



CENTRAL EAST
STROKE NETWORK

www.cesnstroke.ca

HKPR DISTRICT

2018 HKPR Stroke Community Resource Guide for Stroke Survivors and Caregivers

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*There may be fees associated with the services listed in this guide; please contact the individual service providers for more information about individual programs and program fees.

STROKE SERVICES

District Stroke Centre

The Peterborough Regional Health

Centre received designation as a **District Stroke Centre** in 2004. We participate in ongoing education and training in stroke care, providing coordinated stroke services for Haliburton Kawartha Pine Ridge (HKPR). We work with providers across the health care continuum. We receive leadership, support, and education from our Regional Stroke Centre – The Central East Stroke Network located in Barrie at Royal Victoria Hospital. For more information contact

HKPR District Stroke Coordinator:

Phone: (705) 743-2121 Ext. 3946

Secondary Prevention Clinic

Integrated Vascular Management Clinic - TIA and Post Stroke Vascular Clinic

The TIA and Post Stroke Vascular Clinic is an outpatient clinic for people who have experienced signs and symptoms of a recent stroke or transient ischemic attack (TIA). The goals of the clinic are:

- To provide early assessments and appropriate interventions
- To provide rapid access to diagnostic tests
- To provide education to patients and family members about risk factor management and stroke prevention.

This clinic is open to all patients in the HKPR District

327 Charlotte St, Peterborough,
ON, K9J 0B2

Phone: (705) 740-2043 Ext. 260

Fax: (705) 743-3548

To apply: must be referred by a health care provider

Heart and Stroke Foundation of Ontario – Head Office

Head Office
2300 Yonge Street, Suite 1300
Box 2414, Toronto, ON M4P 1E4
Phone: (416) 489-7111
Fax: (416) 489-6885

Heart and Stroke Foundation of Ontario – Durham Regional Office

Supporting Oshawa, Ajax, Pickering,
Whitby and HKPR District
105 Consumers Dr.
Whitby, ON L1N 1C4
Phone: (905) 666-9956
Fax: (905) 666-9956
www.heartandstroke.ca

Stroke Recovery Canada – March of Dimes

Head Office
10 Overlea Boulevard
Toronto, ON M4H 1A4
Phone: (416) 425-3463
Toll Free: 1-800-263-3463
Fax: (416) 425-1920
Email: src@marchofdimes.ca
www.strokerecoverycanada.com
Warmline: 1-888-540-6666
(confidential support line)

On-line Resources

Heart and Stroke Foundation

www.heartandstroke.ca

Stroke Engine

Provides information on stroke-related topics from quality articles, websites.

www.strokengine.ca

March of Dimes

www.marchofdimes.ca

Community Websites

City of Kawartha Lakes:

www.city.kawarthalakes.on.ca

Haliburton/Minden:

www.haliburtoncounty.ca

Northumberland:

www.northumberlandcounty.ca

Peterborough:

www.peterborough.ca

Central East Stroke Network:

www.cesnstroke.ca

Central East Health Line:

www.centraleasthealthline.ca

Stroke Support Groups

Stroke Survivor Groups

Meetings are for stroke survivors and their caregivers. The groups generally meet once a month, and often have guest speakers. All meetings are wheelchair accessible, and all programs are free to attend.

Please call the group in your area for more information:

City of Kawartha Lakes

Community Care – City of Kawartha Lakes Stroke Survivor Support Group

Phone: (705) 879-4100 x 111 (Margot)
Email: mfitzpatrick@ccckl.ca
Phone: (705) 324-7323 x 301 (Jordan)
Email: jprosper@ccckl.ca

Haliburton/Minden

Haliburton Highlands Stroke Support Group

Phone: (705) 286-1765 (Lois)
Email: ross.rigney@sympatico.ca

Northumberland

Stroke and ABI Support Group

Phone: (905) 885-2626 (Pam)

Peterborough

Life After Stroke Peterborough

Phone: (705) 760-2581 (Sandy)

www.LifeAfterStrokePeterborough.org

Email: src-peterborough@marchofdimes.ca

Four Counties Brain Injury Association

Four Counties Offers a convenient and confidential support service for stroke survivors and their caregivers. Peer support is provided by phone or email for all patients and caregivers in HKPR
Phone: (705) 741-1172
Toll Free: 1-800-854-9738
Fax: (705) 741-5129
Email: biapr@nexicom.net

Warmline – Stroke Recovery Canada

Phone support and information for stroke survivors and their family and caregivers
Phone: 1-888-540-6666
Email: src@marchofdimes.ca

Central East Local Health Integration Network Home and Community Care

Central East (CE) Home and Community Care

- Were you **recently released** from the hospital and need **help** at home?
- Do you have a **friend** or a **family** member who **requires support** to remain at home?
- Do you have a **relative** who is no longer **safe** living alone, and who may need to move to a **long-term** care home?

The CE Home and Community Care can help you!

Why call Home and Community Care?

- The CE Home and Community Care provides access to in-home health care and community support services to make it easier for people of all ages to receive health care in their homes
- When you call CE Home and Community Care, the case manager will talk to you about your healthcare needs and will arrange for the right level of health services for you
- The CE Home and Community Care Coordinator can also link you to other support services in our community, and help you to apply for admission to a long-term care home
- The CE Home and Community Care will work with you, your family or caregiver to make informed choices about your health care needs

Anyone can call the CE Home and Community Care and there is **no cost** for their services.

