

We have put together this list of local resources to help you in reaching out - if you're interested in a comprehensive listing of services, you can access the Champlain Healthline at <http://www.champlainhealthline.ca/index.aspx>

		Managing Behaviours	Managing Health Conditions	Dealing with Feelings / Accepting Help	Future Planning	Driving	Safety at home	Living arrangements	Phone
<b>Champlain Region / Ontario</b>									
<u>LHIN Home and Community Care</u>	Connects people of all ages with the health and support services they need to: remain safe and independent at home, return home safely from hospital and avoid readmission, find primary care, explore long- term care options, day programs, and more.		x	x	x		x	x	1 800 5380 or 310-2222
<u>LHIN Assisted Living Services</u>	Assisted living programs provide services to people who require daily personal support and essential homemaking to live independently. <a href="http://healthcareathome.ca/champlain/en/Getting-Care/Getting-Care/Home-Care-Services">http://healthcareathome.ca/champlain/en/Getting-Care/Getting-Care/Home-Care-Services</a>		x	x			x		1 800 5380 or 310-2222
<u>Caredove - Champlain Community Support Network</u>	Find and book community support services in Ontario's Champlain region. Offers extensive programs including: Day Programs, Outreach Programs for seniors offering activities, personal and home support, outings and respite services for seniors. <a href="http://www.caredove.com/champlaincss">www.caredove.com/champlaincss</a>		x	x					
<u>Elder Abuse Prevention Program</u>	Seniors Safety Line (SSL): provides contact and referral information for local agencies across the province that can assist in cases of elder abuse. Trained counsellors also provide safety planning and supportive counseling for older adults who are being abused or at-risk of abuse. Family members and service providers can also call for information about community services.			x	x		x		1-866-299-1011
<u>Finding a Family Doctor</u>	Use this site to locate those accepting new patients <a href="https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner">https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner</a>		x	x					1-800-445-1822
<u>Law Society of Upper Canada Referral Service"</u>	Call to find a lawyer in your area with experience in wills, Powers of Attorney and Estate planning for a 30 minute free consultation.				x				1-800-668-7380
<u>Lifeline</u>	Paid service. They provide a complete line of resident safety products, software and monitoring services specifically designed for Senior Living communities	x					x		1-866-839-8121
<u>MediAlert Safely Home</u>	Personal identification bracelets and pendants to identify medical needs in the event you may need assistance when out in your community.	x					x		1-855-581-3794
<u>MedsCheck</u>	Free yearly, one-on-one medication review consultation with your pharmacist if you are taking 3 or more prescription medications for a chronic condition, have diabetes or live in LTC		x		x		x		1-866-255-6701
<u>Mental Health Crisis Line</u>	Services for people age 16 and over living the Champlain region	x		x			x		1-866-996-0991
<u>Ministry of Transportation Driving</u>	Process by which driving is assessed based on medical referral					x			1-800-268-1418
<u>Ontario Ministry of Attorney General</u>	Learn about Powers of Attorney, living wills, capacity assessment from provincial government.				x	x	x		416-326-2220
<u>Retirement Homes Regulatory Authority</u>	See if homes you are considering have had any reports written on them							x	1-855-275-7472
<u>TeleHealth</u>	Government of Ontario provides after hours dementia caregiver support		x	x					1-866-797-0000

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<b>Eastern Counties (Stormont, Dundas, Glengarry, Prescott-Russell)</b>									
<a href="#">Alzheimer Society of Cornwall and District</a>	One on one information, resources and support are available to discuss changes in symptoms and behaviour and can help direct you to appropriate agencies and resources.	x	x	x	x	x	x	x	613-932-4914
<a href="#">Prescott-Russell Geriatric Psychiatry</a>	Provides mental health consultations for people 65 years and over.		x						613-632-1111 x 2
<a href="#">Cornwall Community Hospital Psychogeriatric Service</a>	Bilingual team that provides mental health support and services to persons living in Stormont, Dundas, Glengarry and Akwesasne.	x	x				x	x	613-938-4240
<a href="#">Counselling and Support Services of Stormont Dundas and Glengarry-Cornwall</a>	This organization offers bilingual counselling and support services to individuals, couples, parents and families for the purpose of alleviating problem situations and encouraging positive personal growth.	x	x	x	x	x	x	x	613-932-4610/1-855-647-8483
<a href="#">Community Mental Health Services- Cornwall</a>	This is a community based adult mental health program of the Cornwall Community Hospital providing free direct services to adults who have a need for prevention or treatment of mental health problems. Consultation, education and community development is also part of the mandate.	x	x	x	x		x	x	613-932-9940
<a href="#">CMHA Champlain East</a>	This branch of the Canadian Mental Health Association offers a range of programs and services designed to enhance the rehabilitation, recovery and independence of individuals living with a severe mental illness.		x		x	x	x	x	1-800-493-8271
<a href="#">Bereavement Families of Ontario-Cornwall</a>	Offers counselling and support for families dealing with grief.			x					613-936-1455
<a href="#">Centre de santé communautaire de L'Estrie-Cornwall</a>	This organization provides primary healthcare by means of programs and activities in prevention, promotion and education. They help clients take charge of their own health in order to prevent diagnosed diseases from taking hold or getting worse.	x	x	x	x		x	x	613-937-2683
<a href="#">Seaway Valley Community Health Centre -</a>	This organization offers a diverse range of programs for all areas of personal health.		x	x		x	x		613-936-0306
<a href="#">Tax Rebate Programs</a>	Programs are available for deferred tax increases for low income seniors or persons with disabilities for residential properties.				x				613-932-9899
<a href="#">Legal Clinic of Stormont, Dundas &amp;</a>	Provides legal assistance to low income residents in Stormont, Dundas and Glengarry counties.				x				613-932-2703
<a href="#">Clinique juridique populaire de Prescott</a>	Provides legal assistance to low income residents of Prescott and Russell counties.				x				1-800-250-9220

