

# Caregiver Community Services Guide

## Windsor-Essex

**ErieStClairhealthline.ca**

A resource guide dedicated to making the lives of caregivers a little easier.

<b>CHATHAM (HEAD OFFICE)</b>	<b>SARNIA</b>	<b>WINDSOR</b>
712 Richmond St., Box 306 Chatham, ON N7M 5K4 519 436 2222 1 888 447 4468	1150 Pontiac Dr., Box 185 Sarnia, ON N7L 7H9 519 337 1000 1 888 447 4468	5415 Tecumseh Rd. E., 2nd Fl Windsor, ON N8T 1C5 519 258 8211 1 888 447 4468

Services disponible en français

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# Caregiver Guide

The purpose of the Caregiver Guide is to support caregivers, their families and friends who require information and access to community support services to assist them in their challenging role of care giving. Although this guide may not cover all community services and supports available to caregivers, we have attempted to provide a comprehensive listing of services most often referenced by our patients and caregivers in the Chatham-Kent, Sarnia-Lambton and Windsor-Essex areas. More comprehensive information regarding available services can be obtained by calling the agency, accessing the websites in this booklet or by calling the Erie St. Clair Community Access Centre at:

**Windsor Office:** 519-258-4468

**Toll Free:** 1-888-248-9978

**[www.esc.ccac-ont.ca](http://www.esc.ccac-ont.ca)**

**ErieStClairhealthline.ca**

Wherever you live in Ontario, it is easy to find community-based health care services for yourself or for a loved one.

## Helpful Tips for the Caregiver

- Keep a diary/notebook to record your thoughts/feelings/actions.
- Encourage good communication and share your feelings.
- Share family responsibilities.
- Help the person remain independent by allowing them to do as much as they can for themselves.
- Know the physician and pharmacist involved. Have a list of medications on hand in the case emergency care is needed.
- Have a list of emergency/frequently called numbers in bold, large print by the telephone.
- Become familiar with legal issues; wills, power of attorney, living wills.
- Have a contingency plan for care in case of caregiver illness.

**TAKE CARE OF YOURSELF TOO**

## Communicating with Agencies

- Have your diary/notebook handy.
- Phone in the morning or right after lunch.
- Record name and extension of the resource person and write down your comments/impressions.
- Be specific and polite but firm.
- Be patient. You may have to repeat your story, be put on hold or your call may be transferred.
- Prepare to invest time in getting your questions answered.
- Be assertive. Do not apologize for asking for help.
- If you are going for an interview or meeting, ask what information you need to bring with you.

## Adult Day Programs

To arrange for an assessment for a Day Program please call Erie St. Clair Community Access Centre at 519-258-8211 or 1-888-447-4468.

Alzheimer Society	Windsor, Ontario	ph: 519-974-2220
Association for Persons with Physical Disabilities of Windsor-Essex County	Windsor, Ontario	ph: 519-969-8188
Harmony in Action	Windsor, Ontario	ph: 519-252-1207
Kettle & Stony Point Assisted Living Day Care		ph: 519-786-2860
Maisonville Court Day Away Program	Windsor, Ontario	ph: 519-253-7415
South Essex Day Program	Wheatley, Leamington, Kingsville, Ontario	ph: 519-326-8629
Windsor Regional Hospital	Windsor, Ontario	ph: 519-257-5111 ext. 76003

## Advocacy

Elder Abuse- Advocacy Centre for the Elder		ph: 1-416-598-2656
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## Caregiver Supports

Alzheimer Society	Windsor, Ontario	ph: 519-974-2220
Association for Persons with Physical Disabilities of Windsor-Essex County	Windsor, Ontario	ph: 519-969-8188
Canadian Mental Health Association	Windsor, Ontario	ph: 519-255-7440
City Centre Health Care	Windsor, Ontario	ph: 519-971-0116
Community Living	Essex County	ph: 519-776-6483
First Nations Health Centres	Windsor, Ontario	ph: 519-258-8954
Kidney Foundation	Windsor, Ontario	ph: 519-977-9211
MS Society Client Services	Windsor, Ontario	ph: 519-977-0401
Heart and Stroke Foundation	Windsor, Ontario	ph: 519-254-4345
Ontario March of Dimes	London, Ontario	ph: 1-866-496-8603
Public Health Unit	Windsor, Ontario	ph: 519-258-2146
Senior Services Information	Windsor, Ontario	ph: 519-973-4636
Senior Health Counselling	Windsor, Ontario	ph: 519-966-4866
Windsor Regional Cancer Care	Windsor, Ontario	ph: 519-253-5253
Windsor Regional Children's Centre- Help Link	Windsor, Ontario	ph: 519-252-2312

## Community Agencies

All of these organizations provide services and or supports in the home or community. Some of these services are available at no cost.

