

993 Princess Street, Unit 14,  
Suite 1424  
Kingston, ON K7L 1H3

**Tel:** 613-767-4204

**Email:**  
[homecarelimestonecity@gmail.com](mailto:homecarelimestonecity@gmail.com)

**Website:**  
<http://www.limestonecityhomehealthcare.com/services/>

Offering relief for families – allowing families to take a step back and tend to responsibilities or relax and take some time to their selves with the peace of mind that their loved one is being taken care of.

More information on this agency can be found on page 16.

## Respite (Cont'd)

Agency	Description of Services
<p><b>Retire-At-Home</b> 427 Princess Street, Suite 209, Kingston, ON, K7L 5S9</p> <p><b>Tel:</b> 613-389-0101 <b>Email:</b> kingston@retireathome.com <b>Website:</b> retireathomekingston.com</p>	<p>Provides personal care services including feeding, showering and toileting.</p> <p>Home support services, housekeeping and errands.</p> <p>Also providing friendly companion care services that bring happiness to your loved one's day.</p> <p>A Nurse Case Manager oversees the care provided by the respite caregiver.</p> <p>More information on this agency can be found on page 21.</p>
<p><b>Rural Frontenac Community Services</b> 1020 Elizabeth St. PO Box 250, Sharbot Lake, ON K0H2P0</p> <p><b>Tel:</b> 613-279-3151 <b>Toll-Free:</b> 1-855-279-2052 <b>Website:</b> www.rfcs.ca/services/adult-and-seniors-programs/</p>	<p>Offering relief for families – allowing families to take a step back and tend to responsibilities or relax and take some time to their selves with the peace of mind that their loved one is being taken care of.</p> <p>More information on this agency can be found on page 23.</p>
<p><b>Southern Frontenac Community Services</b> 4295 Stage Coach Road, Sydenham, ON K0H 2T0</p> <p><b>Tel:</b> 613-376-6477 <b>Email:</b> info@sfcsc.ca <b>Website:</b> www.sfcsc.ca/seniors-services</p>	<p><b>Adult Day Service</b> A support service which provides supervised individual programming in a group setting for adults who require close monitoring or assistance with personal activities (eg. hygiene, dressing). The service also benefits the frail elderly as well as those with Alzheimer Disease and other progressive cognitive disorders or dementias of aging. Service components include transportation (if required), social, recreational and physical activities, meals, personal support/attendant care and minor health care (for example, monitoring of medication).</p> <p><b>Respite Care</b> A service provided in a client's home to provide relief for family or friends from their caregiver role. The service provided may include supervision, personal care, light housekeeping and meal preparation.</p> <p>Health care trained providers offer periodic or ongoing respite. Please contact us for more information: 613-376-6477 ext. 306</p> <p>Approved activities include ~ meal or snack preparation, assistance with toileting, assistance with dressing, assistance with bedtime and waking activities, supervision, reminders to take medicine, activities that could occur as the result of a client's condition, companionship.</p> <p>More information on this agency can be found on page 30.</p>

