

RESOURCES FOR FAMILY SUPPORTS & CAREGIVERS IN PETERBOROUGH

March of Dimes Canada

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Resources for Caregivers & Family Supports in Peterborough

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Resources for Caregivers & Family Supports in Peterborough

<u>Resource Category</u>	<u>Resource Name & Contact Information</u>	<u>Resource Description</u>
Acquired Brain Injury (ABI) Information, Resources & Support	Ontario Brain Injury Association P.O. Box 2338 St. Catherines, ON 905-641-8877 1-800-263-5404 (toll-free helpline) obia@obia.on.ca www.obia.ca	<i>Provides support to people with ABI and their family and friends. Support services include providing information about services and benefits, answering questions related to ABI, rehabilitation programs, and financial assistance, and providing contact information for your local brain injury community association.</i>
	Mindworks 312 Rubidge Street Peterborough, ON 705-741-3412 1-800-559-8323 (toll free)	<i>Provides community based rehabilitation and support assistance to enable individuals with brain injury to maximize their performance in all areas of life.</i>
	Four Counties Brain Injury Association 158 Charlotte Street Peterborough, ON 705-741-1172 1-800-854-9738 (toll free) www.fcbia.org fcbia@nexicom.net	<i>Services include community re-integration strategies, referrals, program activities, social events, newsletter, resource library, awareness promotion and advocacy. Speakers are available upon request.</i>

	<p>The National Resource Center for Traumatic Brain Injury Virginia Commonwealth University Box 980542 Richmond VA 804-828-9055 www.nrc.pmr.vcu.edu</p>	<p>Provides relevant, practical information for professionals, persons with brain injury and family members. Developed a wide variety of assessment tools, intervention programs, training programs and other resources including: "Getting Better and Better After Brain Injury: A Guide for Families, Friends and Caregivers For Living Smarter and Happier".</p>
	<p>Central East Community Care Access Centre Acquired Brain Injury (ABI) Team 310-CCAC (2222) (main line) 1-888-470-2222 (toll free) www.ccac-ont.ca</p> <p>Peterborough Office #202-700 Clonsilla Ave. 705-743-2212</p>	<p>Case Managers will assess your needs, determine your requirements for care, answer your questions and develop a customized care plan. If services are provided to you by your CCAC, case managers will arrange for quality health-care professionals - nurses, physiotherapists, social workers, registered dietitians, occupational therapists, speech therapists and personal support workers - to provide supportive services to help you at home. If you determine you need more comprehensive support, your CCAC case manager can also provide you with more information about long term care, short stay respite and convalescent care. Central East Community Care Access Centre has a specialized Acquired Brain Injury Team.</p>
<p>Stroke Information, Resources & Support</p>	<p>Heart and Stroke Foundation of Ontario www.heartandstroke.ca</p> <p>Peterborough #3- 824 Clonsilla Ave. 705-749-1470</p>	<p>A source of information on heart disease, stroke, surgeries and treatment. Online health information and resources available to help stroke survivors and/or caregivers.</p>
	<p>Stroke Recovery Canada 10 Overlea Boulevard, Toronto, ON 416-425-4209 (Toronto) 905-884-7154 (York Region) 1-888-540-6666 (warm line) 1-800-263-3463 (toll free) src@marchofdimes.ca peersupport@marchofdimes.ca www.marchofdimes.ca</p>	<p>To join the Stroke Recovery Registry and to receive a free information package and newsletters, please email your full name, full address, phone number and email address to src@marchofdimes.ca. Also call to learn more about peer support groups, and other stroke resources including seminars, conferences and recreational opportunities.</p>



**Stroke Recovery Canada
Warmline**
1-888-540-6666

Talk to a fellow survivor, fellow caregiver/family member or be connected to a support group, learn more about stroke, stroke symptoms and stroke recovery. Find stroke recovery resources in your area.



**Stroke Recovery Canada/
Stroke Survivors Support Groups**
emugan@marchofdimes.ca
1-800-263-3463 ext. 7758

Stroke Recovery Canada, a program of March of Dimes Canada offers support groups open to survivors, caregivers, family members and friends.

Life After Stroke, Peterborough
Northminster United Church
300 Sunset Boulevard
Peterborough, ON
705-760-2581
416-425-3463 ext. 7709
1-800-263-3463 ext. 7709 (toll free)
src-peterborough@marchofdimes.ca
www.marchofdimes.ca/src
www.lifeafterstrokepeterborough.org

A peer support group that shares information and provides hope, encouragement and support to stroke survivors in the Peterborough region. Stroke survivors, family members and friends are all welcome. Meetings are the 4th Wednesday of every month 1:00 - 3:30pm. Life After Stroke, Peterborough is the local chapter of Stroke Recovery Canada, a program of March of Dimes Canada.

My Stroke Passport (MSP)
Toronto Stroke Network website
<http://www.tostroke.com/>
Go to "For the Public" and then to
"Community Resources"

My Stroke Passport is for persons living with stroke and their family caregivers to use during recovery and life after stroke. It can be used to record information about your health care, identify your strengths, needs and questions, help you set goals to recover, live well and prevent another stroke, keep track of your progress, communicate with your healthcare team and caregivers, and find resources and support services to meet your needs.

