

RESOURCES FOR CAREGIVERS AND FAMILY SUPPORTS IN YORK REGION

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Resources for Caregivers & Family Supports in York Region

<u>Resource Category</u>	<u>Resource Name & Contact Information</u>	<u>Resource Description</u>
Acquired Brain Injury (ABI) Information, Resources & Support	Brain Injury Association of York Region 11181 Yonge Street, 3 rd Floor Richmond Hill, ON 905-780-1236 (general inquiries) 416-551-3246 (support group) 905-773-0061 (caregiver group) www.yorkabi.ca	<i>Newsletters and support for families and survivors of ABI, monthly support groups for survivors and caregivers, weekly activity groups for survivors.</i>
	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>
	The National Resource Center for Traumatic Brain Injury Virginia Commonwealth University Box 980542 Richmond VA 804-828-9055 www.nrc.pmr.vcu.edu	<i>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"</i>



York–Simcoe Brain Injury Services

ysbis@bellnet.ca
www.mackenziehealth.ca
1-800-362-7793 (toll free)

Oak Ridges

#202-13311 Yonge Street
905-773-3038

Partnership between March of Dimes Canada and Mackenzie Health. Supports individuals who live with the effects of an Acquired Brain Injury. Services include case coordination and comprehensive functional assessment. An individualized service treatment plan is developed. Recommendations and community support are provided to promote acquisition of skills and strategies.

Acquired Brain Injury Day Programs (located in Newmarket, Maple & Vaughan) provide a supportive environment to assist individuals in achieving and maintaining a maximum level of functioning, through social and therapeutic programs available during the day in a homelike setting. Refreshments provided. Cost of program: \$20/day. Subsidies may be applied for through the Adult Day Program.



**March of Dimes Canada
Acquired Brain Injury Services
Funded & Fee for Service**

#202-13311 Yonge Street
Richmond Hill, ON
905-773-7758 ext. 6216
1-800-567-0315 (toll free)
independentliving@marchofdimes.ca
www.marchofdimes.ca/programs

Provides experienced and flexible care for people dealing with the effects of brain injury. Specialized case managers and rehabilitation specialists work with family members, friends, other service providers and clients directly to improve daily living skills, communication, community orientation and integration, emotional and behavioural support, life skills training, vocational support, recreation support and more.



**March of Dimes Canada
Acquired Brain Injury
York Groups**

#202-13311 Yonge Street
Richmond Hill, ON
905-773-7758 ext. 6236
1-800-567-0315 (toll free)
www.marchofdimes.ca

Peer support groups for individuals 16 years of age and up who have sustained an acquired brain injury. Participants can enjoy: weekly peer support group, life skill retreats, picnics, dinner dances, ABI education, supported day and overnight trips, support for survivor initiated and directed activities. These activities create opportunities for survivors to socialize while participating in meaningful activities. It is our goal to help individuals with acquired brain injury to find new avenues of interest, learn compensatory strategies and develop increased self-esteem while participating in enjoyable activities.

<p>Stroke Information, Resources & Support</p>	<p>Markham-Stouffville Hospital Stroke Prevention Clinic 381 Church Street Markham, ON 905-472-7000 (main line) 905-472-7585 (TTY) www.msh.on.ca</p>	<p>Individuals who have suffered a stroke or transient ischemic attack (TIA) – like symptoms are referred to the clinic and seen 1-7 days following a visit to the hospital's emergency department. Patients are assessed through a thorough history, examination and diagnostic tests, followed by appropriate treatments and referrals to rehabilitation programs. Care providers include a nurse practitioner, neurologists and other members of the multidisciplinary team.</p>
	<p>Heart and Stroke Foundation of Ontario www.heartandstroke.ca</p> <p>York Region North (Newmarket) #29-17665 Leslie Street 905-853-6355</p> <p>York Region South (Rmd. Hill) #204-9251 Yonge Street 905-853-6355</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>"Let's Talk About Stroke: An information guide for survivors and their families" is available for order or download at: http://www.heartandstroke.com/site/c.kIQLcMWJtE/b.3882223/k.3FC6/Stroke_Lets_Talk_about_Stroke.htm</p> <p>Tips & Tools for Every Day Living: A Guide for Stroke Caregivers http://www.heartandstroke.on.ca/atf/cf/%7B33C6FA68-B56B-4760-ABC6-D85B2D02EE71%7D/Final_%20TipsAndTools_eng.pdf</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/EN/programs/src/Pages/src.aspx</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 Recovery Support Groups**
1-800-263-3463