Who may receive CE Home and Community Care services?

- Anyone who has a valid Ontario Health Card and;
- Has a medical condition that can be treated effectively at home or in the community, and/or
- Needs support to manage at home or in the community

How do you access CE Home and Community Care services?

- If you or someone you know needs help with their health or personal care, call the CE Home and Community Care (see page 8 of this booklet for all branch information)
- You may refer yourself
- You may call on behalf of a family member, a friend or a client
- If you are in the hospital, you can ask to talk to the CE Home and Community Care Coordinator.

When living at home is no longer possible.

When you or the person you are caring for needs more help than can be provided at home, the CE Home and Community Care will help find additional care. This may include:

- Short-term care in a long-term care home
- Supportive housing
- Placement into a long-term care home

Services provided through the CE Home and Community Care include:

- Case Management
- Personal Support
- Nursing
- Nutritional Counseling
- Physiotherapy
- Occupational Therapy
- Social Work
- Speech Language Pathology
- Medical Supplies and Equipment

CE Home and Community Care also coordinates:

- Respite care to allow time off for the caregiver relief
- Short-term supportive care to help with recovery from illness or injury
- Placement into a long-term care home

Toll Free: 1-800-263-3877

Email: centraleast@lhins.on.ca

**CE Home and Community Care
Branch Offices**

All branch offices are open
Monday – Friday, 8:30 a.m. to 4:30 p.m.
Service is available after 4:30 p.m. on
weekends and statutory holidays.
Please contact your local branch for
information.

Campbellford Branch

119 Isabella Street, Unit 7
Campbellford, ON K0L 1L0
Phone: (705) 653-1005
Toll Free: 1-800-263-3877
Fax: 1-855-352-2555 (Patient Services)

Haliburton Branch

13321 Hwy. 118, Box 793
Haliburton, ON K0M 1S0
Phone: (705) 457-1600
Toll Free: 1-800-263-3877
Fax: 1-855-352-2555 (Patient Services)

Lindsay Branch

370 Kent Street West
Lindsay, ON K9V 6G8
Phone: (705) 324-9165
Toll Free: 1-800-263-3877
Fax: 1-855-352-2555 (Patient Services)

Peterborough Branch

700 Clonsilla Ave, Suite 202
Peterborough, ON
K9J 5Y3
Phone: (705) 743-2212
Toll Free: 1-800-263-3877
Fax: 1-855-352-2555 (Patient Services)

Port Hope Branch

151A Rose Glen Road
Port Hope, ON L1A 3V6
Phone: (905) 885-6600
Toll Free: 1-800-263-3877
Fax: 1-855-352-2555 (Patient Services)

COMMUNITY SERVICE PROVIDERS

Community Care

Community care:

- Assists you with day-to-day living
- Helps you maintain your independence
- Keeps you connected to your community
- Fosters good health and well-being
- Is affordable
- Is easy to access
- Promotes peace of mind for you and your family

Community Care Services:

- Aging at Home Van
- Caremobile
- Diner's Club
- Friendly Visiting
- Health and Wellness Clinics
- Home Help and Home Maintenance
- Meals on Wheels
- Medical Equipment Loan Registry
- Personal Distress Alarms
- Telephone Reassurance Checks
- Transportation
- Hospital to Home Programs
- Caregiver Relief/Respite
- Assisted Living and Supportive Housing
- Adult Day Programs

Self-referral accepted. Visit the website in your area for a referral form or ask your health care provider for a referral.

Locations:

Community Care Peterborough City and County

185 Hunter Street East
Peterborough, ON K9H 0H1
Phone: 705-742-7067
TTY: (705) 742-2075
Fax: 705-745-6011
Email: centofc@commcareptbo.org

Community Care City of Kawartha Lakes

34 Cambridge St. S., 2nd floor
Lindsay, ON K9V 3B8
Tel: (705) 324-7323
Toll free 1-800-461-0327
Fax: (705) 328-0607
Email: jcmwade@cckkl.ca

Community Support Services – Haliburton Highlands Health Services

7185 Gelert Road
Box 956, Haliburton, ON K0M 1S0
Phone: (705) 457-2941 or
(705) 457-1392 x 2921
Toll Free: 1-855-285-2944
Fax: (705) 457-5077
Email: info@hhhs.ca
www.hhhs.ca

Community Care Northumberland

174 Oliver Rd Unit #15, Box 1087
Campbellford, ON K0L 1L0
Phone: (705) 653-0955
Toll Free: 1-866-514-5774
Fax: (705) 653-0932
Email: admin@commcare.ca

Acquired Brain Injury Services

Peterborough

Four Counties Brain Injury Association

158 Charlotte St,
Peterborough, ON K9J 2T8
Phone: (705) 741-1172
Fax: (705) 741-5129
Email: biapr@nexicom.net

Mindworks

312 Rubidge Street
Peterborough, ON
Phone: (705) 741-3412
Toll Free: 1-800-559-8323

VON Canada

(Serves Peterborough, Victoria,
Haliburton)
Peterborough Square
360 George Street North, Suite 25
Peterborough, ON K9H 7E7
Phone: (705) 745-9155
Toll Free: 1-800-743-6255
Fax: 1-866-784-5468 or (705) 745-3262
Email: liz.loftus@von.ca
www.von.ca