<http://www.tostroke.com/wp-content/uploads/2012/12/My-Stroke-Passport.pdf>

	<p>Stroke in Young Adults: A New Resource Guide 613-852-2303 www.canadianstroke.ca cathy@canadianstroke.ca</p>	<p>The first resource guide for young adult stroke survivors and their families. Released by HSF Canadian Partnership for Stroke Recovery, University of Toronto Stroke Program, and Heart and Stroke Foundation. Topics include dealing with pain, changing relationships, return-to-work, return-to-school, regaining a drivers' license, prevention of another stroke, communication disorders and more.</p> <p>Stroke in Young Adults can be downloaded HERE or from the HSF Canadian Partnership for Stroke Recovery website. Hard copies can also be ordered by emailing cathy@canadianstroke.ca</p>
<p>Aphasia Information, Resources & Support</p>	<p>The Aphasia Institute 73 Scarsdale Rd Toronto, ON (416) 226-3636 www.aphasia.ca aphasia@aphasia.ca</p>	<p>Offers Introductory Program (understanding aphasia and communication strategies for clients and family members – 12 weeks), Community Aphasia Program (ongoing program to encourage community involvement and social exchange), Peer Helper Program (peer leaders provide support and education to new members) and Outreach Program (weekly home visits by a trained volunteer to assist individual with aphasia and his/her family members with communication skills – 12 weeks). Information about aphasia and other related resources available on website.</p>
	<p>National Aphasia Association 350 Seventh Ave. Suite 902 New York, NY 1-800-922-4622 naa@aphasia.org www.aphasia.org</p>	<p>The National Aphasia Association is a non-profit organization that promotes public education, research, rehabilitation and support services to assist people with aphasia and their families.</p> <p>Information for persons with aphasia, caregivers and professionals available on website.</p>

Aphasia Recovery Connection (ARC)

424 2nd Street
Marietta, OH, USA
www.aphasiarc.org

Provides a platform and resources for people with aphasia and their caregivers to connect to others that understand what they are going through. Through Facebook groups, other social media, newsletters, and organized events, members share stories, advice, tips, tools and resources and provide comfort to help each other navigate the road to recovery



Aphasia and Communication Disabilities Program (ACDP)

Main Office
13311 Yonge Street, Suite 202
Richmond Hill, ON
905-773-7758 ext. 6216
1-800-567-0315 ext. 6216 (toll free)
acd@marchofdimes.ca
www.marchofdimes.ca/acdp

Program Locations

Stouffville
12184 Ninth Line

Newmarket
194 Eagle Street

Whitby
1850 Rossland Road East

Peterborough
300 Sunset Boulevard

Vaughan
9401 Jane Street

Maple
10424 Keele Street

Offers services and programs for adults 18 years of age or older living with aphasia, apraxia, dysarthria and other social communication disabilities due to stroke, traumatic brain injury or neurological diseases. Our group communication programs offer clients a way to re-enter community life, one step at a time. Our team of speech-language pathologists and communicative disorder assistants work with trained volunteers to encourage learning and use of supportive communication strategies (written keywords, interactive drawings, gestures) to optimize language abilities. We also provide support for families learning about aphasia. Programs in Maple, Newmarket, Vaughan, Stouffville, Whitby and Peterborough.

Link to referral form:
www.marchofdimes.ca/EN/programs/ydac/Documents/YDAC-Referral-Application-2013.pdf

	<p>Aphasia Software Finder Tavistock Trust for Aphasia www.aphasiastsoftwarefinder.org/</p>	<p>A website that provides information on software programs and apps for people with aphasia in the English language.</p>
	<p>Aphasia Education CanAssist University of Victoria 250-721-7302 info@canassist.ca</p>	<p>The Aphasia Education app plays like a game, but was designed with the help of speech language pathologists who wanted a tool to help care providers learn to interact with individuals with aphasia. The goal of the app is to teach you about some of the challenges that these individuals face, and how they - with your help! -- can overcome them effectively.</p>
<p>Professional Services/Support</p>	<p>Community Care Access Centres (CCAC) 310-CCAC (2222) (main line) 1-888-470-2222 (toll free) www.ccac-ont.ca</p> <p>Peterborough Office #202-700 Clonsilla Ave. 705-743-2212</p>	<p>Case Managers will assess your needs, determine your requirements for care, answer your questions and develop a customized care plan. If services are provided to you by your CCAC, case managers will arrange for quality health-care professionals - nurses, physiotherapists, social workers, registered dietitians, occupational therapists, speech therapists and personal support workers - to provide supportive services to help you at home. If you determine you need more comprehensive support, your CCAC case manager can also provide you with more information about long term care, short stay respite and convalescent care.</p>
<p>Geriatric Assessment Services</p>	<p>Peterborough Regional Health Centre (PRHC) Geriatric Assessment and Intervention Network (GAIN Clinic) 1 Hospital Drive Peterborough, ON 705-876-5021 www.prhc.on.ca</p>	<p>Assessment services for seniors 75 and over who have multiple complex health problems such as medication issues, cognitive decline, functional decline, are at risk of falling, or have other presenting safety concerns.</p>
<p>Finding Private Therapists</p>	<p>College of Occupational Therapists of Ontario 20 Bay Street Toronto, ON 416-214-1177 1-800-890-6570 (toll free) www.coto.org</p>	<p>The registrar contains all of the publicly available information of registered Occupational Therapists in Ontario. The College can be contacted to confirm that a health care professional is a registered Occupational Therapist.</p>