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

York Region

**Vaughan Stroke Recovery
Support Group**
#206-9401 Jane Street
Vaughan, ON

Vaughan Group - a monthly meeting on the last Monday of every month from 10am – 12pm. Please call for more information.

**Newmarket Stroke Recovery
Support Group**
20 William Roe Blvd.
Newmarket, ON

Newmarket Group – every second Wednesday of the month from 10:00 am – 12:00 pm. Please RSVP by calling Pauline at 1-800-263-3463 ext. 7769

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 & Related Communication Disabilities Information, Resources & Support</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>
	<p>Aphasia Software Finder Tavistock Trust for Aphasia www.aphasiasoftwarefinder.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>Aphasia Recovery Connection (ARC) 424 2nd Street Marietta, OH, USA www.aphasiarc.org</p>	<p>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</p>



**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



**Aphasia and Communication
Disabilities Program (ACDP)
Caregiver Group**

Newmarket Health Centre
194 Eagle Street
Newmarket, ON
905-773-7758 ext.6273
www.marchofdimes.ca/ydac

Monthly support group meeting for caregivers of the Aphasia and Communication Disabilities Program (ACDP). Group discussions have included topics such as mindfulness, relaxation, and preparation of nutritious meals. Guest speakers attend every second meeting. Please call for more information.

The Aphasia Institute

73 Scarsdale Rd
Toronto, ON
(416) 226-3636
aphasia@aphasia.ca
www.aphasia.ca

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.



**Heart & Stroke Foundation
Living With Stroke & Aphasia
Program**

905-773-7758 ext. 6236 or 6658
pgiorgio@marchofdimes.ca
cgoldberg@marchofdimes.ca
www.heartandstroke.on.ca

Free group learning program that consists of ten 2.5 hour weekly sessions. It has been developed for people who live with post-stroke aphasia and for their caregivers/family supports. Topics include: understanding stroke, physical changes and challenges, swallowing and nutrition, cognition, perception and communication, emotions, activities & relationships, reducing risk and moving forward.

Parkinson Society Canada

#316-4211 Yonge Street
Toronto, ON
416-227-9700
PSP caregiver group:
1-800-565-3000 ext.3372
www.parkinson.ca

The Parkinson Society Canada provides resources, support, and education relating to Parkinson's and Atypical Parkinsonism such as Progressive Supranuclear Palsy (PSP).

Link to "Getting Help for Progressive Supranuclear Palsy - A Guide for Patients and Families"

www.cno.parkinson.ca/atf/cf/%7B7ED31649-7286-42CC-B7D1D23563F0%7D/patients%20and%20families%20psp%20guide.pdf

<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>Central Head Office #1 – 1100 Gorham Road Newmarket, ON 905-895-1240</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>Mackenzie Health 10 Trench Street Richmond Hill, ON 905-883-1212 www.mackenziehealth.ca</p>	<p>The Geriatric Clinic Provides a comprehensive geriatric assessment to evaluate and identify the medical, functional, and social disabilities of the older adult. The interventions that are identified are aimed to prevent further disabilities and aim to assist the older adult to continue to live at home. Physician referral is required. Fax referrals may be sent to (905) 883-2181</p> <p>The Psychogeriatric Assessment Services A comprehensive assessment and consultation service provided to seniors 65 years of age and older who are experiencing mental health difficulties and psychiatric symptoms.</p>
	<p>Markham-Stouffville Hospital 381 Church Street Markham, ON 905-472-7000 (main line) 905-472-7585 (TTY) Outpatient Clinic - Geriatrics 905-472-7387 ext. 3 www.msh.on.ca</p>	<p>Services for seniors include a Falls Prevention Program, Falls Clinic and individual consults with Geriatrician. The geriatric clinic is open Tuesdays and alternate Thursdays.</p>