VON Canada

(Serves Hastings, Northumberland,
PE County)
80 Division Street, Trenton, ON K9V 5S5
Phone: (613) 392-4181
Toll Free: 1-888-279-4866
Fax: (613) 392-7665
www.von.ca

Ontario Brain Injury Association

3550 Schmon Pkwy, 2nd Floor
Thorold, ON L2V 4Y6
Mailing Address:
P.O. Box 2338
St. Catharines, ON L2R 7R9
Phone: (905) 641-8877
Toll Free: 1-855-642-8877
Support Toll Free: 1-800-263-5404
Fax: (905) 641-0323
Email: obia@obia.on.ca

Therapy Services – Providers listed have a focus in Stroke Rehabilitation

City of Kawartha Lakes

Ross Memorial Hospital – Health First Cardiac Rehab Program

Ross Memorial Hospital
Program is open to all patients in the HKPR District with TIA or mild/non-disabling stroke
Phone: (705) 328-6091
Toll Free: 1-800-510-7365 option #2
To apply: must be referred by a health care provider

Closing the Gap Healthcare Group- Lindsay

Gateway Plaza, 55 Mary Street,
Suite 205, Lindsay, ON K9V 5Z6
Phone: (705) 324-5085
Toll Free 1-800-339-7792
Fax: (705) 324-7375
www.closingthegap.ca
Email: reception@closingthegap.ca

Campbellford

Closing the Gap Healthcare Group- Campbellford

119 Isabella St. Unit 4
Campbellford, ON
Phone: (705) 653-0551
Fax: (705) 653-5073
Email: campbellford@closingthegap.ca
www.closingthegap.ca

Peterborough

Peterborough Regional Health Centre - Rehabilitation Therapies Out-Patient Neurology Program

1 Hospital Drive, Peterborough, ON K9J 7C6
*Program is open to all patients in the
HKPR District offering PT, OT and SLP*
Phone: (705) 740-8351
Fax: (705) 740-8203
www.prhc.on.ca
*To apply: must be referred by a health
care provider*

Peterborough Regional Health Centre - Rehabilitation Therapies Cardiovascular Rehabilitation Program

1 Hospital Drive, Peterborough, ON K9J 7C6
*Program is open to all patients in the
HKPR District with TIA or mild/non-disabling
stroke*
Phone: (705) 740-8351
Fax: (705) 740-8203
www.prhc.on.ca
*To apply: must be referred by a health
care provider*

Active Living Physiotherapy Centre and Fitness Club

745 Lansdowne St W,
Peterborough, ON
Phone: (705) 748-2008 (therapy)
Phone: (705) 874-8000 (fitness)
Fax: (705) 748-9397
Email: info@activeliving.physio
Email: info@activeliving.fitness
www.activeliving.physio

Aphasia (Speech) Resources

Peterborough Regional Health Centre Rehabilitation Therapies Out-Patient Neurology Program

1 Hospital Drive, Peterborough, ON K9J 7C6
Phone: (705) 740-8351
Fax: (705) 740-8203
*Program is open to all patients in the
HKPR District*
www.prhc.on.ca
*To apply: must be referred by a health
care provider*

Aphasia and Communication Disabilities Program (March of Dimes)

13311 Yong Street, Suite 202
Richmond Hill, ON L4E 3L6
Phone: (905) 773-7758 x 6216
Toll Free: 1-800-567-0315 x 6216
Fax: (905) 773-3746
Email: acd@marchofdimes.ca
www.marchofdimes.ca

Peterborough Program
Northminster United Church
300 Sunset Blvd
Peterborough, ON K9H 5L3
Phone: (705) 761-8844
acd@marchofdimes.ca

Saint Elizabeth Health Care Services

(Scarborough, Durham,
Northumberland, Peterborough,
Kawartha, & Haliburton regions)
1615 Dundas Street East, 3rd Floor, East
Tower, Whitby, ON L1N 2L1
Phone: (905) 430-6997
Fax: (905) 430-2921
Emails: CentralEastSDC@saintelizabeth.com
Or info@saintelizabeth.com

National Aphasia Association – U.S.

Phone: 1-800-922-4622
www.aphasia.org

**Private Speech Language Service
Providers: Peterborough and
Surrounding Area**

Kawartha Therapy Services Inc.