<p>Ontario Society of Occupational Therapists #210-55 Eglinton Ave. E. Toronto, ON 416-322-3011 osot@osot.on.ca www.osot.on.ca</p>	<p><i>Provides suggestions for finding an Occupational Therapist as well as listings of member Occupational Therapists who provide services in communities throughout Ontario.</i></p>
<p>College of Physiotherapists of Ontario #901-375 University Avenue, Toronto, ON 416-591-3828 1- 800-583-5885 (toll free) www.collegept.org info@collegept.org</p>	<p><i>Find information about Physiotherapists and Physical Therapists including practice addresses, contact information, languages spoken, and qualifications</i></p>
<p>The Ontario Association of Speech-Language Pathologists & Audiologists (OSLA) 410 Jarvis Street Toronto, ON 416-920-3676 1-800-718-6752 (toll free) www.osla.on.ca mail@osla.on.ca</p>	<p><i>OSLA facilitates linkages between those who need services and clinicians in private practice in their area.</i></p>
<p>Ontario Psychological Association #403-21 St. Clair Ave. E Toronto, ON 416-961-5552 1-800-268-0069 (toll free) www.psych.on.ca opa@psych.on.ca</p>	<p><i>The OPA offers a free referral service Monday-Friday 10am-3pm by phone. An online referral service is also available to find the names of registered Psychologists with the desired speciality and location.</i></p>

	<p>Mood Disorders Association of Ontario (MDAO) #602-36 Eglinton Ave. West. Toronto, ON 416-486-8046 (support line) 1-888-486-8236 (toll free) www.mooddisorders.on.ca</p>	<p><i>Offers online guides to help you find a therapist and/or mood disorders clinic in your area.</i></p>
Hearing Resources	<p>Canadian Hearing Society www.chs.ca</p> <p>Peterborough: 315 Reid St Peterborough, ON K9J 3R2 705-743-1573</p>	<p><i>Offers 17 programs and services to meet the needs of people who are culturally deaf, oral deaf, deafened or hard of hearing. Programs include accessibility services, hearing healthcare services and counselling services.</i></p>
Vision Resources	<p>Canadian National Institute for the Blind (CNIB) 1-800-563-2642 (CNIB helpline) www.cnib.ca</p> <p>Peterborough: 159 King Street, #30 705-745-6918</p>	<p><i>Services include rehabilitation support services (i.e. wellness support, low vision services, independent living services, travel instruction, career and employment services), CNIB library, helpful products and assistive technologies, and accessibility expertise (i.e. consulting services and training for private and public sector organizations).</i></p>
Psychosocial/Emotional Support - Counselling	<p>Community Counselling & Resource Centre Community Counselling Program 459 Reid Street Peterborough, ON 705-742-4258 ccrc@ccrc-ptbo.com www.ccrc-ptbo.com</p>	<p><i>Core service is providing general counselling services to the community however also provides a number of specialized counselling programs including individual, couple and family counselling to members of the community over the age of 60 and individual and/or group counselling to provide information and support to caregivers of all ages. Fees are geared to income and no one is turned away due to inability to pay.</i></p>

<p>Psychosocial/Emotional Support – Mental Health</p>	<p>Canadian Mental Health Association (CMHA) www.ontario.cmha.ca (Ontario) www.cmha.ca (National)</p> <p>Peterborough 466 George Street North 705-748-6711 1-866-990-9956 (toll free) www.peterboroughcmha.on.ca info@peterborough.cmha.on.ca</p>	<p><i>Provides advocacy, education and direct service through a wide range of services and supports to people who are experiencing mental health issues and their families.</i></p>
	<p>Centre for Addiction and Mental Health (CAMH) 416-535-8501 (main switchboard) 416-595-6111 (general inquiries) 1-800-463-6273 (toll free) www.camh.net</p>	<p><i>Canada's largest mental health and addiction teaching hospital - provides a wide range of clinical programs, support and rehabilitation services.</i></p>
	<p>Mood Disorders Association of Ontario (MDAO) #602-36 Eglinton Ave. West. Toronto, ON 416-486-8046 (support line) 1-888-486-8236 (toll free) www.mooddisorders.on.ca</p>	<p><i>Offers free support to people living across Ontario, and their families, who are living with depression, anxiety or bipolar disorder. Services include telephone information support line, peer support groups, recovery programs and online guides to help you find a therapist and/or mood disorders clinic in your area.</i></p>
	<p>Ontario Mental Health Helpline 1-866-531-2600 www.mentalhealthhelpline.ca</p>	<p><i>Provides mental health services information and referrals. A specialist will answer your call, email or web chat 24/7. The service is free, confidential and anonymous. Also provides information about counselling services and supports in your community and basic information about mental health. A specialist will also offer support and provide strategies to help you meet your goals.</i></p>

<p>Psychosocial/Emotional Support - Caregiver Support & Education</p>	<p>Family Caregiver News Magazine 905-833-6200 1-800-209-4810 (toll free) info@thefamilycaregiver.com www.thefamilycaregiver.com</p>	<p>A magazine and electronic resource aimed at connecting caregivers with practical “how to” information that can help them answer their questions and find solutions to their needs. Website includes service and resource guide.</p>
	<p>Victorian Order of Nurses (VON) Peterborough Victoria Haliburton Location 360 George Street North Suite 25, Peterborough Square Peterborough, ON 705-745-9155 1-800-743-6255 (toll free)</p>	<p>Community support services include caregiver support and education.</p>
<p>Respite Adult Day Programs</p>	<p>Victorian Order of Nurses (VON) 360 George Street North Suite 25, Peterborough Square Peterborough, ON 705-745-9155 1-800-743-6255 (toll free)</p>	<p>Respite services include adult day program, Alzheimer’s respite, in-home respite, weekend stay program and overnight respite.</p>
<p>Respite Support Services</p>	<p>Canadian Red Cross www.redcross.ca simcoe@redcross.ca</p> <p>Peterborough 565 Water Street 705-745-8222 1-866-520-8222 (toll free) peterborough-haliburton@redcross.ca</p>	<p>Provides a number of community health services including personal support services, friendly visiting, telephone assurance, home help, meals on wheels, social work services and transportation services. Services vary in each region.</p>
	<p>Ontario Community Support Association #104-970 Lawrence Avenue West Toronto, ON 416-256-3010 1-800-267-OCSA (6272) www.ocsa.on.ca</p>	<p>Looking for a home and community support provider in your area? Check out the OCSA’s community support provider information (Carefinder) site: www.homeandcommunitysupport.ca</p> <p>OCSA members are community-based, not-for-profit organizations that provide services to help people live at home.</p>