	<p>Baycrest - Geriatric Assessment and Treatment Unit (GATU) 3560 Bathurst Street Toronto, ON 416-785-2500 ext. 2621 www.baycrest.org</p>	<p><i>Provides evaluation of frail elderly individuals who are 65+ who have complex medical concerns and recent functional decline. The treatment plan includes education and referral to community resources. There are no fees but patients requesting private room will be charged accordingly.</i></p>
	<p>Regional Geriatric Program Geriatric Outreach Teams</p> <p>Southeast/ New Unionville Home Society 4300 Highway 7 Unionville, ON 905-201-3389 www.uhs.on.ca</p> <p>Southlake Regional Health Centre 596 Davis Drive Newmarket, ON 905-895-4521 ext. 6317</p> <p>Mackenzie Health Hospital 10 Trench Street Richmond Hill, ON 905-883-1212 ext. 3895 www.mackenziehealth.ca</p>	<p><i>Comprehensive geriatric assessments, referrals and linkages to community and health care resources. Goal is to optimize health and wellness of frail seniors living in the community who are experiencing multiple health problems including: recurrent falls, multiple medication issues, poor nutrition, dizziness, impaired mobility, memory impairment, difficulty managing day-to-day living, social isolation, environmental challenges, ongoing medical problems (i.e. incontinence, pain, depression/anxiety).</i></p>
<p>Memory/Cognition</p>	<p>Toronto Memory Program 1 Valleybrook Drive, Suite 400 Toronto, ON M3B 2S7 416-386-9761</p>	<p><i>Offers specialist consultation and ongoing medical care, development of individualized treatment plans, education for patients and families, linkages to community services, individual and family counseling and more. Referral to be made by physician</i></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><i>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.</i></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) info@collegept.org www.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) mail@osla.on.ca www.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) opa@psych.on.ca www.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>York Region: 713 Davis Dr., Unit 105 Newmarket, ON L3Y 2R3 905-715-7511</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>Newmarket: 615 Davis Drive, #100 905-898-6413</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>Family Services York Region 1-888-223-3999 (toll free) Newmarket - 905-895-2371 Rmd. Hill (Bayview) 905-883-6572 Rmd. Hill (Yonge) 905-780-9927 Markham – 905-415-9719 Georgina – 905-476-3611 www.fsyr.ca</p>	<p><i>Provides a wide array of counselling services (individual, couple and/or family counselling is available) for people of all ages, ethnicity and orientation who are seeking assistance with critical difficulties in their lives. Fees are assessed on a sliding scale according to income and ability to pay. A portion of the fee may be covered by subsidy or insurance. No one is turned away because of inability to pay. Staff members offer services in 11 languages.</i></p>