Phone: (705) 874-1072

Sarah Roberts – Private Practice

Phone: (705) 748-0032
Email: sarahroberts.slp@gmail.com

Jane Landry

Phone: (705) 740-2076

Jane Groome – Private Practice

Phone: (705) 652-1507
Email: janegroomeSLP@hotmail.com

Holly Erwin

Phone: (613) 921-8606
Email: holly.erwin@hotmail.com

**John Valiquette – Oshawa Speech
and Language Centre (Oshawa)**

Phone: (905) 432-9100
Fax: (905) 432-9109
www.oshawaspeech.com
Email: info@oshawaspeech.com

Closing the Gap

Toll Free: 1-800-339-7792

**Beyond Words Speech-language
Pathology (Whitby)**

Phone: (905) 723-3061
Fax: (905) 723-6115
www.speech@beyondslp.ca

**Speech Therapy Centres of Canada
(Whitby)**

Phone: (905) 886-5941
Fax: (905) 886-2362
Email: info@speechtherapycentres.com

Alison Mack

Phone: (705) 457-1431

Mental Health Services

**City of Kawartha Lakes
Mental Health Community
Counseling**

Ross Memorial Hospital
Phone: (705) 878-8900
Fax: (705) 328-7318

Canadian Mental Health Association

Peterborough Office
466 George Street North
Peterborough, ON K9H 3R7
Phone: (705) 748-6711
Toll Free: 1-866-990-9956
Fax: (705) 748-2577
Email: info@cmhahkpr.ca

Canadian Mental Health Association

Kawartha Lakes Office
33 Lindsay Street South, Unit C
Lindsay, ON K9V 2L9
Phone: (705) 328-2704
Toll Free: 1-888-454-8875
Fax: (705) 328-2456

Peterborough

Psychiatric Assessments Services for the Elderly (PASE) Program

Assessment services for those patients in the HKPR District over 65 years of age.

Peterborough Regional Health Centre
PASE Program W3950
1 Hospital Drive, Peterborough, ON K9J 7C6
Phone: (705) 876-5076
Fax: (705) 876-5160
To apply: must be referred by a health care provider

Community Counseling & Resource Centre

459 Reid Street, Peterborough, ON K9H 4G7
Phone: (705) 742-4258
Fax: (705) 741-1734
Email: ccrc@ccrc-ptbo.com

GAIN Geriatric Clinic

Peterborough Regional Health Centre
1 Hospital Drive
Medical Out Patient Department
Peterborough, ON K9J 7C6
Phone: (705) 876-5021
Fax: (705) 876-5058
www.prhc.on.ca
Physician or Nurse Practitioner referral required. For patients age 75 or older.

GAIN Geriatric Clinic - Lindsay

33 Lindsay Street South, Unit B
Lindsay, ON K9V 2L9
Phone: (705) 879-4112
Toll Free: 1-800-461-0327 x 300
Email: gaininfo@community-care.on.ca
www.ccckl.ca

GAIN Geriatric Clinic - Oshawa

1 Hospital Court
Oshawa, ON L1G 2B9
Phone: (905) 576-8711 x 4832

Patient Self-Management Programs

Central East LHIN

Central East Self-Management Program

Self-Management Programs for patient and caregivers – offered free of charge:

- Living a Healthy Life with a Chronic Condition
- Getting the Most of you Healthcare Appointment
- Powerful Tools for Caregivers

Phone: (416) 750-2444 x 5055
Fax: 1-888-550-6750
Toll Free: 1 866 971 5545
Email: info@healthylifeworkshop.ca
www.healthylifeworkshop.ca/home

In-Home Nursing Care and Support Services (also see Community Care)

Peterborough

Victorian Order of Nurses VON

(Peterborough, Victoria, Haliburton)
Peterborough Square
360 George Street North, Suite 25
Peterborough, ON K9H 7E7
Phone: (705) 745-9155
Toll Free: 1-800-743-6255
Fax: 1-866-784-5468 or (705) 745-3262
Email: liz.loftus@von.ca
www.von.ca

KPP Living at Home

77 Towerhill Road
Peterborough, ON K9H 7N3
Phone: (705) 745-4122
Fax: (705) 745-5989
Email: receptions@kpp.ca

CBI Healthcare

700 Clonsilla Avenue, Suite 201,
Peterborough, ON K9J 5Y3
Phone: (705) 742-7751
Toll-Free: 1-866-540-2444
Fax: (705) 742-0862
www.cbi.ca

Nightingale Nursing

2948 Lakefield Rd,
1 Selwyn, ON K9J 6X5
Phone: (705) 652-6118
Toll-Free: 1 (800) 561-5662
Fax: (705) 652-5002
Email: info@nightingalenursing.net

City of Kawartha Lakes

Victorian Order of Nurses VON
(Peterborough, Victoria, Haliburton)
Peterborough Square
360 George Street North, Suite 25
Peterborough, ON K9H 7E7
Phone: (705) 745-9155
Toll Free: 1-800-743-6255
Fax: 1-866-784-5468 or (705) 745-3262
Email: liz.loftus@von.ca
www.von.ca

Kawartha Participation Projects Inc.