Community Care Access Centres (CCAC)

310-CCAC (2222) (main line)

1-888-470-2222 (toll free)

www.ccac-ont.ca

Peterborough Office

#202-700 Clonsilla Ave.

705-743-2212

Case Managers will assess your needs, determine your requirements for care, answer your questions and develop a customized care plan. If services are provided to you by your CCAC, case managers will arrange for quality health-care professionals - nurses, physiotherapists, social workers, registered dietitians, occupational therapists, speech therapists and personal support workers - to provide supportive services to help you at home. If you determine you need more comprehensive support, your CCAC case manager can also provide you with more information about long term care, short stay respite and convalescent care.

Agape Caregiver Relief

1500 Lansdowne Street West

Peterborough, Ontario

705-742-8317

www.agapecare.ca

agapecaregiver@gmail.com

AGAPE CAREGIVER RELIEF uses a holistic approach and focuses on the needs of the whole family, the client and the caregiver, with the understanding the needs vary from one home to another making each situation unique. Patricia Clancy, the founder of ACR, has been a Registered Nurse for almost 40 years and is dedicated to the families and clients.

ACR offers a service that helps those families that have a loved one in a home/hospital/nursing home and/or a retirement home give relief to the caregiver/care partner and companionship to the client. ACR wants to help balance the caregiver's role of taking care of others and encouraging the caregiver to take care of themselves, by providing the service of caregiver relief. ACR promises to provide the best service, care and match for clients and their families.

Registered with Veterans Independence Program, Special rates for weekends & overnights, personally suited for your family needs, 24/7 care & relief in the home, hospital, retirement or nursing home, in-services provided for staff & family on a monthly basis, & palliative care.

Home Meal Delivery Services	Community Care Peterborough Meals on Wheels 180 Barnardo Peterborough, ON 705-742-7067 www.commcareptbo.org centofc@commcareptbo.org	Hot, nutritious, ready- to- eat full course meals delivered to your home. Frozen meals that can be heated at your convenience can also be ordered. Special diets can be accommodated. Fee for service.
Home Safety Devices	Lifeline Personal Response and Support Services 1-866-832-5426 www.lifeline.ca	Feel more secure knowing support is close by. Help is accessed at the press of a button. The personal help button connects you to a trained Personal Response Associate who can send help quickly 24 hours a day, 7 days a week.
Assistive/Adaptive Equipment	Fontaine Source for Sports 384 Queen Street Peterborough, ON 705-742-0511 www.fontainesourceforsports.net/store	Will modify bicycles using wheel stabilizer kits. Will stock kits beginning in Spring 2013.
	Community Home Assistance To Seniors (CHATS)/MEDIchair Peterborough 329 McDonnell Street 705-740-2650 trent@medichair.ca www.trent.medichair.com	Provides an extensive selection of home medical equipment and supplies, solutions for assistance with seating and positioning, help with mobility in and out of your home, and products to help make "simple" tasks easier again. MEDIchair staff can assist you in selecting products and qualified technicians will make personal adjustments. Products include manual wheelchairs, power wheelchairs, seating systems, mobility scooters, lift chairs, stair lifts, walkers, bathroom safety, bedroom safety, aids to daily living etc.
	Motion Specialties Peterborough 1154 Chemong Road (in EB Games) Peterborough, ON 705-742-6185	Provision of health care products and services tailored to meet specific needs. Works closely with funding agencies and insurance companies across Canada and is a registered vendor for ADP, WSIB, DVA and many other agencies.



DesignAbility Program
10 Overlea Boulevard
Toronto, ON
416-425-3463
1-800-263-3463 (toll free)
designability@marchofdimes.ca
www.marchofdimes.ca/designability

DesignAbility volunteers work with you to craft creative, custom solutions that help you overcome barriers to work, play, personal hygiene and other daily activities. No charge except for the expense of building materials.

**Assistive/Adaptive
Equipment & Home
Modifications
Financial Assistance**

**Ministry of Health and Long Term
Care (LTC)
Assistive Devices Program**
5700 Yonge Street, 7th Floor, Toronto
416-327-8804
416-327-4282 (TTY)
1-800-268-6021 (toll free)
www.gov.on.ca/health

Provides financial assistance to Ontario residents with long-term physical disabilities to obtain basic, competitively priced, and personalized assistive devices appropriate to the individual's basic needs and essential for independent living.

**Canada Revenue Agency
GST/HST Specially Equipped
Motor Vehicle Rebate Application**
Summerside Tax Centre
275 Pope Road
Summerside, PE C1N 6A2
1-800-959-5525
www.cra-arc.gc.ca

*Rebate for the GST/HST paid or payable on the purchase of a qualifying motor vehicle or on a modification service performed on your motor vehicle.
Link to Application Form:
www.cra-arc.gc.ca/E/pbg/gf/gst518/gst518-11e.pdf*



**Home and Vehicle Modification
Program**
291 King Street, 3rd Floor
London, ON
519-642-3700
1-877-369-4867 (toll free)
hvmp@marchofdimes.ca
www.marchofdimes.ca/hvmp

Provides funding for basic home and/or vehicle modifications. The program is intended to assist permanent Ontario residents with a substantial impairment that is expected to last one year or more. By reducing or eliminating life safety risks, these modifications enable individuals with mobility restrictions to continue living in their homes, avoid job loss and participate in their communities.