<p>Catholic Community Services of York Region 905-70-7040 ext.241 (intake) 1-800-263-2075 (toll free) www.ccsyr.org</p>	<p><i>Helps people to deal with personal and relationship challenges, cope with life transitions and enhance personal well-being through individual, couple and/or family counselling. Team includes Registered Marriage and Family Therapists, Registered Social Workers and other trained counsellors. Sliding scale fee for counselling based on income and family size. All residents of York Region are eligible. Locations throughout York Region including Richmond Hill, Markham, Newmarket, Thornhill, Aurora, Pefferlaw, Georgina, Maple and Woodbridge.</i></p>
<p>York Support Services Network Community Crisis Response Services 310-2673/310-COPE (Do not dial 905) 905-953-5412 (from cell phone) www.yssn.ca/crisis-response-services</p>	<p><i>Confidential telephone crisis line for individuals who are experiencing a mental health crisis and their family and friends. Support and information and referral to other services are available from a crisis worker 24 hours a day, 7 days a week. For situations assessed to require a more direct face-to-face response, a Mobile Crisis Response Team is ready and available to provide on-site supports.</i></p>
<p>Community Counselling Services 300 John Street, Ste. 300 Thornhill, ON 905-707-7695 1-800-500-0003</p>	<p><i>Professional and accredited therapists provide counselling and mediation services for individuals, couples and families in areas including communication, stress, changes to life situations, illness, loss or grief. Services are available to anyone who lives in and/or works in York Region.</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>Newmarket/York Region #300- 1091 Gorham Street 905-853-8477 www.cmha-yr.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>“Support for Depression” Groups <i>In Richmond Hill weekly Monday nights 6:30-8:30pm at McConaghy Seniors’ Centre 10100 Yonge St. Rm 204. Groups are also offered in Aurora, Keswick, Markham, and Newmarket. For more information call 905-853-8477. No fee or registration required. Trained facilitators; new members welcome.</i></p> <p>Geriatric Mental Health Program <i>All referrals are welcome including from families, individuals, hospitals and agencies. Please call 905-853-8477.</i></p> <p>Psychotherapy <i>The psychotherapy program helps people with serious mental illness to be more successful in day-to-day living. Offer a variety of psychotherapy groups including: mindfulness, CBT, Art Therapy, Emotion regulation, Forgiveness & Acceptance.</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>Lance Krasman Centre 10121 Yonge Street Richmond Hill, ON 905-780-0491 1-888-780-0724 1-888-777-0979 (warm line) www.krasmancentre.com</p>	<p><i>Drop-in centre providing information, referral and support to people with mental health issues and their families and friends. Also operates a Warm Line 7 nights a week from 6pm until midnight.</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>Markham Stouffville Hospital 381 Church Street Markham, ON 905-472-7000 (main line) www.msh.on.ca</p>	<p><i>Services include psychiatric assessment and stabilization, supportive counselling, couple/family counselling and support, pharmacological therapies, health promotion education and a variety of group programs.</i></p> <p>Inpatient Mental Health Services: <i>Offers a number of services to individuals from age 16 and over who have depression, anxiety, psychotic disorders, and who are in psychiatric crisis</i></p> <p>Outpatient Mental Health Services: <i>Outpatient services include BRIDGE Day Treatment Program (Building, Restoring, Initiating, Developing, Growing and Empowering) and Crisis Services</i></p>
<p>Mackenzie Health 10 Trench Street Richmond Hill, ON 905-883-1212 www.mackenziehealth.ca</p>	<p>Adult Outpatient Services <i>For individuals 18 years of age and over, who are experiencing significant difficulties related to any of a variety of mental health issues. Treatment may be offered in individual and/or group formats depending on the needs identified during assessment.</i></p> <p>Psychogeriatric Assessment Services <i>Assessment and consultation service to seniors 65 years of age and over who are experiencing mental health difficulties.</i></p>

	<p>Southlake Regional Health Centre Adult Mental Health Services 596 Davis Drive Newmarket, ON 905-895-4521 905-952-3062 (TTY) www.southlakeregional.org</p>	<p><i>Provides a range of services to assist individuals through severe episodes of mental health issues. Services include an In-Patient Mental Health Unit and Recovery and Wellness Day Programs.</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>Health & Wellness/Education</p>	<p>Self- Management Ontario Central 905-895-4521 ext.6656 www.healthy-living-now.ca</p>	<p><i>Getting the most out of life with chronic conditions means better managing your health, your emotions and your daily activities. The "Healthy Living Now" workshop is for adults of all ages with any chronic health condition. Learn effective strategies that will help you improve your quality of life. This workshop is also open to caregivers, support persons and family members. Free six-week workshop (2.5 hours per week).</i></p>
	<p>Living Life to the Full Canadian Mental Health Association (CMHA) York & Simcoe Newmarket Office 1101 Nicholson Road Newmarket, ON 905-841-3977 ext. 2204</p>	<p><i>8 weekly sessions aimed at reducing stress and boosting your mood, improving motivation and problem solving skills, and changing unhelpful thoughts and behaviours. Cost is \$150 (includes all materials).</i></p>