## Lanark, Leeds & Grenville

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<u>Alzheimer Society of Leeds Grenville</u>	One to one information, resources and support are available to discuss changes in symptoms and behaviour and we can help direct you to appropriate agencies and resources.	x	x	x	x	x	x	x	1-866-576-8556 or 613-345-7392
<u>Community &amp; Primary Health Care</u>	This organization has eleven sites across Lanark, Leeds and Grenville and exists to provide primary health care and community support services such as in home respite, counselling and outreach services as well as adult day programs.		x	x					1-800-465-7646 (English only).
<u>Lanark County Mental Health</u>	This organization is a community based mental health service that offers a wide range of mental health and group services including crisis response as well as counselling services	x		x					613-257-5915
<u>Community Home Support</u>	This organization provide volunteer drivers, meals on wheels, diners clubs, foot care, friendly visitors.			x					613-258-3203
<u>Lanark, Leeds and Grenville Distress</u>	This organization can be contacted if you feel you are in crisis or distress..		x	x			x		1-800-465-4442
<u>Mills Community Support Corporation</u>	Multiple support programs are available including an Income tax return program for seniors. Seniors Home Support agencies in communities throughout Lanark County provide an income tax return service for seniors, in partnership with Canada Revenue Agency volunteers.			x	x				613-256-1031
<u>Lanark Community Programs</u>	Community programs for the Lanark community.			x					613-257-7121 (local) 1-800-667-2617 (toll-free)
<u>Lanark, Leeds and Grenville Legal</u>	Provides legal assistance to low income residents in Lanark, Leeds and Grenville				x				613-264-8888
Community Home Support	This is a volunteer based agency for seniors, adults with physical disabilities and persons who have been diagnosed with a life threatening illness. This organization provides volunteer drivers, meals on wheels, diners clubs, foot care, friendly visitors.			x					Carleton Place: 613 - 253-0733, Pakenham: 613 - 624-5647, Lanark: 613 - 259-5412.

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<b>Ottawa</b>									
<u>Dementia Society of Ottawa and Renfrew County</u>	One to one information, resources and support are available to discuss changes in symptoms and behaviour and we can help direct you to appropriate agencies and resources.	x	x	x	x	x	x	x	613-523-4004
<u>Geriatric Program of Eastern Ontario</u>	Provides clinical services to people over 65 years of age.	x	x	x	x	x	x	x	613-562-6362 (east) or 613-721-0041 (west)
<u>Ottawa Community Support Coalition</u>	Support in the home, foot care, transportation, day programs and home maintenance. See also <a href="https://www.caredove.com/champlaincss">https://www.caredove.com/champlaincss</a>		x	x			x		613-688-1768 ext 0
<u>Bereaved Families of Ontario - Ottawa</u>	Offers counselling and support for families dealing with grief.	x		x			x		613-567-4278
<u>Financial Education Centre</u>	Free service for help with financial literacy				x				613-746-0400
<u>Geriatric Psychiatry Community Services</u>	Help with managing the behavioural symptoms of dementia and developing strategies to keep people engaged	x	x	x			x	x	613-562-0259
<u>Ottawa Legal Information Centre</u>	Free legal information and referral services, confidential				x				613-842-7462
<u>Connecting Ottawa</u>	Law Foundation of Ontario to help low income and vulnerable clients to find legal services and support					x			613-744-2892 ext 1063 (lawyer) or 613-744-2892 ext 1064 (social worker)
<u>Advocacy Centre for the Elderly</u>	Legal clinic for low income seniors, public education, direct legal service, online resource library				x				1-855-598-2656
<u>Reach Canada</u>	Free legal advice				x				613-236-6636
<u>City of Ottawa</u>	Lists programs for adults 65+, financial information			x	x				613-580-2400
<u>The Guest House</u>	Short stays (up to 3 months) for those with early to mid-stage dementia			x				x	613-749-7557