ALS Society of Ontario	Windsor, Ontario	ph: 519-972-9082
Alzheimer Society	Windsor, Ontario	ph: 519-974-2220
Amherstburg Community Services	Windsor, Ontario	ph: 519-736-5471
Arthritis Society	London, Ontario	ph: 1-866-466-0501
Assisted Devices Program	Toronto, Ontario	ph: 1-800-268-6021 TTY: 1-800-387-5559
Assisted Living Southwestern Ontario		ph: 519-969-8188
Brain Injury Association	Windsor, Ontario	ph: 519-733-4900
Bulimia Anorexia Nervosa Association	Windsor, Ontario	ph: 519-969-2112
Canadian Cancer Society	Essex County Windsor, Ontario	ph: 519-254-5116
Canadian Diabetes Association	Windsor, Ontario	ph: 519-253-1797
Canadian Hearing Society	Windsor, Ontario	ph: 519-253-7241 TTY: 519-254-1704
Canadian Mental Health Association	Windsor, Ontario	ph: 519-255-7440
Canadian National Institute for the Blind (CNIB)	Windsor, Ontario	ph: 1-800-465-444 TTY: 519-337-5943
Canadian Paraplegic Association	Windsor, Ontario	ph: 519-252-7272 ph: 1-877-253-7279
Community Living	Essex County, Ontario Windsor, Ontario	ph: 519-776-6483 ph: 519-974-4221
Essex Community Services	Essex, Ontario Windsor, Ontario	ph: 519-776-4231 ph: 519-258-8211 Toll-Free: 1-888-248-9978
Erie St. Clair Community Care Access Centre	Windsor, Ontario	ph: 519-258-8211 ph: 1-888-447-4468
Heart & Stroke Foundation	Windsor, Ontario	ph: 519-254-4345
Kidney Foundation	Windsor, Ontario	ph: 519-977-9211
MS Society	Windsor, Ontario	ph: 519-977-0401
Lakeshore Community Services	Belle River, Ontario	ph: 519-728-1435
Ontario AIDS Network AIDS Committee of Windsor	Toronto, Ontario Windsor, Ontario	ph: 1-800-839-0369 ph: 519-973-0222

## Community Agencies

continued...

Ontario Lung Association	Windsor, Ontario	ph: 519-256-3433
Ontario March of Dimes	London, Ontario	ph: 1-866-496-8603
Palliative Pain & Symptom Management Consultant - Carol Gill	Windsor, Ontario	ph: 519-969-1927
Public Health Unit	Windsor, Ontario	ph: 519-258-2146
South Essex Community Council	Windsor, Ontario	ph: 519-326-8629
Veteran's Affairs Canada (VAC)		ph: 1-866-522-2122 (English) ph: 1-866-522-2022 (French)
Windsor Jewish Community Centre	Windsor, Ontario	ph: 519-973-1774

## Community Health Centre

City Centre Health Centre	1400 Windsor Ave. Windsor, Ontario	ph: 519-971-0116
Sandwich Community Health Centre	749 Felix Ave. Windsor, Ontario	ph: 519-258-6002
Teen Health Centre	1585 Ouellette Ave. Windsor, Ontario	ph: 519-253-8481

## Emergencies

If you need immediate assistance, please dial 911 for Ambulance, Fire or Police.

### Non-Emergency Calls

Ambulance Service	Windsor, Ontario	ph: 519-258-2155
Windsor Police	Windsor, Ontario	ph: 519-258-6111
Ontario Provincial Police	Ontario	ph: 1-888-310-1122
Poison Information Centre		ph: 1-800-268-9017

## Emergency Response Systems

Monitored medical alarm system suppliers.