157 St. David Street
Lindsay, ON
(705) 878-8883
Email: hs@kpp.ca

Paramed Home Health Care

108 Angeline St, Lindsay, ON
Phone: (705) 328-2280

Northumberland

Victorian Order of Nurses – VON
**(Hastings, Northumberland,
Prince Edward County)**
80 Division Street, Trenton, ON K8V 5S5
Phone: (613) 392-4181
Toll Free: 1-888-279-4866
Fax: (613) 392-7665

Nightingale Nursing – Cobourg Office

1005 Elgin Street West, Suite 202
Cobourg, ON K9A 5J4
Phone: 289-252-2121
Email: sbarringer@nightingnursing.net

Haliburton

Victorian Order of Nurses VON
(Peterborough, Victoria, Haliburton)
Peterborough Square
360 George Street North, Suite 25
Peterborough, ON K9H 7E7
Phone: (705) 745-9155
Toll Free: 1-800-743-6255
Fax: 1-866-784-5468 or (705) 745-3262
Email: liz.loftus@von.ca
www.von.ca

**Saint Elizabeth Health Care
Services**

*(Scarborough, Durham,
Northumberland, Peterborough,
Kawartha, & Haliburton regions)*
1615 Dundas St. E., 3rd Floor, East Tower
Whitby, ON L1N 2L1
Phone: (905) 430-6997
Fax: (905) 430-2921
Email: info@saintelizabeth.com

Nurse Next Door

Durham & Peterborough
Care Line: 705-302-0091
Email: amin@nursenextdoordurham.com
www.nursenextdoor.com

Homemaking Services (also see Community Care)

Care Partners Central East - *Peterborough, Lindsay, Haliburton, Northumberland - Central East*

360 George St N, Ste 33
Peterborough, ON K9H 7E7
K9H 7E7
Phone: 705-743-6659
Fax: (705) 740-7379
Toll-Free: 1-866-401-6242
or 1-877-740-7379
www.carepartners.ca

Victorian Order of Nurses – VON *(Hastings, Northumberland, Prince Edward County)*

80 Division Street, Trenton, ON K8V 5S5
Phone: (613) 392-4181
Toll Free: 1-888-279-4866
Fax: (613) 392-7665

Victorian Order of Nurses VON *(Peterborough, Victoria, Haliburton)*

Peterborough Square
360 George St. N., Suite 25,
Peterborough, ON K9H 7E7
Phone: (705) 745-9155
Toll Free: 1-800-743-6255
Fax: (705) 745-3262 or 1-866-784-5468
Email: liz.loftus@von.ca
www.von.ca

Peterborough

Home Instead Senior Care:

4-250 Sherbrooke St, Peterborough, ON
K9H 2N4
Phone: (705) 748-6389
www.homeinstead.ca
rosemarie.mccormack@homeinstead.com

Social and Recreation Services

City of Kawartha Lakes

Lindsay Recreation Centre
133 Adelaide St S, Lindsay, ON K9V 3K5
Phone: (705) 324-9411 x 1558
Fax: (705) 324-9612
Email: hfisher@city.kawarthalakes.on.ca

Haliburton

Municipality of Dysart et al.
Municipality of Dysart et al,
P.O. Box 389,
Haliburton, Ontario K0M 1S0
www.dysartetal.ca

Northumberland

Ruth Clarke Activity Centre for Seniors

81 Mills St S, Port Hope, ON L1A 2S8
Phone: (905) 885-2228
Email: ruthclarkecentre@porthope.ca
www.porthope.ca/ruth-clarke-activity-centre-for-seniors

Cobourg Community Centre

750D Arcy St, Cobourg ON K9A 0G1
Phone: 905-372-7371
www.cobourg.ca/en/Cobourg-Community-Centre.aspx

VON Canada – Adult Day Programs Northumberland and Hastings

80 Division St
Trenton, ON K8V 5S5 CA
Phone: 613-392-4181
1-888-279-4866
www.von.ca

YMCA Northumberland

339 Elgin St W, Cobourg ON K9A 4X5
Phone: (905-372-0161
www.ymcanorthumberland.com

Peterborough

Peterborough Sport and Wellness Centre

775 Brealey Dr, Peterborough, ON K9K 1P5
Phone: (705) 742-0050
Fax: (705) 743-9722
www.peterborough.ca/loving/recreation/pswc.htm

YMCA Peterborough

123 Alymer St S, Peterborough, ON K9J 3H8
Phone: (705) 748-9622
Fax: (705) 741-3719
www.peterboroughymca.org

Trent University Athletics

1600 West Bank Dr,
Peterborough, ON K9L 0G2
Phone: (705) 748-1257
Toll Free: 1-855-698-7368
Email: ac@trentu.ca
www.trentu.ca/athletics

The Taoist Tai Chi Society of Canada

346 Charlotte St.
Peterborough, ON
Phone: (705) 748-2433
Email: Peterborough@taoist.org
www.central.canada.taoist.org

Queen Alexandra Community Centre: Activity Haven

180 Barnardo Ave, Peterborough, ON
K9H 5V3
Phone: (705) 876-1670
Fax: (705) 876-1673

Mapleridge Recreation Centre

1085 Brealey Dr, Peterborough, ON K9K 0C1
Phone: (705) 742-1481
Fax: (705) 742-0103
Email: mapleridge@cogeco.net
www.mapleridgeseniorcentre.com

City of Peterborough

www.peterborough.ca/Living/Seniors

VON Canada – Adult Day Programs

Peterborough

360 George St N, Suite 25 & 26,
Peterborough Square
Peterborough, ON K9H 7E7 CA
Phone: 705-745-9155
1-866-654-9638
www.von.ca

Transportation (also see Community Care)

Driving Miss Daisy

Supports Peterborough and Lindsay
Phone: (705) 868-0074
Toll Free: 1-877-613-2479
Email: kathy@drivingmissdaisy.net
www.drivingmissdaisy.ca

Medical Driving Assessment and Rehab

Drive ON! Comprehensive Driver Rehabilitation

1500 Lansdowne St W, Suite 1 & 6
Lower Level, East Entrance
Peterborough, ON K9J 2A2
705-741-7660
Fax: 1-866-846-6933
Email: tstone@driveonrehab.com
www.driveonrehab.com

**Ministry of Transportation
Driver Improvement Office
Medical Review Section**

77 Wellesley St. W, Box 589
Toronto, ON M7A 1N3

Check this website for information
on the process to reinstate your
license and for MTO approved driver
assessment centres for driving evaluations.