# Transportation Services

Agency	Description of Services
<b>Amey's Taxi</b> 795 Division St., Kingston, ON  <b>Tel:</b> 613-546-1111 <b>Website:</b> <a href="http://www.ameystaxi.com">www.ameystaxi.com</a>	<p>Provides transportation for a fee for service around the Kingston community.</p> <p>They also have on demand a wheelchair accessible taxi.</p>
<b>City of Kingston</b> 216 Ontario St., Kingston ON <b>Tel:</b> 614-546-0000 <b>Email:</b> <a href="mailto:contactus@cityofkingston.ca">contactus@cityofkingston.ca</a> <b>Website:</b> <a href="http://www.cityofkingston.ca">www.cityofkingston.ca</a>	<p>Without a bus pass you can ride if you pay the bus fee in cash.</p> <p>Without a bus pass there are multi-ride and monthly passes that can be purchased at City Hall or Cataraqui Centre. Once a card is purchased the pass can be used whenever.</p> <p>Provides public transit services seven days a week. There are 21 routes that travel throughout the city of Kingston.</p> <p>All busses are wheelchair accessible.</p>
<b>City Taxi</b> 439 Montreal St. Kingston, ON  <b>Tel:</b> 613-542-3333 <b>Email:</b> <a href="mailto:info@citytaxikingston.ca">info@citytaxikingston.ca</a> <b>Website:</b> <a href="http://www.citytaxikingston.ca">www.citytaxikingston.ca</a>	<p>Provides transportation for a fee for service around the Kingston community.</p> <p>They also have on demand wheelchair accessible taxis.</p>
<b>Comfort Keepers</b> 1786 Bath Rd., Suite 12, Kingston, ON  <b>Tel:</b> 613-634-2273 <b>Toll-Free:</b> 1-855-221-3221 <b>Email:</b> <a href="mailto:kingston@comfortkeepers.ca">kingston@comfortkeepers.ca</a>  <b>Website:</b> <a href="http://www.comfortkeepers.ca">www.comfortkeepers.ca</a>	<p>Offers transportation services through their in-home companionship and care service.</p> <p>Provides transportation to medical appointments, barbershops, beauty salons, shopping, or wherever else a client wants to go.</p> <p>Getting seniors out and about is good for their mind, body and spirit—and an integral part of Comfort Keepers' Interactive Caregiving.</p> <p>Also has a transportation service which includes:</p> <ul style="list-style-type: none"> <li>• Providing help getting dressed and prepared for the outing</li> <li>• Accompanying you to the visit</li> <li>• Taking notes during medical appointments</li> <li>• Stay with you at home until you no longer need assistance</li> </ul> <p>More information on this agency can be found on page 9.</p>
<b>First Student Bus Line</b> 769 Burnett St., Kingston, ON  <b>Tel:</b> 613-389-8690	<p>First Student bus line will pick seniors up from their homes every Friday morning and take them to the Metro grocery store in Gardiners Town Centre and bring them back home (9:30am to 12:30pm).</p> <p>To access this free service. Call to get on the list.</p>

## Transportation Services (Cont'd)

### Agency

### Description of Services

<p><b>For the Love of Seniors</b> 919 Hudson Dr., Kingston, ON</p> <p><b>Tel:</b> 613-766-7936 <b>After Hours:</b> 613-217-0520 <b>Email:</b> lisa@fortheloveofseniors.com <b>Website:</b> www.fortheloveofseniors.com</p>	<p>Provides transportation services for a fee. Which includes runs to the grocery store, appointments, and running errands.</p> <p>Anyone is eligible. Call to access these services.</p> <p>More information on this agency can be found on page 10.</p>
<p><b>Helping Hands 4 Seniors</b> Kingston, ON</p> <p><b>Tel:</b> 613-329-6579 <b>Email:</b> kims.helpinghands4u@gmail.com <b>Website:</b> www.hh4seniors.com</p>	<p>Provides transportation services for a fee. This includes any shopping or errand runs as well as travel to doctors' appointments. They provide assisted and non-assisted outings.</p> <p>To access these services call or email them.</p> <p>More information on this agency can be found on page 12.</p>
<p><b>Kingston Access Services</b> 751 Dalton Ave., Kingston, ON</p> <p><b>Tel:</b> 613-542-2512 <b>Email:</b> kab@kingston.net <b>Website:</b> www.kingston.org/kas/kab.html</p> <p><b>Office Hours:</b> Weekdays: 7:30 am to 8:00 pm.</p> <p>Saturday: 7:30 am to 8:00 pm.</p> <p>Sunday: 7:30 am to 6:00 pm</p>	<p><b>Kingston Access Bus</b> How to Apply: Can obtain a copy of an application online, contacting the office to receive it in the mail or by email, or by picking one up at the office. Fill out all parts of the form including the physician's referral and return the completed form to Kingston Access Services office.</p> <p>Need to have a mobility impairment or physical disability, or cognitive disabilities that impact your ability to use conventional transit facilities and vehicles. If you do not use a wheelchair you will be required to have a mobility assessment. Transportation is provided within the city of Kingston. You can book a trip up to 14 days in advance or one hour in advance provided that there is availability.</p> <p>To book a trip you call 613-542-2512 or by send an email to kabbookings@gmail.com.</p> <p>If you book by email you need to include:</p> <ul style="list-style-type: none"> <li>· Your full name and passenger identification number (if you know it)</li> <li>· The date of your trip</li> <li>· The address where you are being picked up from, and the address of where you are going</li> <li>· The time you need to be at your destination</li> <li>· If there will be anybody riding with you.</li> </ul> <p>The buses operate during the following hours: Weekdays: 7:00am-10:30pm, Saturdays: 9am-10:30pm, Sundays: 9am-8:30pm</p> <p>Cost of Service: Affordable Transit monthly pass for seniors - Approx. \$28.25 (based on City of Kingston Municipal Fee Assistance Program Qualifications.) or \$3.00 per person, each way. <b>Subject to change.</b></p>