Connect Care		ph: 1-888-298-6116
First Call		ph: 1-800-463-6425

## Emergency Response Systems

continued...

Guardian Alarms	Windsor, Ontario	ph: 519-258-4646
Galaxy Medical Alert Systems		ph: 1-800-945-5027 ph: 519-945-5027
Lambton Kent Lifeline	Windsor, Ontario	ph: 1-800-387-8065 (24/7 365 days a year) ph: 1-800-387-8120 (general number)
Life Call		ph: 1-800-661-5433
Medical Alert		ph: 1-800-668-1507
Security One-Careguard Alarms	Tecumseh, Ontario	ph: 519-739-2899
Windsor Regional Lifeline	Windsor, Ontario	ph: 519-252-4100 ph: 1-888-339-6563

## Family Health Teams

Amherstburg Family Health Team	681 Front Rd. S. Amherstburg, Ontario	ph: 519-736-7770
Harrow Health Centre Family Health Team	1480 Erie Rd. Sth. Harrow, Ontario	ph: 519-738-2000
Leamington Health and Area Family Health Team	194 Talbot St. W. Leamington, Ontario	ph: 519-322-1100
Windsor Family Health Team	214 Eugenie St. W. Windsor, Ontario	ph: 519-250-5656

## Finances

Assisstive Devices Program		ph: 1-800-268-6021 TTY: 1-800-387-5559
Canadian Mortgage and Housing Corporation	Windsor, Ontario	ph: 519-255-6380
Department of Veterans Affairs		ph: 1-866-522-2122
Easter Seals Society	Windsor, Ontario	ph: 519-944-0044
Government of Canada- Income Security (CPP, OAS)		ph: 1-800-277-9914
Home Rehabilitation/Repair Grant	Windsor, Ontario	ph: 519-873-2400
Ministry of Community & Social; Children & Youth Services		ph: 519-352-5050
Ministry of Finance Information Centre		ph: 1-800-263-7965

## Finances

continued...

Ontario Disability Support Program	Windsor, Ontario	ph: 519-254-1651 ph: 1-800-387-7327 TDD/TTY: 519-254-4850
Ontario Drug Benefit- Health Ontario Helpline		ph: 1-800-668-6641
Windsor (City) Social Services	Windsor, Ontario	ph: 519-255-5200
Windsor Homes Coalition	Windsor, Ontario	ph: 519-258-4501

## First Nations Health Centre

First Nations Health Centre	Windsor, Ontario	ph: 519-258-8954
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## Grieving

Canadian Mental Health Association	Windsor, Ontario	ph: 519-255-7440
Family Services	Windsor, Ontario	ph: 519-256-1831
Recovery Inc.	Windsor, Ontario	ph: 519-944-3976

## Health Assessments

Dr. Alamelhuda Walk-in Clinic	3020 Dougall Ave. Windsor, Ontario	ph: 519-967-9967
Amherstburg Walk-in Clinic	71 Sandwich St. S Amherstburg, Ontario	ph: 519-736-5444
Central Walk-in Clinic	3995 Tecumseh Rd. E. Windsor, Ontario	ph: 519-974-9778
Dr. D. Coates Walk-in Clinic	1249 Front. Rd. S. Amherstburg, ON	ph: 519-736-8600
Dr. Chalhoub Walk-in Clinic	33 Princess St. Ste. 105 Leamington, Ontario	ph: 519-322-5664
Erie Health Smart Clinic	815 Erie. St. E. Windsor, Ontario	ph: 519-977-6336
Essex Walk-in Clinic	186 Talbot St. S. Essex, Ontario	ph: 519-776-1559
Family Care Medical Walk-in Clinic	2425 Tecumseh Rd. E. Windsor, Ontario	ph: 519-944-3802



# Health Assessments

continued...