Assistive Devices Program (ADP)

291 King Street, 3rd Floor
 London, ON`
 519-642-3700
 1-866-765-7237 (toll free)
www.marchofdimes.ca/adp
adp@marchofdimes.ca

Provides assistance with buying, repairing, and maintaining a wide variety of mobility or assistive equipment (including wheelchairs). Funding is provided for devices that help adults live safely and independently in their homes, allow for discharge from a hospital or rehabilitation centre, help avoid job loss and support opportunities for participation in educational, developmental and community activities. The program may also assist you in obtaining funding from local service groups through partnerships with other organizations.

GM Canada Mobility Assistance Centre

1-800-463-7463
www.gmmobility.com/mobility-reimbursements/
www.mobility.gm.ca

Through the GM Mobility Reimbursement Program, new vehicle purchasers/lessees who install eligible adaptive mobility equipment on their new Chevrolet, Buick, or GMC vehicles can receive up to a \$1,000 reimbursement for the cost of the equipment.

Financial Support

Ministry of Community and Social Services - Ontario Disability Support Program (ODSP)

1-888-789-4199
www.mcass.gov.on.ca

Peterborough

360 George Street N., 2nd Floor
 705-742-9292
 705-742-8915 (TTY)
 1-800-663-8560 (toll free)

Provides income supports/financial assistance to people with disabilities to pay for living expenses like food and housing. If you are receiving ODSP, you and your family may also be eligible to receive benefits such as prescription drug coverage, dental care, vision care, and coverage for medical supplies, medical transportation, and assistive devices. Employment supports are also offered by this program including employment Start-Up Benefit.

Ontario Ministry of Finance - Guaranteed Annual Income System (GAINS)

1-866-668-8297
 1-800-263-7776 (TTY)
www.fin.gov.on.ca

Guarantees minimum income for eligible Ontario seniors in monthly payments to qualifying pensioners. (Eligibility: Ontario resident, 65 years of age or older, receiving federal OAS & GIS, permanent resident of Ontario, and your total income from all sources is below the level guaranteed by the province). If you meet eligibility criteria your benefits will be determined automatically based on information the ministry receives from HRSDC and information provided on your annual tax return.

	<p>Canada Pension Plan (CPP)/ Old Age Security/Seniors Card Service Canada Canada Enquiry Centre Ottawa, ON K1A 0J9 1-800-277-9914 1-800-255-4786 (TTY) www.hrsdc.gc.ca</p>	<p><i>Together, the CPP and OAS provide a modest base upon which Canadians can build their retirement income. Basic financial support is also available to survivors and to people who become too disabled to work and their children. Canada Pension Plan (CPP) Disability Benefits provide a monthly taxable benefit to contributors who are disabled and to their dependent children. Applications are now available online or contact Service Canada to have a kit mailed to you. Link to application forms:</i></p> <p>www.servicecanada.gc.ca/eforms/forms/sc-isp-1152(2011-11-15)e.pdf</p> <p>www.servicecanada.gc.ca/eforms/forms/sc-isp-1400(2012-08-30)e.pdf</p>
	<p>Salvation Army www.salvationarmy.ca</p> <p>Peterborough 219 Simcoe Street 705-742-4391</p>	<p><i>Assists people in need of food, clothing, furniture, and shelter. Arrangements can be made to provide budgeting help or counselling.</i></p>
<p>Income Tax Information</p>	<p>Canada Revenue Agency - Community Volunteer Income Tax Program (CVITP) 1-800-959-8281 www.cra.gc.ca</p>	<p><i>The objective of the CVITP is to help eligible individuals who are not able to prepare their income tax and benefit returns by themselves. The Canada Revenue Agency (CRA) and community organizations collaborate and the organizations host tax preparation clinics and arrange for volunteers to prepare tax returns for individuals who have low income and a simple tax situation.</i></p>
	<p>Ontario Ministry of Finance – Tax Advisory Services Branch 1-866-668-8297 1-800-263-7776 (TTY) www.fin.gov.on.ca</p>	<p><i>Provides information, assistance and a full list of all tax credits, benefits and grants available to single people and families in Ontario, including seniors.</i></p>

<p>Ontario Ministry of Finance - Tax Reduction Program 1-866-668-8297 1-800-263-7776 (TTY) www.fin.gov.on.ca</p>	<p><i>Eliminates or reduces Ontario income tax for lower income taxpayers. The program also provides additional tax relief for eligible individuals with dependent children 18 years of age or under, or with dependents with disabilities or significant health conditions of any age. The tax reduction depends on the number of dependents in the family, their ages and other deductions or credits claimed. The ON428 Ontario Tax Form included with your federal income tax return package must be completed.</i></p>
<p>Ontario Ministry of Finance - Healthy Homes Renovation Tax Credit 1-800-668-8297 1-800-263-7776 (TTY) www.ontario.ca/healthyhomes</p>	<p><i>Seniors 65 years or older and their family members who live with them (at all income levels) may qualify for a tax credit to help with the cost of making their homes safer and more accessible. 15% for up to \$10,000 of eligible expenses can be claimed on personal income tax return each year (maximum total credit \$1,500). Before starting modifications, check to see that the work qualifies for this program.</i></p>
<p>Canada Revenue Agency - Family Caregiver Tax Credit 1-800-959-8281 1-800-665-0354 (TTY) www.cra-arc.gc.ca</p>	<p><i>A 15% non-refundable tax credit on an amount of \$2,000 that provides tax relief to caregivers of dependant relatives. This includes spouses, common-law partners, and minor children with significant medical/physical challenges. This credit is on top of the other support credits available to caregivers (such as claiming caregiver amount on your tax returns).</i></p>
<p>Canada Revenue Agency - Disability Supports Deduction 1-800-959-8281 1-800-665-0354 (TTY) www.cra-arc.gc.ca/disability</p>	<p><i>An individual can claim a disability supports deduction if he/she has a disability and paid expenses that no one has claimed as medical expenses and paid them so that he/she could be employed, carry on a business or be enrolled in an educational program.</i></p>