[www.mto.gov.on.ca/english/dandv/driver/
medical-review](http://www.mto.gov.on.ca/english/dandv/driver/medical-review)

Phone: (416) 235-1773

Toll Free: 1-800-268-1481

Fax: (416) 235-3400 or 1-800-304-7889

**Accessible Parking Permits
Service Ontario**

P.O. Box 9800, Kingston, ON K7L 5N8

[www.mto.gov.on.ca/english/dandv/vehicle/
app.shtml](http://www.mto.gov.on.ca/english/dandv/vehicle/app.shtml)

Phone: (416) 235-2999

Toll Free: 1-800-387-3445

TTY Service: 1-866-471-8929

Fax: (416) 235-4414

Email: info@community-care.on.ca

Vehicle Modification

**General Motors of Canada –
Mobility Program**

Can adapt certain GM vehicles for
easier access.

Toll Free: 1-800-263-3777

Email: gmcare@cc.gm.ca

**March of Dimes
Home & Vehicle Modification Program**

Toll Free: 1-877-369-4867

Fax: (519) 432-4923

Email: hvmp@marchofdimes.ca

Savaria Vehicle Group

*Wheelchair van conversion
company*

Brampton Showroom:

2 Walker Drive

Brampton, Ontario L6T 5E1

Phone: 1- 800-661-5112

Email: info@savaria.com

www.savaria.com/products/vans

**Shoppers Home Health Care –
Automotive Division**

Is a dealer for wheelchair accessible vans.

Call for dealer locations

Phone: 1-844-799-5464

www.sparrowhawk.ca

Universal Motion

*Installs wheelchair lifts and van
conversions*

120 Regis Crescent South

Toronto, ON M3J 1Y8

Phone: (416) 398-4255

Toll Free: 1-877-899-0699

Fax: (416) 398-3009

Email: info@universalmotion.com

www.universalmotion.com

**Financial Assistance for Vehicle
Modifications**

**Ontario March of Dimes –
Home and Vehicle Modification
Program**

The program may provide limited
funding for vehicle modifications.

[http://www.marchofdimes.ca/EN/programs
/hvmp/Pages/ContactUs.aspx](http://www.marchofdimes.ca/EN/programs/hvmp/Pages/ContactUs.aspx)

Toll Free: 1-877-369-4867

Fax: (519) 432-4923

Email: hvmp@marchofdimes.ca

Employment Resources

Northumberland

Northumberland County: Employment Services

555 Courthouse Rd, Cobourg, ON K9A 5J6
Phone: (905) 372-6846
Toll Free: 1-800-354-7051
Fax: (905) 372-6701

Peterborough

Employment Planning and Counselling

418 Sheridan Street, Peterborough, ON
Phone: (705) 748-9110
Fax: (705) 876-0887
Email: susan@epcjobs.ca
www.epcjobs.ca

Peterborough Social Services Employment Resources

178 Charlotte Street, in the Charlotte Mews
PO Box 4138
Peterborough, ON K9J 8S1
Phone: (705) 748 - 8830
Toll-free: 1 (855) 738 - 3755
Fax: (705) 742 – 0542
www.peterborough.ca/socialservices
Email: socialservices@peterborough.ca

Agilec Peterborough

Vocational Rehab Services
Brookdale Plaza
863 Chemong Road, Unit 20A
Peterborough, ON K9H 5S5
Phone: (705) 740-9014
Toll Free: 1-800-361-4642
Fax: (705) 740-9419

Agilec Lakefield

14 Queen Street
Lakefield, ON, K0L 2H0
1 (800) 361-4642

Ontario Government Resources

Ontario Works (OW)

Provides temporary financial assistance to help cover the costs of your basic needs and employment assistance to help you prepare for and find a job.
www.ontario.ca/socialassistance
Check the website to find the office nearest you

Employment Insurance – Sickness Benefits

If you have had to stop work because of an illness/injury you may qualify for this benefit. Apply on-line at:
www.servicecanada.gc.ca
You can get more information by calling 1-800-206-7218 or visiting your local Service Canada office.
www.esdc.gc.ca
TTY: 1-800-529-3742

Ontario Disability Support Program (ODSP)

ODSP Provides long-term financial assistance to people who cannot work for medical reasons or because of disability.
Phone: (416) 325-5666
Toll Free: 1-888-789-4199
TTY: 1-800-387-5559
www.ontario.ca/socialassistance