Howard Ave. Walk-in Clinic	2462 Howard Ave. Ste. 109 Windsor, Ontario	ph: 519-258-5696
Lakeshore Health Centre	330 Notre Dame St. Belle River, Ontario	ph: 519-728-0777
LaSalle Health Smart Clinic	1775 Sprucewood LaSalle, Ontario	ph: 519-966-3411
LaSalle Walk-in Clinic	2125 Front Rd. LaSalle Ontario	ph: 519-966-1234
Ottawa St. Medical Clinic	1535 Ottawa St. Windsor, Ontario	ph: 519-977-7202
Pillette Medical Walk-in Clinic	4900 Wyandotte St. E. Windsor, Ontario	ph: 519-974-8682
Provincial Medical Centre	1400 Provincial Rd. Windsor, Ontario	ph: 519-250-6961
Rivard Medical Walk-in Clinic	2909 Grandview St. Windsor, Ontario	ph: 519-251-1878
Riverside Walk-in Clinic	7775 Wyandotte St. E. Windsor, Ontario	ph: 519-974-4122
Dr. Ranjit Walk-in Clinic, Zehrs Superstore	4371 Walker Rd. Windsor, Ontario	ph: 519-254-6176
Roseland After Hours Walk-in Clinic	3950 Dougall at Cabana Windsor, Ontario	ph: 519-972-3944
Roseville Garden Walk-in Clinic	2525 Roseville Garden Dr. Windsor, Ontario	ph: 519-944-3393
St. Anne St. Walk-in Clinic	12137 Tecumseh Rd. E. Windsor, Ontario	ph: 519-735-1490
St. Clair Beach Health Care Centre	500 Manning Rd. St. Clair Beach, Ontario	ph: 519-739-1550
Tecumseh Urgent Care Centre	11811 Tecumseh Rd. E. Tecumseh, Ontario	ph: 519-979-3355
Tecumseh Health Care Centre, Lakeland Plaza	13390 Lanoue Tecumseh, Ontario	ph: 519-255-6380
Walkerville Walk-in Clinic	1270 Walker Rd. Windsor, Ontario	ph: 519-977-9222
West Windsor Urgent Care Centre	2055 Huron Church Rd. Windsor, Ontario	ph: 519-255-9185
Westminister Walk-in Clinic	5115 Tecumseh Rd. E. Windsor, Ontario	ph: 519-977-9222
Windsor Medical Clinic East	6720 Hawthorne Dr. Windsor, Ontario	ph: 519-944-2295

## Health Assessments

continued...

Tecumseh Urgent Care Centre	11811 Tecumseh Rd. E. Tecumseh, Ontario	ph: 519-979-3355
Tecumseh Health Care Centre Lakeland Plaza	13390 Lanoue Tecumseh, Ontario	ph: 519-255-6380
Walkerville Walk-in Clinic	1270 Walker Rd. Windsor, Ontario	ph: 519-977-9222
West Windsor Urgent Care Centre	2055 Huron Church Rd. Windsor, Ontario	ph: 519-255-9185
Westminister Walk-in Clinic	5115 Tecumseh Rd. E. Windsor, Ontario	ph: 519-977-9222
Windsor Medical Clinic East	6720 Hawthorne Dr. Windsor, Ontario	ph: 519-944-2295
Windsor Medical West	1608 Tecumseh Rd. W. at Campbell Windsor, Ontario	ph: 519-258-4440
Wyandotte at Lauzon Walk-in Clinic	7885 Wyandotte St. E. Windsor, Ontario	ph: 519-251-0761
Windsor River Walk-in Clinic	500 Wyandotte St. E. Windsor, Ontario	ph: 519-254-1594

## Health Information

Need a Family Physician or Health Care Provider? Call Health Care Connect at 1-800-445-1822 or register on-line at: [www.ontario.ca/healthcareconnect](http://www.ontario.ca/healthcareconnect).

Telehealth Ontario (Free & Confidential access to a nurse 24 hours per day 7 days per week)		ph: 1-866-797-0000
Health Care Information System		ph: 1-888-664-8988
Health Card Renewal		ph: 1-800-268-1154

## Home Health Equipment

See also Yellow Pages under Home Health Services & Supplies. \* Assistive Devices Program Local Registered/ Authorized Vendors for Wheelchairs/Positioning and Ambulation Category.

Leamington Medical Supplies	Windsor, Ontario	ph: 519-322-2666
Maxim Medical Supplies	Windsor, Ontario	ph: 519-977-7200
MERS Medical Equipment Repair Service	Windsor, Ontario	ph: 519-735-0324

## Home Health Equipment continued...

Motion Specialties	Windsor, Ontario	ph: 519-252-2011
Shoppers Home Health	Windsor, Ontario	ph: 519-252-2715
Vital Air	Windsor, Ontario	ph: 519-971-8585

\* Equipment may also be available on loan from the Canadian Legion, MS Society, etc.