## Transportation Services (Cont'd)

Agency	Description of Services
<p><b>Lennox &amp; Addington Senior Outreach Services (L&amp;A SOS)</b>  12 Richmond Park Drive  Napanee, ON K7R 2Z5</p> <p><b>Tel:</b> 613-354-6668  <b>Email:</b> info@lasos.ca  <b>Website:</b> lasos.ca</p>	<p>Affordable and reliable transportation is a necessity for our senior population, and we service Greater Napanee, and local communities such as Bath, Tamworth, Amherstview and Odessa.</p> <p><b>Drives to Medical Appointments</b></p> <ul style="list-style-type: none"> <li>• Volunteer drivers escort seniors to medical (doctors, dentists, eye, etc.) appointments for a fee. Fees may vary based upon destination.</li> <li>• Volunteers are screened for driving abilities and trained in aiding seniors.</li> <li>• Call at least 2 to 3 days in advance to book a driver.</li> <li>• Cost of the trip and any parking expenses are paid directly to the volunteer driver by the client on that day.</li> </ul> <p><b>Wheelchair Accessible Van</b>  The bus can carry up to 8 passengers and 2 wheelchairs at one time. The van can carry one wheelchair and an escort.</p> <ul style="list-style-type: none"> <li>• a fee is charged for both the van and bus (fees vary depending on the destination).</li> <li>• they can only be used with the support of the L&amp;A SOS volunteer drivers.</li> <li>• use of the van/bus need to be booked well in advance to ensure its availability.</li> </ul> <p><b>Seniors' Town Bus</b></p> <ul style="list-style-type: none"> <li>• Makes four loops through Napanee, transporting seniors to scheduled stops on Tuesdays &amp; Fridays.</li> <li>• No fee for clients</li> <li>• Schedule → <a href="http://lasos.ca/wp-content/uploads/2014/11/Bus-Schedule-2016-New-as-of-October-20th-2016.pdf">http://lasos.ca/wp-content/uploads/2014/11/Bus-Schedule-2016-New-as-of-October-20th-2016.pdf</a></li> </ul> <p>More information on this agency can be found on page 14.</p>
<p><b>Limestone City, Home Health Care Services</b>  993 Princess Street, Unit 14,  Suite 1424  Kingston, ON K7L 1H3</p> <p><b>Tel:</b> 613-767-4204  <b>Email:</b>  homecarelimestonecity@gmail.com  <b>Website:</b>  www.limestonecityhomehealthcare.com/services/</p>	<p>Limestone City Home Health Care Services offers a wide variety of services to assist you or a loved one in remaining in the comfort of home. Our professional care providers are on-hand to assist with whatever is required, from companionship to caring for an individual with Alzheimer's/Dementia.</p> <p>Your or your loved one can accompany the caregiver or decide to stay home while your caregiver runs some errands (grocery shopping, errands, medical appointments).</p> <p>If there is a service that you require and it is not mentioned on our list, we will add it. We ensure all needs are met.</p> <p>More information on this agency can be found on page 16.</p>

## Transportation Services (Cont'd)

Agency	Description of Services
<p><b>REPUTE Home and Healthcare</b> 2447 Princess St., Unite E Kingston, ON</p> <p><b>Tel:</b> 613-531-0931 <b>Email:</b> homecare@reputehealthcare.com <b>Website:</b> www.reputehomecare.com.</p>	<p>Offers incidental transportation as well as transportation for errands and appointments.</p> <p>More information on this agency can be found on page 20.</p>
<p><b>Saint Elizabeth Health Care</b> 1471 John Counter Blvd. Suite 410, Kingston, ON</p> <p><b>Tel:</b> 613-530-3400 <b>Email:</b> info@saintelizabeth.com <b>Website:</b> www.saintelizabeth.com</p>	<p>Offers transportation through their companionship program, home support program, and their personal care program.</p> <p>Also has a transportation service which includes:</p> <ul style="list-style-type: none"> <li>· To medical appointments</li> <li>· Shopping</li> <li>· Banking</li> <li>· Errands or any other activities</li> </ul> <p>More information on this agency can be found on page 24.</p>
<p><b>Southern Frontenac Community Services</b> 4295 Stage Coach Road, Sydenham, ON K0H 2T0</p> <p><b>Tel:</b> 613-376-6477 <b>Email:</b> info@sfcsc.ca <b>Website:</b> www.sfcsc.ca/seniors-services</p>	<p><b>Transportation Services</b> In partnership with Frontenac Transportation Service (FTS), serving all of South, Central and North Frontenac, you can access subsidized transportation to and from medical appointments and other approved destinations at minimal cost to you.</p> <p>Once eligibility has been approved, you will be connected with one of our volunteer drivers to get you where you need to go.</p> <p>Rides may be subsidized by Ontario Works or Ontario Disability Support Program.</p> <ul style="list-style-type: none"> <li>· Cost: approx. \$0.42 per kilometre, as of June 1, 2018</li> <li>· If already an approved client of SFCSC please contact Frontenac Transportation Service to book your rides at least 3 days in advance.</li> </ul> <p><b>Tel:</b> 613-279-2044 <b>Toll Free:</b> 1-877-279-2044 <b>Email:</b> transportation@frontenac.net</p> <p>Transportation can also be provided to any of our Diners Club clients free of charge. Adult Day Service transportation can be arranged for a small fee. Please contact Jan Lakins at SFCSC for more information.</p> <p>More information on this agency can be found on page 30.</p>