	<p>Canada Revenue Agency - Disability Tax Credit Certificate 1-800-959-8281 1-800-665-0354 (TTY) www.cra-arc.gc.ca/disability</p>	<p>Individuals, who have a severe and prolonged impairment in physical or mental functions, or their legal representative, are eligible for the Disability Tax Credit. The disability amount is a non-refundable tax credit used to reduce income tax payable on your income tax and benefit return. All or part of this amount may be transferred to your spouse or common-law partner, or other supporting person.</p>
	<p>Canada Revenue Agency - Medical Expense Tax Credit 1-800-959-8281 1-800-665-0354 (TTY) www.cra-arc.gc.ca</p>	<p>To qualify, the medical expenses must have been paid by either the individual or his or her legal representative. The medical expenses claimed is the portion of those expenses that exceeds the lesser of a fixed amount or 3% of the individual's net income for the year (subject to change annually).</p> <p>A complete list of qualifying medical expenses can be found at the following link:</p> <p>www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltng/ddctns/lns300-350/330/llwxpns-eng.html</p>
<p>Financial – Savings/ Long-Term Planning</p>	<p>Human Resources and Skills Development Canada (HRSDC)- Registered Disability Savings Plan (RDSP) 1-800-622-6232 1-800-926-9105 (TTY) www.hrsdc.gc.ca</p> <p>Link to RDSP Overview: www.hrsdc.gc.ca/eng/disability_issues/disability_savings/rdsp_you.shtml</p>	<p>The RDSP is a long-term savings plan to help Canadians with disabilities and their families save for the future. The "beneficiary" of the RDSP is the person who will receive the money in the future. There is no annual contribution limit to the RDSP, but there is a lifetime contribution limit of \$200,000. The Government pays a matching grant of up to \$3,500 and a bond of up to \$1,000 a year into the RDSPs of low-income and modest-income Canadians. To open an RDSP and apply for the grant and bond, contact one of the participating financial organizations including Bank of Montreal, Bank of Nova Scotia, CIBC Securities Inc., RBC Royal Bank, TD Waterhouse – for a complete listing of participating financial organizations refer to the following link:</p> <p>www.hrsdc.gc.ca/eng/disability_issues/disability_savings/financ_org.shtml</p>

	<p>Community Counselling & Resource Centre Credit Counselling Services 540 George Street North Peterborough, ON 705-743-2272 1-800-274-1611 ccrc@ccrc-ptbo.com www.ccrc-ptbo.com</p>	<p><i>Offers telephone advice and face-to-face money management and debt reduction options. All services provided are confidential. Part of a Not For Profit, charitable agency, offering free or low cost services. United Way Member Agency, Member of Credit Counselling Canada.</i></p>
	<p>Registered Disability Savings Plan (RDSP) Seminar www.youtube.com/user/marchofdimescda</p>	<p><i>In conjunction with Ryerson University, MODC hosted a seminar on the Registered Disability Savings Plan (RDSP). The video presentation is divided into five segments, all of which may be found on youtube.com</i></p>
<p>Housing Resources</p>	<p>Community Counselling & Resource Centre Housing Resource Centre 540 George Street North Peterborough, ON 705-743-2272 1-800-274-1611 (toll free) www.ccrc-ptbo.com www.housingpeterborough.com</p>	<p><i>The Resource centre helps people find housing, keep housing, and prevent homelessness by providing support, guidance and information including referrals to many local services. Offers services to all people at all ages and stages of their lives. All services are free and available to people with and without income. Open to the public Mon-Fri 9-4:30pm. Closed from 12-1 daily. Appointments are available but not required.</i></p>
	<p>Community Counselling & Resource Centre Housing Resource Centre 540 George Street North Peterborough, ON 705-743-2272 1-800-274-1611 (toll free) www.ccrc-ptbo.com www.housingpeterborough.com</p>	<p><i>The Resource centre helps people find housing, keep housing, and prevent homelessness by providing support, guidance and information including referrals to many local services. Offers services to all people at all ages and stages of their lives. All services are free and available to people with and without income. Open to the public Mon-Fri 9-4:30pm. Closed from 12-1 daily. Appointments are available but not required.</i></p>