## Hospice

Hospice of Windsor & Essex County	6038 Empress St. Windsor, Ontario	ph: 519-974-7100
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## Hospitals

Hôtel-D'ieu Grace Hospital	Windsor, Ontario	ph: 519-973-4444 TTY: 519-973-4432
Leamington District Memorial Hospital	Leamington, Ontario	ph: 519-322-2501
London Health Sciences Centre	London, Ontario	ph: 519-685-8500
London Regional Cancer Clinic	London, Ontario	ph: 519-685-8600
Windsor Regional Cancer Centre	Windsor, Ontario	ph: 519-253-5253
Windsor Regional Children's Centre	Windsor, Ontario	ph: 519-257-5215
Windsor Regional Hospital -Metropolitan Campus -Western Campus	Windsor, Ontario Windsor, Ontario	ph: 519-254-5577 ph: 519-254-5577

## Housing Options

The following organizations provide housing and include Rest & Retirement homes, supportive housing and/or short term urgent housing. Short stay residential respite is also available through the Community Care Access Centre in LTC Homes (See information on the following page).

To access assessments for Supportive Housing please call the Community Care Access Centre at 519-258-8211 or toll-free at 1-888-447-4468.

Ambassador Huron Housing Corp	Windsor, Ontario	ph: 519-972-9377
Amherstburg Seniors Non-Profit Housing Corp	Amherstburg, Ontario	ph: 519-736-0222
Border City Co-op Homes Inc.	Windsor, Ontario	ph: 519-979-1329

# Housing Options

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Can-Am Urban Native Non-Profit Homes Inc.	Windsor, Ontario	ph: 1-800-263-1139 ext. 22
Charlie Brooks Housing Co-op	Windsor, Ontario	ph: 519-974-4141
Community Living Among Seniors	Windsor, Ontario	ph: 519-966-8920
Community Living Windsor	Windsor, Ontario	ph: 519-974-4221
Labour Community Service Centre	Windsor, Ontario	ph: 519-974-2653
Drouillard Place Terrace	Windsor, Ontario	ph: 519-973-1155
Frank Long Co-op Homes Inc.	Amherstburg, Ontario	ph: 519-736-5851
Glengarry Non-Profit Housing Corporation	Aylmer Ave. (Windsor) Glengarry Ave. (Windsor)	ph: 519-254-8183 ph: 519-971-8183
Habitat for Humanity Windsor-Essex	Windsor, Ontario	ph: 519-969-3762
Homeland Non-Profit Housing Complex Inc.	Windsor, Ontario	ph: 519-974-6967
Housing Information Services of Windsor/Essex	Windsor, Ontario	ph: 519-254-4824
I L Peretz Senior Citizens Corp	Windsor, Ontario	ph: 519-255-7101
John Maynahan Co-op Homes Inc.	Windsor, Ontario	ph: 519-250-9060
Ka Wah Community Housing	Windsor, Ontario	ph: 519-972-9377
Leamington Mennonite Home and Apts.	Leamington, Ontario	ph: 519-326-6109
Legion Senior Housing	Kingsville, Ontario	ph: 519-733-6717
New Beginnings	Leamington, Ontario	ph: 519-326-7639
Orchard Park Co-op Homes	Essex, Ontario	ph: 519-776-6973
Parkwood Non-Profit Housing Corp	Windsor, Ontario	ph: 519-974-2127
Pillette Green Community Housing Corp	Windsor, Ontario	ph: 519-948-7890
Polish Canadian Centre Association	Leamington, Ontario Windsor, Ontario	ph: 519-944-2440 ph: 519-944-2440
River Gardens Homes Inc.	Windsor, Ontario	ph: 519-945-7809
River Park Non-Profit Housing Corp.	Windsor, Ontario LaSalle, Ontario	ph: 519-948-6060 ph: 519-966-6037
Riverside Garden Court Co-Op Inc.	Windsor, Ontario	ph: 519-974-3003
Ryegate Co-operative Homes, Inc.	Tecumseh, Ontario	ph: 519-979-0345
Sandwich Manor	Windsor, Ontario	ph: 519-818-9174
Ser-Rise Community Housing	Windsor, Ontario	ph: 519-258-5356
St. John Anglican Non-Profit Housing Corp.	Windsor, Ontario	ph: 519-979-6859