Canadian Pension Plan (CPP) – Retirement Pension and Disability Benefits

These benefits may be available to you if you contributed to CPP while you were working. There may also be benefits available for your children.
www.servicecanada.gc.ca
Phone: 1-800-277-9914
TTY: 1-800-255-4786

Old Age Security (OAS) and Guaranteed Income Supplement (GIS)

Is available to those 65 years or older. There may also be an allowance available for your spouse. www.servicecanada.gc.ca
Phone: 1-800-277-9914
TTY: 1-800-255-4786

Canadian Pension Plan Vocational Rehabilitation

A voluntary program designed to help people receiving CPP disability benefits return to work.
Toll Free: 1-800-622-6232
TTY: 1-800-926-9105

Canadian Council on Rehabilitation and Work

Promotes and supports meaningful and equitable employment of persons with disabilities.
Phone: (416) 260-3060
Toll Free: 1-800-664-0925
Email: info@ccrw.org
www.ccrw.org

March of Dimes Employment Services

Provides job training and helps people with disabilities find employment.
Phone: (416) 425-3463
Toll Free: 1-800-263-3463
Fax: (416) 425-1920
Email: src@marchofdimes.ca
www.marchofdimes.ca/EN/programs/Employment

Housing Resources

City of Kawartha Lakes

Country Estates Retirement Home
512 Thunder Bridge Rd,
Lindsay, ON K9V 4R1
Phone: (705) 324-1199
Toll Free: 1-800-631-9394
Fax: (705) 328-1384
Email: countryestates05@gmail.com

Caressant Care

240 Mary St W, Lindsay, ON K9V 5K5
Phone: (705) 324-1913
Fax: (705) 878-8786
www.caressantcare.com

Lakeland Village Assisted Living

60 St. George, Lindsay, ON K9V 1M7
Phone: (705) 328-3444
Fax: (705) 328-9035
CNH_KawarthaLakes@extendicare.com
www.extendicarelakeland.com

Community Care – City of Kawartha Lakes Assisted Living Service

34 Cambridge St. S., 2nd floor
Lindsay, ON K9V 3B8
Phone: (705) 324-7323
1-800-461-0327
Fax: (705) 328-0607
info@ccckl.ca
www.ccckl.ca

Adelaide Place Retirement Community

84 Adelaide St S, Lindsay, ON K9V 0G6
Phone: (705) 340-4000
Email: info@adelaideplace.com
www.adelaideplace.com

Fenelon Area Independent Living

105 Lindsay St, Fenelon Falls, ON
Phone: (705) 887-9604
Fax: (705) 887-9352
Email: faila@i-zoom.net
www.city.kawarthalakes.on.ca

Haliburton Minden

Hyland Crest Senior Citizens Home
6 McPherson St, Minden, ON K0M 2K0
Phone: (705) 286-2140
Fax: (705) 286-6384
Email: jb Burk@hhs.ca
www.hhhs.ca/long-term-care/hyland-crest

Haliburton Lodge Estates

1280 Carroll St, Haliburton, ON K0M 1S0
Phone: (705) 457-2457

Extencicare Haliburton

Box 780, Park Street, Haliburton, ON
Phone: (705) 457-1722
Fax: (705) 457-3914
Email: cnh_haliburton@extencicare.com
www.extencicarehaliburton.com

Northumberland**Golden Plough Lodge**

983 Burnham St, Cobourg, ON K9 5J6
Phone: (905) 372-8759
Fax: (905) 372-8525
mortonm@northumberlandcounty.ca
www.northumberlandcounty.ca

Extencicare Cobourg

130 Densmore Rd, Cobourg, ON K9A 5W2
Phone: (905) 372-0377
Fax: (905) 372-0477
Email: cnh_cobourg@extencicare.com
www.extencicarecobourg.com

Extencicare Port Hope

360 Croft St, Port Hope, ON L1A 4K8
Phone: (905) 885-1266
Fax: (905) 885-5328
Email: cnh_porthope@extencicare.com
www.extencicareporthope.com

Peterborough**Housing Access of Peterborough**

526 McDonnell St, Office Suite
Peterborough, ON K9H 0A6
Phone: (705) 742-0439
Fax: (705) 742-1404
Email: hapinfo@ptbohousingcorp.ca
www.ptbohousingcorp.ca

Kawartha Participation Project

77 Towerhill Rd, Peterborough, ON K9H 7N3
Phone: (705) 745 4122
Fax: (705) 745-5989
Email: reception@kpp.ca
www.kpp.ca

Otonabee Native Homes

254 Brock St, Peterborough, ON K9H 2P7
Phone: (705) 742-5698
Toll Free: 1-844-742-5698
Fax: (705) 742-7073
Email: ronda.smith@cogeco.ca
www.ontarioaboriginalhousing.ca

Extencicare

19 Fraser St, Lakefield, ON
Phone: (705) 652-7112
Fax: (705) 652-7733
Email: cnh_lakefield@extencicare.com
www.extencicarelakefield.com

860 Alexander Avenue, Peterborough, ON
K9J 6B4

Phone: (705) 743-7552
Fax: (705) 742-9664
cnh_peterborough@extencicare.com
www.extencicarepeterborough.com