<p>Psychosocial/Emotional Support - Caregiver Support & Education</p>	<p>Community Home Assistance to Seniors - CHATS Caregiver Support & Education Services 126 Wellington St. W, #103 Aurora, ON 905-713-6596 1-877-452-4287 (toll free) seniorshelp@chats.on.ca www.chats.on.ca</p>	<p><i>Offers a full range of in-home and community services as well as services that are specially designed to meet the unique needs of those who are caring for a senior-aged family member. This includes personal consultations and support groups (support groups run in Aurora, Newmarket & Bradford) facilitated by our professional Caregiver Education Counsellor, and workshops with regular guest speakers.</i></p>
	<p>Doane House Hospice Newmarket, ON 17100 Yonge Street Newmarket, ON 905-967-0259 info@doanehospice.org www.doanehospice.org</p>	<p><i>Promotes open discussion of the frustrations that accompany caregiving for someone with a life threatening illness. The group also provides the opportunity to identify skills and activities caregivers can develop to improve their level of support and strategies to manage stress. First and Third Wednesday of the month 2-3:30pm or closed 8 week Caregiver Group on Wednesdays 7-8pm. Registration is required.</i></p>
	<p>Brain Injury Association of York Region (BIAYR) Loyal True Blue & Orange Home 11181 Yonge Street Richmond Hill, ON 905-780-1236 (general inquiries) 905-773-0061 (caregiver group) www.yorkabi.ca</p>	<p><i>Provides support to families and survivors. Caregiver Support Group meets once per month.</i></p>
	<p>Yee Hong Caregiver Education & Support Services Caregiver Education & Resource Centre Unit 17, 360B Highway 7 East Richmond Hill, ON 905-597-9380 caregiver.edu@yeehong.com</p>	<p><i>Workshop topics include guide to CCAC, caregiver's guide to diet & constipation, falls prevention, long distance caregiving, yoga for caregivers, humour therapy for caregivers, & caregivers' monthly resource sharing session. Yee Hong Centre has also published a caregiver guide, "My Caregiving Companion (available in both English and Chinese for \$5 each). A simplified Chinese electronic issue is posted at www.yeehong.com free of charge. For more information or to purchase the guidebook, contact Kwong Liu, Director of Social Services at 416-321-6333 ext.1160.</i></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>Respite Adult Day Programs</p>	<p>Care First Seniors & Community Services Association Adult Day Program 9893 Leslie Street Richmond Hill, ON 905-771-3700 905-780-9646 ext. 224 york@carefirstseniors.com</p>	<p>Supervised and supported social and recreational activities for Chinese seniors who are frail, cognitively impaired, post-stroke or physically disabled. A light breakfast, hot lunch and afternoon snacks are served. Dietary consultations are provided according to individual needs. Program hours are Monday to Saturday 9:30 am – 3:00 pm. Cost - \$30-40/day. Subsidies may be applied for through the Adult Day Program.</p>
	<p>Circle of Care/Baycrest Day Centre for Seniors 1600 Steeles Ave. West York Region, ON 905-738-1128 www.circleofcare.com www.baycrest.org</p>	<p>The Day Centre for Seniors serves clients with dementia or age related cognitive impairment residing in Southern York Region. The Centre has special features for clients of the Jewish faith, such as kosher food but is open to clients of all backgrounds. Smaller programs are available for Russian speaking clients, and those with other unique needs. The Centre is operated by Circle of Care, in partnership with Baycrest, the Alzheimer's Society of York Region, Reena and JIAS Toronto. The program runs M-F 9:30am-4:30pm. Daily program and transportation fees apply. Subsidies are available.</p>