## Housing Options continued...

Venture Place Housing Co-op	Windsor, Ontario	ph: 519-948-4125
Villa Ciociara Senior Citizen Apartment Corp	Windsor, Ontario	ph: 519-972-9377
Windsor West Citizens Organization	Windsor, Ontario	ph: 519-977-9888

## Legal Matters

Family Law Information Centre	Windsor, Ontario	ph: 519-973-6620
Office of the Public Guardian and Trustee		ph: 1-800-366-0335
Ontario Ministry of Attorney General Windsor	Windsor, Ontario	ph: 519-973-6620
Psychiatric Patient Advocate Office		ph: 1-800-578-2343
Lawyer Referral Service		ph: 1-800-268-8326
Legal Aid	Windsor, Ontario	ph: 519-253-7150
Legal Assistance	Windsor, Ontario	ph: 519-256-7831
Windsor-Essex Bilingual Legal Clinic	Windsor, Ontario	ph: 519-253-3526

## Long-Term Care Homes

Long Term Care Homes (LTCH) are designed to provide accommodation and services to people who need access to 24 hour nursing care or supervision.

Please call the Erie St. Clair Community Care Access Centre at 310-CCAC for an assessment and completion of an application. Short term respite care is also available in long-term care homes through the Community Care Access Centre.

Information is also available on the Erie St. Clair Community Care Access Centre website at <http://www.esc.ccac-ont.ca> or on the Erie St. Clair Healthline at <http://www.eriestclairhealthline.ca>.

Information can also be viewed on the Ministry of Health Website at the following address: [http://www.health.gov.on.ca/english/public/program/ltc/26\\_reporting.html](http://www.health.gov.on.ca/english/public/program/ltc/26_reporting.html). This site can provide you with different types of information regarding long-term care homes including the location of any home in Ontario, Ministry inspection reports and/or verified concerns and an ability to compare the listings of up to five (5) homes at one time.

Banwell Gardens	Windsor, Ontario	ph: 519-735-3204
Brouillette Manor	Tecumseh, Ontario	ph: 519-735-9810
Chateau Park Nursing Home	Windsor, Ontario	ph: 519-254-4341

## Long-Term Care Homes

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Country Village Health Care Centre	Woodslee, Ontario	ph: 519-839-4812
Extendicare Southwood Lakes	Windsor, Ontario	ph: 519-945-7249
Extendicare Tecumseh	Tecumseh, Ontario	ph: 519-739-2998
Heron Terrace Long Term care Residence	Windsor, Ontario	ph: 519-979-6730
Huron Lodge	Windsor, Ontario	ph: 519-253-6060
Iler Lodge	Essex, Ontario	ph: 519-776-9482
Leamington Mennonite Home and Apartments	Leamington, Ontario	ph: 519-326-6109
Malden Park Continuing Care Centre	Windsor, Ontario	ph: 519-257-5451
Regency Park Nursing Home	Windsor, Ontario	ph: 519-254-1141
Richmond Terrace Nursing Home	Amherstburg, Ontario	ph: 519-736-4295
Riverside Place	Windsor, Ontario	ph: 519-974-0148
Royal Oak Long Term Care Centre	Kingsville, Ontario	ph: 519-733-9303
Sun Parlor Home for Senior Citizens	Leamington, Ontario	ph: 519-326-5731
Windsor Place	Windsor, Ontario	ph; 519-256-7868

