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

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Eastern Counties (Stormont Dundas Glengarn	/ Drog

Mana Cc	Dealing / Acce	Future	Dr	Safety	Living arra	Phone
scott-R	ussell)					
x	x	x	x	x	x	613-932-4914
	cott-R	cott-Russell)	cott-Russell)	cott-Russell)	cott-Russell)	cott-Russell)

	2							
Eastern Counties (Stormont, Dundas, Glengarry	, Pres	scott-R	ussell)	_	_	_	_	
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	х	x	x	x	x	x	613-932-4914
Provides mental health consultations for people 65 years and over.		х						613-632-1111 x 2
Bilingual team that provides mental health support and services to persons living in Stormont, Dundas, Glengarry and Akwesasne.	х	х				x	x	613-938-4240
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
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
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
Offers counselling and support for families dealing with grief.			x					613-936-1455
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
Ausilable in Standard and Classer County, offere automics and service			x					613-932-4969
including: Day Programs, Outreach Programs for seniors offering activities, personal and			x					613-932-1035
nome support, outings and respite services for seniors.			x					613-936-6060
This organization offers a diverse range of programs for all areas of personal health.		х	x		x	x		613-936-0306
Programs are available for deferred tax increases for low income seniors or persons with disabilities for residential properties.				x				613-932-9899
Provides legal assistance to low income residents in Stormont, Dundas and Glengarry counties.				x				613-932-2703
Provides legal assistance to low income residents of Prescott and Russell counties.				x				1-800-250-9220
Lanark, Leeds & Grenville								
	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. Provides mental health consultations for people 65 years and over. Bilingual team that provides mental health support and services to persons living in Stormont, Dundas, Glengarry and Akwesasne. 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. 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. 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Alzheimer Society of Leeds Grenville	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	х	x	x	x	x		1-866-576- 8556 or 613- 345-7392
Community & Primary Health Care	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.		х	х					1-800-465- 7646 (English only).
Lanark County Mental Health	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
Community Home Support	This organization provide volunteer drivers, meals on wheels, diners clubs, foot care, friendly visitors.			х					613-258-3203
Lanark, Leeds and Greenville Distress Centre	This organization can be contacted if you feel you are in crisis or distress.		х	х			x		1-800-465- 4442
Mills Community Support Corporation	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
Lanark Community Programs	Community programs for the Lanark community.			x					613-257-7121 (local) 1-800- 667-2617 (toll- free)
Lanark, Leeds and Grenville Legal	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.

	cal resources to help you in reaching out - if you're interested in a you can access the Champlain Healthline at ca/index.aspx	Managing Behaviours	Managing Health Conditions	Dealing with Feelings / Accepting Help	Future Planning	Driving	Safety at home	Living arrangements	Phone
	Ottawa								
ASORC	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	х	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.	х	x	x	x	x	x	x	613-562-6362 (east) or 613- 721-0041 (west)
Ottawa Community Support Coalition	Support in the home, foot care, transportation, day programs and home maintenance.		х	×			x		613-688-1768 ext 0
Bereaved Families of Ontario - Ottawa Region	Offers counselling and support for families dealing with grief.	x		x			x		613-567-4278
Financial Education Centre	Free service for help with financial literacy				х				613-746-0400
Geriatric Psychiatry Community Services of Ottawa	Help with managing the behavioural symptoms of dementia and developing strategies to keep people engaged	x	х	x			x	x	613-562-0259
Ottawa Legal Information Centre	Free legal information and referral services, confidential				х				613-842-7462
Connecting Ottawa	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)
Advocacy Centre for the Elderly	Legal clinic for low income seniors, public education, direct legal service, online resource library				x				1-855-598-2656
Reach Canada	Free legal advice				х				613-236-6636
<u>City of Ottawa</u>	Lists programs for adults 65+, financial information			x	х				613-580-2400
<u>The Guest House</u>	Short stays (up to 3 months) for those with early to mid-stage dementia			x				х	613-749-7557

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	Renfrew County								
County of Renfrew Paramedic Services	Holds monthly wellness check programs in communities throughout the County. Get your vitals checked and answers to your questions about health and wellness	х	х	x			x	x	613-735-3675 ext 500
Rainbow Valley Community Health Centre	Provides counselling support to clients in their catchment area.			x					613-757-0004
Whitewater Bromley Community Health Centre	Sites in Beachburg and Cobden - providing support to clients in their catchment area.	x	x	x	x		x		613-582-3685
North Renfrew Family Services	Deep River drop-in counselling services.	x		x	x				613 - 584 - 3358
Renfrew Golden Age Senior Centre				x					613 - 431 - 8289
Pembroke Senior Drop-In	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 - 732 - 7007
Opeongo Seniors Centre				x					613 - 756 - 0554
Killaloe Senior Friendship Club				x					613 - 757 - 3145
Centre LaJoie des Aîné(e)s francophones de Pembroke				x					613 - 732 - 7730
Silver Threads Seniors Club				x					613 - 687 - 6574
North Renfrew Long Term Care Services	A variety of services are offered to assist clients to remain in their own homes.				x			x	613 - 584 - 1900
Barry's Bay & Area Seniors Home Support	Supportive housing options for senior citizens of Barry's Bay and surrounding communities.	х	x	x			x		613 - 756 - 2772
Eganville & District Senior Needs Association	Home support services for seniors. Help for seniors who would like to live independently in their own homes.				x		x		613 - 628 - 2354
Algonquin of Pikwakanagan First Nation Home Support Services	Access to health care support at home or in a culturally sensitive manner.		x	x	x		x	x	613 - 625 - 2800
Renfrew County Legal Services	Provides legal services assistance to low income families in Renfrew County				x				613 - 432 - 5871 or 1-800- 267 - 5871
The M.A.T.C.H Program	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