<p>Transportation</p>	<p>Dignity Transportation Inc. 416-398-2222 1-866-398-2109 info@dignitytransportation.com www.dignitytransportation.com</p>	<p>Accessible transportation service available 24 hours/day – 7 days a week for individuals with mobility impairments and/or cognitive disabilities. Provides door to door service. Offers competitive flat rate pricing structure based on distance traveled. May also book a vehicle by the hour (two hour minimum) for trips with numerous stops. There is no additional charge for escorts. Services the GTA and surrounding areas including York, Durham, Peel and rest of Ontario. Special outing services are also available to neighbouring cities and tourist attractions, like Niagara Falls, Casino Rama in Orillia etc. Independently owned and operated.</p>
	<p>Peterborough Handi-Van City of Peterborough 190 Simcoe Street 705-745-5801 (office phone) 705-745-0525 (after hours) www.peterborough.ca/Living/City_Services/Transportation/Transit/Accessible_Services.htm</p>	<p>Provides public transportation for people who cannot take the regular buses due to a disability. Operating within Peterborough city limits, the service has 9 low floor or lift equipped special purpose buses that can accommodate both wheelchair and walk-on passengers. Door to door service is provided. Trips may be reserved up to 1 week in advance. 24 hours -notice is required to book a trip during business hours. Same day trip requests are accommodated if space is available. All users must be registered.</p>
	<p>Disability Travel Card Easter Seals Canada #401-40 Holly Street Toronto, ON 416-932-8382 1-877-376-6362 ext. 224 (toll free) www.easterseals.ca bchan@easterseals.ca</p>	<p>For people with disabilities who require assistance of a support person when traveling. The card offers the holder discounts to the support person in attendance with them when traveling with participating partners including Via Rail, Greyhound Bus Lines and Coach Canada.</p> <p>Application package can be downloaded at:</p> <p>www.easterseals.ca/english/wp-content/uploads/2012/08/DisabilityTravel-Card2012.pdf</p>

<p>Transportation - Air Travel</p>	<p>Air Canada 1-800-667-4732 (toll free) 1-514-369-7039 www.aircanada.com</p>	<p>Individuals who require significant assistance may travel with an attendant at no extra charge (if travelling within Canada on an Air Canada flight or an Air Canada flight operated by Jazz, Sky Regional, Air Georgian and Exploits Valley Air). Applicable taxes remain payable. Contact Air Canada for more information about application process.</p>
	<p>WestJet 1-888-937-8538 www.westjet.com</p>	<p>Special or additional seating is available at no charge to guests with a physical or mental disability who require a personal attendant to provide help with meals, medication, use of the toilet, or to assist the person with a disability who is unable to assist themselves in an emergency evacuation or in the event of decompression.</p> <p>To be eligible, guests must apply (including section to be completed by physician) Link to application form: www.westjet.com/pdf/travel/OPOF_Form1_en.pdf</p> <p>Two programs included in this application are:</p> <p>The One Person One Fare program (which applies only to domestic flights within Canada)</p> <p>The Medical Seating Program (which applies to all WestJet flights).</p>
<p>Transportation Driving Assessment</p>	<p>The War Amps License to Drive Booklet 1-800-622-2472 (toll free) nac@waramps.ca www.waramps.ca www.waramps.ca/nac/life/drive.html</p>	<p>A comprehensive guide for individuals with disabilities who want to drive.</p>

<p>Transportation Accessible Parking</p>	<p>Service Ontario- Accessible Parking Permit 416-326-1234 416-325-3408 (TTY) 1-800-267-8097 (toll free) www.serviceontario.ca</p> <p>Peterborough Robinson Place 300 Water Street, 1st Floor</p>	<p><i>An accessible parking permit can be issued to an individual or company. When the permit is displayed in a vehicle, that vehicle can be parked in a designated accessible parking space. Accessible parking permits will be issued to individuals who meet eligibility criteria (for example conditions or functional impairments that severely limit mobility, or vision). Permits are issued to individuals, not vehicles.</i></p>
<p>Legal Services</p>	<p>ARCH – A Legal Resource Centre for Persons with Disabilities #110-425 Bloor Street West Toronto, ON 416-482-8255 416-482-1254 (TTY) archlib@lao.on.ca www.archlegalclinic.ca</p>	<p><i>Promotes the full social justice of persons with disabilities, and their realization of equal opportunities and full participation on an individual and systemic basis. Website contains information on legal issues affecting persons with disabilities.</i></p>
	<p>Law Society of Upper Canada Lawyer Referral Service (LSRS) Osgoode Hall 130 Queen Street W. Toronto, ON 416-947-3330 1-800-668-7380 (toll free) lawsociety@lsuc.on.ca www.lsuc.on.ca</p>	<p><i>Provides a referral to a licensed paralegal or lawyer who will provide a free consultation of up to 30 minutes to help you determine your rights and options.</i></p>
	<p>Legal Aid Ontario www.legalaid.on.ca</p> <p>Peterborough 364 Water Street 705-743-5430 1-888-828-3827</p>	<p><i>Available to low income individuals and disadvantaged communities for a variety of legal problems, including criminal matters, family disputes, immigration and refugee hearings and poverty law issues such as landlord/tenant disputes, disability support and family benefits payments. May assist with payment for legal help.</i></p>