<p>Community Home Assistance to Seniors (CHATS) Adult Day Program 240 Edwards Street, Aurora Aurora, ON 905-713-3373 ext. 6034 www.chats.on.ca seniorshelp@chats.on.ca</p> <p>CHATS – Newcomer/South Asian Adult Day Program 138 Yorkland Avenue, Richmond Hill 416-797-2526</p>	<p><i>A social recreational program for frail seniors and seniors with Alzheimer's and dementia. Programs include meals, transportation to the program (there is a fee for transportation), and some personal care. Cost: Range from \$10 - \$23.20/day. Subsidies may be applied for through the Adult Day Program. Program hours are Monday to Friday, 9:30 am – 3:00 pm. Located in Aurora</i></p> <p>CHATS - Newcomer/South Asian Adult Day Program Newcomer/South Asian Adult Day Program for frail seniors offers: health and wellness education, nutritious lunch, gentle exercise and social and recreational activities. Program will be led in Hindi, Urdu, Bengali and English. Program hours are Monday to Friday from 10:00 am – 3:00 pm</p>
<p>Maple Health Centre Maple Day Centre 10424 Keele Street Maple, ON 905-303-0133 ext. 304 www.york.ca</p>	<p><i>Social and therapeutic program during the day in a home like setting. Admission through CCAC. Program runs on Tuesdays and Fridays. Eligibility includes individuals with an acquired brain injury from trauma or other non-progressive condition. Maximum fee is \$20/day. Fee subsidies are available with an application.</i></p>
<p>Union Villa Day Guest Program Unionville Home Society 4300 Highway 7 Unionville, ON 905-477-2822 ext. 4265 www.uhs.on.ca</p>	<p><i>Offers up to five days per week (9am-3pm) of programs and services to seniors. A range of supervised programs for the frail elderly and cognitively impaired. Participation in a daily balance and strengthening exercise class, full meal service (morning snack and hot lunch – special diets available). Facilitated transportation through York Region Mobility Plus. Fees: \$20.00 per day (sliding scale available based on eligibility).</i></p>

<p>Friuli Terrace Day Program Friuli Benevolent Corporation 60 Friuli Court Woodbridge, ON 905-265-2436</p>	<p><i>Operates a day program for frail and isolated seniors living in Vaughan. Seniors who participate in this program may suffer from depression, isolation, stroke, Parkinson's or early dementias. Program activities include exercise, arts and crafts, music, games, cards, bingo, speakers, outings and discussion groups.</i></p>
<p>Yee Hong Centre for Geriatric Care Adult Day Program Yee Hong Ho Lai Oi Wan Centre 2780 Bur Oak Ave., Markham, ON 905-471-3223 905-771-6033 www.yeehong.com</p>	<p><i>Educational, physical, social and recreational program. Snacks and hot lunch provided. Includes caregiver support program. Chinese programming available</i></p>
<p>York Region</p> <p>Maple 10424 Keele Street Maple, ON 905-303-0133 ext. 3625</p> <p>Keswick 43 The Queensway North Keswick, ON 905-476-7514</p>	<p><i>Offers social, physical and recreational activities designed to meet the needs of persons who have a physical disability and/or cognitive impairment. Program goals include promoting maximum independence and maintaining quality of life for clients and caregivers. Lunch provided. \$20/day. Subsidies may be applied for through the Adult Day Program.</i></p>