## Transportation Services (Cont'd)

Agency	Description of Services
<p><b>Victorian Order of Nurses (VON)</b> 1469 Princess St. Kingston, ON</p> <p><b>Tel:</b> 613-634-0130 <b>Toll-Free:</b> 1-800-301-0076 <b>Website:</b> <a href="http://www.von.ca">www.von.ca</a></p>	<p>Volunteers provide you with transportation to medical appointments, grocery shopping, adult day programs, and other appointments.</p> <p>The Health Van Program is an adjunct to the Volunteer Transportation Program. There are 2 accessible vans located in Kingston. Vans are usually used for long distance medical appointments such as dialysis. If you are a senior or individual with a disability you are eligible and there is a small fee. Call and speak with the intake reception at the VON.</p> <p>More information on this agency can be found on page 32.</p>

## Volunteering

Agency	Description of Services
<p><b>United Way KFLA, Volunteer Centre</b> 417 Bagot Street Kingston ON K7K 3C1</p> <p><b>Tel:</b> 613-542-2674 <b>Email:</b> <a href="mailto:volunteer@unitedwaykfla.ca">volunteer@unitedwaykfla.ca</a> <b>Website:</b> <a href="http://www.unitedwaykfla.ca/contact-us/">www.unitedwaykfla.ca/contact-us/</a></p>	<p>The United Way Volunteer Centre matches local not-for-profit organizations with volunteers who lend their skills and expertise to local organizations.</p> <p>Not-for-profit organizations from across the region come to us with their volunteer opportunities and these are available to people like you, with time or talent to share.</p> <p>Explore volunteer opportunities here: <a href="http://www.unitedwaykfla.ca/volunteer-centre/">www.unitedwaykfla.ca/volunteer-centre/</a></p> <p>To register to volunteer with United Way fill out the registration page: <a href="http://www.unitedwaykfla.ca/candidate-panel/candidate-registration/">www.unitedwaykfla.ca/candidate-panel/candidate-registration/</a></p>
<p><b>Kingston Community Health Centres</b> 263 Weller Ave., Kingston ON K7K 2V4</p> <p><b>Tel:</b> 613-542-2949 <b>Email:</b> <a href="mailto:info@kchc.ca">info@kchc.ca</a> <b>Website:</b> <a href="http://www.kchc.ca/index.cfm/about-kchc/volunteering/">www.kchc.ca/index.cfm/about-kchc/volunteering/</a></p>	<p>Volunteer positions are designed to be creative, meaningful, and available to everyone. KCHC volunteers do a variety of things, including plan and run special community events; teach gentle fitness classes; drive people to our programs; prepare snacks; provide administrative support; sit on community advisory groups teach line dancing; serve on our Board of Directors; assist with group programs; deliver Good Food Boxes.</p> <p>If you would like to volunteer at KCHC, please contact Cathy Simpson, Volunteer and Student Facilitator, at <a href="mailto:catherines@kchc.ca">catherines@kchc.ca</a> and state the program area or type of volunteering that interests you.</p>