## Meals (Grocery Delivery)

LaStella Market (City limits-call before 4:00 p.m. - \$5.00 chg)	Windsor, Ontario	ph: 519-255-1112
Shopping Assistant- Community Ventures (Will deliver both groceries and well-balanced meals. Available to seniors, people who are home-bound due to a disability and tourists)	Windsor, Ontario	ph: 519-944-2464
La Cantina (City Limits- Open 7 days/wk.-Delivery: Thur-Fri-\$25 min.-\$10 chg)	Windsor, Ontario	ph: 519-254-6000
Giglio's Market (City Limits- \$25 min. order \$5.00 chg- Mon-Fri. 12:00 p.m.-6:00 p.m.)	Windsor, Ontario	ph: 519-254-1949
Foodland on the Westside (City Limits- \$75 min. order-Telephone orders - Mon-Sat 10:00 a.m.- 4:00 p.m.)	Windsor, Ontario	ph: 519-253-0302
Belle River Foodland (Thursday - Call before 12:00 p.m. - \$20 min. order)	Belle River, Ontario	ph: 519-728-1301
Foodland-Essex (Essex only)	Leamington, Ontario	ph: 519-776-4255

## Meals on Wheels (Frozen Meals)

Choice Nutritional Food Services (* regular, diabetic, vegetarian, & gourmet selections)	Windsor, Ontario	ph: 519-969-5860
Comfort and Soul	Windsor, Ontario	ph: 519-359-4349
Amherstburg Community Services (Amherstburg, Harraow, LaSalle)	Windsor, Ontario	ph: 519-736-5471
Essex Retirees Social Club	Essex, Ontario	ph: 519-776-6689
Victorian Order of Nurses	Windsor, Ontario	ph: 519-254-4866 ext. 6215
Lakeshore Community Services (Amherstburg/Harrow/LaSalle)	Belle River, Ontario	ph: 519-728-1435
LaSalle Community (LaSalle, Rivard Canard)	Windsor, Ontario	ph: 519-978-2955
South Essex Community Council (Leamington/Kingsville/Wheatley)	Leamington, Ontario	ph: 519-326-0527
Apetito (* Frozen, nutritionally balanced meals designed particularly for seniors. Will accomodate special dietary needs. Delivery available)	Windsor, Ontario	ph: 519-972-3304

## Multicultural Organizations

Canadian Citizenship & Immigration Canada	Windsor, Ontario	ph: 1-888-242-2100
Immigrant Parent and Child Training South Essex Community Council	Leamington, Ontario	ph: 519-332-3536
Multicultural Council of Windsor-Essex County	Windsor, Ontario	ph: 519-255-1127
New Canadians Centre of Excellence	Windsor, Ontario	ph: 519-258-4076
Windsor Women Working with Immigrant Women	Windsor, Ontario	ph: 519-973-5588

## Occupational Health

Occupational Health Clinics for Ontario Workers	3129 Marentette Ave. Unit 1 Windsor, Ontario	ph: 519-973-4800
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## Personal Care Assistance

The Community Care Access Centre can provide you with an assessment for health and support services. Please call the Erie St. Clair Community Access Centre at 519-258-8211 or 1-888-447-4468.

The following organizations are available to provide this service. Private services are available. Call for specific information.

Bayshore Healthcare	Windsor, Ontario	ph: 519-973-5411
Revera Health Services Inc.	Windsor, Ontario	ph: 519-966-5200 ph: 1-877-966-5200
Home Instead Senior Care	Windsor, Ontario	ph: 519-739-1500
Paramed Home Health Care	Windsor, Ontario	ph: 519-972-7760
Red Cross Care Partners	Windsor, Ontario	ph: 519-944-2784
St. Elizabeth Health Care	Windsor, Ontario	ph: 519-972-3895
Victorian Order of Nurses	Windsor, Ontario	ph: 519-254-4866
Windsor Place	Windsor, Ontario	ph; 519-256-7868

## Rehabilitation Providers

\*\* OHIP covered Physiotherapy- could be age specific-call to confirm.

### Occupational Therapists:

** Advanced Rehabilitation Centre	Windsor, Ontario	ph: 519-254-2222
Back to Life Rehabilitation	Windsor, Ontario	ph: 519-972-6003
Bayshore Therapy and Rehab	Windsor, Ontario	ph: 519-974-5953
John McGivney Children's Centre	Windsor, Ontario	ph: 519-252-7281
Orthocare Physiotherapy and Occupational Therapy	Windsor, Ontario	ph: 519-978-0101
Sunnyside Rehabilitation Services Inc.	Windsor, Ontario	ph: 519-739-6061
** Wardle's Physiotherapy Clinic	Windsor, Ontario	ph: 519-252-2752
** Windsor Physiotherapy Services	Windsor, Ontario	ph: 519-250-8777

### Speech Language Pathologists:

Bayshore Therapy and Rehab	Windsor, Ontario	ph: 519-974-5953
John McGivney Children's Centre	Windsor, Ontario	ph: 519-252-7281

### Dieticians:

Nutritional Management Services		ph: 1-800-265-2907
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## Respite, Support and/or Counselling

Short term respite and supportive care can be accessed through the Erie St. Clair CCAC Community Care Access Centre by calling 519-258-8211 or 1-888-447-4468.