Marycrest at Inglewood

1565 Monaghan Rd,
Peterborough, ON K9J 8M2
Phone: (705) 876-6111
Fax: (705) 876-6112
Email: inglewood@nexicom.net

St. Giles Seniors' Residence

775 Park St, Peterborough, ON
Phone: (705) 743-8660
Email: stgscr@gmail.com

St. John's Centre

440 Water St, Peterborough, ON
Phone: (705) 749-0757
Fax: (705) 749-5767
Email: sjcentre@trytel.net
www.stjohnscentre.net

Applewood Retirement Residence

1500 Lansdowne St W,
Peterborough, ON K9J 2A2
Phone: (705) 749-1500
Fax: (705) 749-1991
Email: info@applewoodrr.com
www.applewoodrr.com

Canterbury Gardens

1414 Sherbrooke St,
Peterborough, ON K9J 0B1
Phone: (705) 876-1414
Fax: (705) 775-2400
www.gardensofpeterborough.ca

Princess Gardens

100 Charlotte St, Peterborough, ON K9J 7L4
Phone: (705) 750-1234
Fax: (705) 750-0711
www.gardensofpeterborough.ca

Royal Gardens

1160 Clonsilla Ave,
Peterborough, ON K9J 8P8
Phone: (705) 741-6036
Fax: (705) 741-0468
www.gardensofpeterborough.ca

Empress Gardens

131 Charlotte St, Peterborough, ON K9J 2T6
Phone: (705) 876-1314
Fax: (705) 876-1908
www.gardensofpeterborough.ca

Jackson Creek

481 Reid St, Peterborough, ON K9H 7R9
Phone: (705) 748-1928
<http://chartwell.com/retirement-homes/chartwell-jackson-creek-retirement-residence>

Peterborough Manor

1039 Water St, Peterborough, ON K9H 3P5
Phone: (705) 748-5343
Fax: (705) 876-4741
www.lifetimesliving.ca

Rubidge Retirement Residence

246-270 Rubidge St,
Peterborough, ON K9J 3P2
Phone: (705) 748-4000
Fax: (705) 749-3335
www.rubidge.ca

Sherbrooke Heights

1434 Sherbrooke St, Peterborough, ON
Phone: (705) 243-4564
www.atriaretirement.ca/Retirement-Communities/Sherbrooke-Heights

City of Peterborough

Peterborough Housing Corporation
Phone: (705) 742-7777 x 1499
Email: housing@peterborough.ca
www.peterborough.ca/Living/Seniors/Housing

Mapleview Retirement Residence
2281 County Rd 45, RR 2
Norwood, ON K0L 2V0
Phone: (705) 639-5374
Fax: (705) 639-1793
Email: info@mapleviewretirement.com
www.mapleviewretirement.com

Spruce Corners
30 Simeon Cres
Apsley, Ontario
K0L 1A0
Phone: (705) 656-1982

Conditions Associated With Stroke

Diabetes Canada
www.diabetes.ca

City of Kawartha Lakes
Alzheimer's Society Support Groups
55 Mary St, Unit 201, Lindsay, ON K9V 5S6
Phone: (705) 878-0126
Toll Free: 1-800-765-0515
Fax: (705) 878-0127
Email: info@alzheimersociety.ca
(Also Serves Haliburton/Minden
Region)
www.alzheimer.ca/pkinh

Northumberland
Alzheimer's Society Support Groups
66 Dorset St E, Port Hope, ON K1A 1E3
Phone: (905) 885-5000

**Northumberland Cardiac Support
Group**
Email: contact@heartrecovery.ca
www.heartrecovery.ca

Peterborough
Alzheimer's Society Support Groups
183 Simcoe St, Peterborough, ON K9H 2H6
Phone: (705) 748-5131
Toll Free: 1-800-561-2588
Fax: (705) 748-6174
Email: info@alzheimersociety.ca
www.alzheimer.ca/pkinh

**Community Alzheimer Respite and
Enrichment C.A.R.E Program**
Victorian Order of Nurses
Peterborough Square
360 George St. N., Suite 25 & 26
Peterborough, ON K9H 7E7
Phone: (705) 745-9155
Toll Free: 1-866-654-9638
Fax: (705) 745-3262
www.von.ca

Where to Get Help to Quit Smoking in HKPR

**Smoker's Helpline, Canadian Cancer
Society (Telephone Support)**
Free information, advice and support
Phone: 1-877-513-5333
www.smokershelpline.ca

Toll Free: 1-877-513-5333



This resource Guide was compiled by the Peterborough Regional Health Centre - District Stroke Centre and supported by the HKPR District Stroke Council with the intention of providing helpful information for stroke survivors, care providers and their families living in the HKPR District.

ACKNOWLEDGEMENTS

Please note that the information contained in this Community Resource Guide has been updated April 2018, and is subject to change without notice.

Furthermore, the sponsors of this resource cannot endorse any or all organizations listed within this guide. This resource list is intended as an overview and is not a complete listing of all services in the HKPR District. Certain providers, services, programs and name changes may not be listed. Corrections, additions or deletions can be sent to the HKPR District Stroke Coordinator.

There may be fees associated with the services listed in this guide; please contact the individual service providers for more information about individual programs and program fees.

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