	<p>Speak Up Canadian Hospice Palliative Care Association Annex D, Saint-Vincent Hospital 60 Cambridge Street Annex D Ottawa, ON www.advancecareplanning.ca</p>	<p>Website provides information, tools and resources to assist with advance care planning.</p>
Elder Abuse	<p>Seniors Safety Line Ontario Network for the Prevention of Elder Abuse Dial 211 and ask for the Seniors Safety Line</p>	<p>The Senior's Safety Line provides information, referrals, and support 24 hours a day seven days a week in over 150 languages. The hotline is a toll-free confidential resource for seniors suffering abuse, including financial, physical, sexual and mental abuse and neglect.</p>
Social/Recreational Resources	<p>Access 2 Entertainment CARD Easter Seals Canada #401-40 Holly Street Toronto, ON www.easterseals.ca</p> <p>To download application form: www.access2card.ca</p>	<p>Provides free admission (or significant discount) for support persons accompanying a person with a disability at member movie theatres and other attractions (including Toronto Zoo, ROM, Casa Loma, CN Tower, Art Gallery of Ontario etc.) across Ontario (and Canada). The person with the disability pays regular admission. There is a \$20 fee for the card (valid for 5 years). You will receive 2 free movie passes valued at approximately \$20 with your card.</p>
	<p>The Canadian Abilities Foundation Access Guide Canada #401-340 College Street Toronto, ON 416-923-1885 1-888-700-4476 (toll free) www.abilities.ca/agc</p>	<p>Guide to listings of accessible places and resources in Canada.</p>
	<p>Mapleridge Seniors Recreation Centre 1840 Lansdowne Peterborough, ON 705-742-1481</p>	<p>An activity club for seniors 50 years of age or better. Offer a wide variety of recreational activities. Membership is \$20 per year.</p>

	<p>Activity Haven Seniors' Centres Queen Alexandra Centre Peterborough, ON 705-876-1670</p>	<p>An activity club for seniors offering a wide variety of recreational activities including billiards, bowling, euchre, drop-in crafts, exercise classes, shuffleboard, hot meals, book club, knitting drop in and much more.</p>
	<p>Accessible Travel Services 10 Overlea Boulevard Toronto, ON 416-425-3463 1-866-301-3463 (toll free) travel@marchofdimes.ca</p>	<p>Organizes vacations (examples of past vacation locations include Mexico, Grand Cayman, Belize, Fort Lauderdale and Key West Florida, the Bahamas, Alaska, New England and Las Vegas). These trips also provide family supports and caregivers with an opportunity for respite.</p>
	<p>Recreation Day Trips 10 Overlea Boulevard Toronto, ON 416-425-3463 1-866-301-3463 (toll free) recreation@marchofdimes.ca</p>	<p>One day trips out of the city to various destinations in Southern Ontario. Wheelchair accessible transportation is provided. Social events also occur within the city of Toronto. Pre-registration is required for all day-trips. Attendant Care is not provided. The participant may be accompanied by an attendant who must pay full trip fee.</p>
	<p>Summer Holiday Program 10 Overlea Boulevard Toronto, ON 416-425-3463 1-866-301-3463 (toll free) recreation@marchofdimes.ca</p>	<p>A 6 day, adult oriented program, situated at accessible YMCA Geneva Park Conference Centre and Resort, on the outskirts of Orillia, Ontario. Experienced staff provides all attendant care.</p>
	<p>TravelAbility #100-460 Richmond Street W. Toronto, ON 1-866-637-9798 (toll free) www.travelability.ingleinsurance.ca www.dimesinsuranceservices.com</p>	<p>A travel insurance program specifically designed for people with physical disabilities and their families. In partnership with Ingle International and Imagine Financial Ltd., March of Dimes provides you with an experienced source of travel insurance to offer people with special needs fast, friendly service and solutions that let them travel with confidence.</p>

<p>Exercise/Physical Rehabilitation Program</p>	<p>T.I.M.E. – Together in Movement & Exercise Peterborough Sport & Wellness Centre 775 Brealey Drive Peterborough, ON 705-742-0050</p>	<p>Developed by a rehabilitation physiotherapist, this program is for individuals with neurological conditions such as stroke, Acquired Brain Injury (ABI), or Multiple Sclerosis (MS) who are able to walk 10 meters or more independently with or without a walking aid. Caregivers are encouraged to attend at no additional cost. 12 weeks.</p>
	<p>Seniors Maintaining Active Roles Together (SMART) Victorian Order of Nurses (VON) Site: Peterborough 360 George St. North 705-745-0188 ext. 6408 www.von.ca</p>	<p>A program for community members 55 plus who wish to improve their strength, balance, and flexibility regardless of their current ability level. Programs are led by volunteers who receive specialized training (including CPR & First Aid) and ongoing education to deliver safe, appropriate physical activities designed for successful aging.</p>
	<p>Conductive Education March of Dimes Canada 10 Overlea Blvd. Toronto, ON M4H 1A4 Phone: 416-425-3463 Toll-free: 1-800-263-3463 ce@marchofdimes.ca www.marchofdimes.ca</p>	<p>Conductive Education is a community rehabilitation® program offered through March of Dimes Canada. Conductive Education® is a program that combines physical rehabilitation and education to help children and adults with neurological motor disorders or who have had a stroke or brain injury. Conductive Education works on the brain to change the body. Participants are taught skills and techniques to help them overcome the challenges of their disability – they learn how to apply these strategies to their everyday life, becoming more independent.</p>
<p>Employment Services & Resources</p>	<p>Ministry of Community and Social Services - Ontario Disability Support Program (ODSP) 1-888-789-4199 www.mcscs.gov.on.ca</p> <p>Peterborough 360 George Street N., 2nd Floor 705-742-9292 705-742-8915 (TTY) 1-800-663-8560 (toll free)</p>	<p>In addition to Income Support programs, the Ontario Disability Support Program (ODSP) helps people with disabilities who can and want to work prepare for a find a job.</p>



Employment Services

10 Overlea Blvd.

Toronto, ON

416-467-2002

1-800-263-3463 (toll free)

www.marchofdimes.ca

Every year, March of Dimes Employment Services helps hundreds of people with disabilities achieve greater independence by providing job training (including computer training and education) and finding them employment. March of Dimes Employment Services offers dedicated Employment Specialists who help you reach your goals.