## Volunteering (Cont'd)

Agency	Description of Services
<p><b>Kingston Association of Museums, Art Galleries, and Historic Sites</b>              837 Princess Street,              Suite 203A, Kingston, ON</p> <p><b>Tel:</b> 613-507-4014  <b>Website:</b>  <a href="http://www.kingstonmuseums.ca/volunteer">www.kingstonmuseums.ca/volunteer</a></p>	<p>Some volunteer opportunities include:</p> <ul style="list-style-type: none"> <li>· Brochure Ambassador</li> <li>· Office Assistant</li> <li>· Marketing Assistant</li> <li>· Researcher</li> <li>· Social Media Marketing Assistant</li> <li>· KAM Committee member</li> <li>· Baker</li> </ul> <p>Some volunteer opportunity locations:</p> <ul style="list-style-type: none"> <li>· Frontenac County Schools Museum</li> <li>· Museum of Health Care</li> <li>· Agnes Etherington Art Centre</li> <li>· Modern Fuel Artist-Run Centre</li> <li>· Union Gallery</li> <li>· Canadian Museum of Fraternal Lodges</li> <li>· Fairfield House</li> <li>· Queen's Archives</li> </ul> <p>To apply please complete the Volunteer Application Form:  <a href="http://www.kingstonmuseums.ca/sites/kingstonmuseums.ca/files/1%20-%20KAM%20Volunteer%20Application%20Sept%202017.pdf">http://www.kingstonmuseums.ca/sites/kingstonmuseums.ca/files/1%20-%20KAM%20Volunteer%20Application%20Sept%202017.pdf</a></p> <p>Please note that all KAM volunteers are required to complete orientation and training before starting their volunteer position.</p>
<p><b>Providence Care Hospital</b>              752 King St. West              Kingston, ON</p> <p><b>Tel:</b> 613-544-4900, ext. 53062  <b>Website:</b>  <a href="http://www.providencecare.ca/careers-volunteering/volunteer-with-us/">www.providencecare.ca/careers-volunteering/volunteer-with-us/</a></p>	<p><b>Requirements for volunteers:</b></p> <ul style="list-style-type: none"> <li>· Submit a medical clearance form (includes tuberculosis testing and up-to-date immunization records)</li> <li>· Provide letters of reference (upon request from Volunteer Services)</li> <li>· Attend an interview with Volunteer Services</li> <li>· Complete a Criminal Reference Check Form online with the vulnerable sector portion completed or visit your local police station.</li> <li>· Attend an orientation session</li> <li>· Attend an orientation session</li> </ul> <p>To volunteer, fill out the application form:  <a href="https://www.volgistics.com/ex/portal.dll/ap?ap=2087781871">https://www.volgistics.com/ex/portal.dll/ap?ap=2087781871</a></p>

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# Ageism is a form of Elder Abuse!

## What is Ageism?

Ageism refers to two concepts:

- A socially constructed way of thinking about older [individuals] based on negative attitudes and stereotypes about aging.
- A tendency to structure society based on the assumption that everyone is young, neglecting to respond appropriately the needs of elder individuals.<sup>1</sup>

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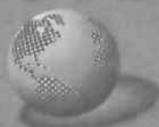
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## COA Info Fact!

In Canada, certain categories of abuse, such as fraud, assault, sexual assault, uttering threats and criminal harassment are crimes under the Canadian Criminal Code. **Unfortunately Elder abuse is not yet a separate offence, but covered by the current code.** Something that is a Criminal Code offence does not cease to be an offence because the person is a senior.

Some of the Criminal Code provisions that may apply in cases elder abuse include:

### Financial Abuse

Theft (s. 322, 328-332, 334)

Theft by holding power of attorney (s. 331)

Stopping mail with intent (s. 345)

Criminal breach of trust (s. 336)

Extortion (s. 346)

Forgery (s. 366)

Fraud (s. 380)

### Physical Abuse

Murder (s. 229-231, 235)

Manslaughter (s. 234, 236)

Assault (s. 265-268)

Assault with a weapon or causing bodily harm (s. 267)

Unlawfully causing bodily harm (s. 269)

### Sexual Abuse

Sexual assault (s. 271-273)

Sexual assault with a weapon, threats to a third party or causing bodily harm (s. 272)

Forcible confinement (s. 279.2)

### Psychological Abuse

Intimidation (s. 423)

Uttering threats (s. 264.1)

Harassing telephone calls (s. 372.2 & .3)

Criminal harassment (s. 264)

### Active Neglect

Criminal negligence causing bodily harm or death (s. 220-221)

Breach of duty to provide necessities (s. 215)

The Criminal Code also includes a provision (s. 718.2) that requires the court to take into account for the purpose of sentencing as aggravating factors evidence that the offence was motivated by age- or disability-based bias, prejudice or hate. <http://www.elderabuseontario.com> accessed April 3, 2019

[illegible]





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