

<p><i>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 <a href="http://www.champlainhealthline.ca/index.aspx">http://www.champlainhealthline.ca/index.aspx</a></i></p>		Managing Behaviours	Managing Health Conditions	Dealing with Feelings / Accepting Help	Future Planning	Driving	Safety at home	Living arrangements	Phone
<b>Champlain Region / Ontario</b>									
<a href="#">Champlain Community Care Access Centre</a>	The Champlain Community Care Access Centre (CCAC) 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 ou 613-310-2222
<a href="#">CCAC / Assisted Living Services and Day Programs</a>	Community Care Access Centre program that can help people in the community get the day to day assistance and supervision they require		x	x			x		1 800 5380 ou 613-310-2222
<a href="#">Caredove - Champlain Community Support Network</a>	Find and book community support services in Ontario's Champlain region.		x	x					
<a href="#">Elder Abuse Prevention Program</a>	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
<a href="#">Finding a Family Doctor</a>	Use this site to locate those accepting new patients		x	x					1-800-445-1822
<a href="#">Law Society of Upper Canada "Lawyer Referral Service"</a>	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
<a href="#">Lifeline</a>	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
<a href="#">MedicAlert Safely Home</a>	. 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
<a href="#">MedsCheck</a>	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
<a href="#">Mental Health Crisis Line</a>	For people age 16 and over. Services for people age 16 and over living the Champlain region	x		x			x		1-866-996-0991
<a href="#">Ministry of Transportation Driving Assessment</a>	Process by which driving is assessed based on medical referral					x			1-800-268-1418
<a href="#">Ontario Ministry of Attorney General</a>	Learn about Powers of Attorney, living wills, capacity assessment from provincial government.				x	x	x		416-326-2220
<a href="#">Retirement Homes Regulatory Authority</a>	See if homes you are considering have had any reports written on them							x	1-855-275-7472
<a href="#">TeleHealth</a>	Government of Ontario provides after hours dementia caregiver support		x	x					1-866-797-0000



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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 Centre</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 Clinic</u>	Provides legal assistance to low income residents in Lanark, Leeds and Grenville				x				613-264-8888
<u>Community Home Support</u>	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>									
<a href="#">ASORC</a>	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
<a href="#">Geriatric Program of Eastern Ontario</a>	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)
<a href="#">Ottawa Community Support Coalition</a>	Support in the home, foot care, transportation, day programs and home maintenance.		x	x			x		613-688-1768 ext 0
<a href="#">Bereaved Families of Ontario - Ottawa Region</a>	Offers counselling and support for families dealing with grief.	x		x			x		613-567-4278
<a href="#">Financial Education Centre</a>	Free service for help with financial literacy				x				613-746-0400
<a href="#">Geriatric Psychiatry Community Services of Ottawa</a>	Help with managing the behavioural symptoms of dementia and developing strategies to keep people engaged	x	x	x			x	x	613-562-0259
<a href="#">Ottawa Legal Information Centre</a>	Free legal information and referral services, confidential				x				613-842-7462
<a href="#">Connecting Ottawa</a>	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)
<a href="#">Advocacy Centre for the Elderly</a>	Legal clinic for low income seniors, public education, direct legal service, online resource library				x				1-855-598-2656
<a href="#">Reach Canada</a>	Free legal advice				x				613-236-6636
<a href="#">City of Ottawa</a>	Lists programs for adults 65+, financial information			x	x				613-580-2400
<a href="#">The Guest House</a>	Short stays (up to 3 months) for those with early to mid-stage dementia			x				x	613-749-7557

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<b>Renfrew County</b>									
<u>County of Renfrew Paramedic Services</u>	Holds monthly wellness check programs in communities throughout the County. Get your vitals checked and answers to your questions about health and wellness	x	x	x			x	x	613-735-3675 ext 500
<u>Rainbow Valley Community Health Centre</u>	Provides counselling support to clients in their catchment area.			x					613-757-0004
<u>Whitewater Bromley Community Health Centre</u>	Sites in Beachburg and Cobden - providing support to clients in their catchment area.	x	x	x	x		x		613-582-3685
<u>North Renfrew Family Services</u>	Deep River drop-in counselling services.	x		x	x				613 - 584 - 3358
Renfrew Golden Age Senior Centre	A variety of social and recreational programs in Renfrew County are offered by the 17 municipalities that make up Renfrew County. Programs are offered in senior centres and recreation centres.			x					613 - 431 - 8289
<u>Pembroke Senior Drop-In</u>				x					613 - 732 - 7007
<u>Opeongo Seniors Centre</u>				x					613 - 756 - 0554
<u>Killaloe Senior Friendship Club</u>				x					613 - 757 - 3145
<u>Centre LaJoie des Aîné(e)s francophones de Pembroke</u>				x					613 - 732 - 7730
<u>Silver Threads Seniors Club</u>				x					613 - 687 - 6574
<u>North Renfrew Long Term Care Services</u>	A variety of services are offered to assist clients to remain in their own homes.				x			x	613 - 584 - 1900
<u>Barry's Bay &amp; Area Seniors Home Support</u>	Supportive housing options for senior citizens of Barry's Bay and surrounding communities.	x	x	x			x		613 - 756 - 2772
<u>Eganville &amp; District Senior Needs Association</u>	Home support services for seniors. Help for seniors who would like to live independently in their own homes.				x		x		613 - 628 - 2354
<u>Algonquin of Pikwakanagan First Nation Home Support Services</u>	Access to health care support at home or in a culturally sensitive manner.		x	x	x		x	x	613 - 625 - 2800
<u>Renfrew County Legal Services</u>	Provides legal services assistance to low income families in Renfrew County				x				613 - 432 - 5871 or 1-800- 267 - 5871
<u>The M.A.T.C.H Program</u>	The Marianhill Action Team for Caregiving in the Home. This program is offered to families throughout Renfrew County in need of home and companion care. Hourly rate is \$9/hr. This program is partially funded by the Ministry of Health and long term care. English Only.	x	x	x			x	x	613 - 735 - 6838