Assisted Living Southwestern Ontario		ph: 519-969-8188
Canadian Mental Health Association		ph: 519-436-6100
Family Respite Services	Windsor, Ontario	ph: 519-972-9688

## Recreational Activities

Social and recreational activities are available in these centres. Call for specific information.

Association for Persons with Physical Disabilities of Windsor and Essex County	Windsor, Ontario	ph: 519-969-8188
Central United Church-Seniors Band	Amherstburg, Ontario	ph: 519-736-8719
Centre for Seniors	Windsor, Ontario	ph: 519-254-1108
Emmanuel United Church Seniors Social Club	Windsor, Ontario	ph: 519-253-8791
Golden Age Club/Club d'age d'or	Tecumseh, Ontario Windsor, Ontario	ph: 519-735-6455 ph: 519-945-4130
Kingsville Friendly Club	Windsor, Ontario	ph: 519-733-3716
Seniors with a Difference	Windsor, Ontario	ph: 519-945-8018
Wheatley & District Friendship Club	Wheatley, Ontario	ph: 519-825-4870
Windsor-Essex County Activity Living Coalition	Windsor, Ontario	ph: 519-258-2146

## Respiratory/Home Oxygen

ProResp	3200 Deziel Dr., Suite 810 Greenwood Centre Windsor, Ontario	ph: 519-254-0202 ph: 1-866-254-0202
Vital Air	3909 Grand Marais Rd. E. Suite 500 Windsor, Ontario	ph: 519-971-8585

## Transportation

Amherstburg Community Service Care a Van	Windsor, Ontario	ph: 519-736-5471
Canadian Cancer Society (Transportation to Cancer Clinic or related appointments)	Windsor, Ontario	ph: 519-254-5116

# Transportation

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Care Medical Transportation Services	Tecumseh, Ontario	ph: 519-735-9420
Centre for Seniors	Windsor, Ontario	ph: 519-254-1108
Easter Seal Society (Children)		ph: 1-888-535-5623
Essex Community Service Care a Van	Essex, Ontario	ph: 519-776-4231
Handi Transit	Windsor, Ontario	ph: 519-966-0930
Independent Again (Contact Laurell)	Windsor, Ontario	ph: 519-561-2171 ph: 519-982-5289
Lakeshore Community Service North Shore Transit	Lakeshore, Ontario	ph: 519-182-1435
Ministry of Transportation		ph: 519-352-6154
Non Emergency Ambulance		ph: 519-258-2155
Patient Transfer Service	Windsor, Ontario	ph: 519-996-2108 ph: 519-791-4914
Royal Canadian Legion (Veterans and Dependents only)		ph: 519-336-2841
Senior Moment	Wheatley, Ontario	ph: 519-825-9582
South Essex Community Council, Erie Shore Community Transit	Leamington, Ontario	ph: 519-326-8629
Tecumseh Seniors Transit	Tecumseh, Ontario	ph: 519-735-3472
Time Merchant	Leamington, Ontario	ph: 519-322-0848

# Victim Services/Support

Sexual Assault Crisis Centre	Windsor, Ontario	ph: 519-253-9667
The Ontario Network for Prevention of Elder Abuse- Victim Support Line		ph: 1-888-579-2888
Community Crisis Centre Hôtel Dieu Grace Hospital	Windsor, ontario	ph: 519-973-4435
Distress Centre of Windsor-Essex		ph: 519-256-5000
Drouillard Place	Windsor, Ontario	ph: 519-253-1073 ph: 519-253-4446
Kids Help Phone		ph: 1-800-668-6868
Lakeshore Community Services	Belle River, Ontario	ph: 519-728-1435
Victim Services	Windsor, Ontario Leamington-Satellite	ph: 519-723-2711 ph: 1-888-732-2711