	<p>Mackenzie Health/ York Simcoe Brain Injury Services (YSBIS) Adult Day Program Acquired Brain Injury (ABI) Adult Day Programs</p> <p>Maple 10424 Keele Street Maple, ON 905-773-3038 ext. 6200 Tuesday and Friday 9-3:30</p> <p>Newmarket 194 Eagle Street Newmarket, ON 905-773-3038 ext.6200 Monday and Thursday 9-3:30</p> <p>Vaughan 9401 Jane Street Vaughan, ON 905-773-3038 ext. 6200 Mondays 9-3:30</p>	<p><i>Acquired Brain Injury Program provides a supportive environment to assist individuals in achieving and maintaining a maximum level of functioning, through social and therapeutic programs available during the day in a homelike setting. Beverages/refreshments provided. Cost of program \$20/day. Subsidies may be applied for through the Adult Day Program.</i></p>
	<p>Mackenzie Health Adult Day Program</p> <p>Vaughan 9401 Jane Street Vaughan, ON 905-773-3038 ext. 6200</p>	<p><i>Mackenzie Health Adult Day Program provides social, physical and recreational activities, as well as physical supports and supervision, designed to meet the needs of persons who have physical disabilities, the frail/elderly (Thursdays, 9-3:30), and/or persons with cognitive impairments (Wednesdays & Fridays 9-3:30). Lunch provided. Cost of program: \$20/day. Subsidies may be applied for through the Adult Day Program.</i></p>
<p>Respite Adult Day Programs/Hospice</p>	<p>Doane House Hospice Oasis Day Program 17100 Yonge Street Newmarket, ON 905-967-0259 ext. 103 www.doanehospice.org</p>	<p><i>OASIS Program (Day Program) runs Thursday and Friday 10-2pm (lunch provided). Free to anyone with life-threatening illness who is mobile and can do own personal care, and is cognitively alert. Volunteer drivers to and from program can be arranged.</i></p>

	<p>Evergreen Hospice Day Program 6060 Highway 7 Markham, ON 905-472-5014 www.evergreenhospice.org</p>	<p><i>The Day Program gives clients time away from home and away from their health issues. Just as importantly, this program gives caregivers respite and relief; a much-needed time away for them to do things on their own. Activities include crafts, low impact fitness routines, entertainment, card games, good conversation, and of course, good food.</i></p>
	<p>Hospice Thornhill The Gathering Place 220 Charlton Ave. Thornhill, ON 905-764-0656 www.hospicethornhill.org</p>	<p><i>The Day Respite program provides a weekly opportunity for those with life-threatening illnesses to enjoy fellowship and activities as well as selected therapeutic treatments by accredited practitioners. Provides respite for families and caregivers while clients attend the day program.</i></p>
Respite/Hospice	<p>Doane House Hospice – In Home Support Services 17100 Yonge Street Newmarket, ON 905-967-0259 www.doanehospice.org</p>	<p><i>Volunteers can provide in home respite services in the home 4 hours per week to anyone with life-threatening illness.</i></p>
Respite Support Services	<p>Community Home Assistance To Seniors (CHATS) #103-126 Wellington St. W. Aurora, ON 905-713-6596 1-877-452-4287 www.chats.on.ca seniorshelp@chats.on.ca www.chats.on.ca</p>	<p><i>Meals on Wheels, outreach, caregiver support, education and relief (respite), in home personal care, transportation, shopping club, telephone reassurance, Lifeline personal response system, Medichair Chats Home Medical Equipment, Home adaptation and maintenance program, transportation, Home At Last, Seniors Wellness program, Adult Day Programs, and Diversity Outreach programs. Fees are geared to income and subsidies are available.</i></p>
	<p>Canadian Red Cross www.redcross.ca simcoe@redcross.ca</p> <p>York Region #204-13311 Yonge Street 905-830-9565 1-800-361-9448 (toll free) york-region@redcross.ca</p>	<p><i>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.</i></p>

<p>Comfort Keepers 380 Penn Avenue Newmarket, ON 905-731-2930 905-868-8100 1-877-363-0007 www.comfortkeepers.ca</p>	<p><i>Provides companionship and homemaking services (meal preparation, light housekeeping, grocery shopping, errand services, respite care, and personal care services (bathing, grooming, mobility, feeding). Each Comfort Keepers is individually owned and operated.</i></p>
<p>Home Instead Senior Care Home Instead Senior Care Richmond Hill & Vaughan 400 Creditstone Road, Unit 11B Vaughan, ON 905 597-4757 www.homeinstead.ca/3038/</p>	<p><i>Offer a wide variety of home support services that include general care-giving and support, companionship & personal care, meals & nutrition and transportation & household duties. Home Instead Senior Care is individually owned and operated.</i></p>
<p>Community Care Access Centres (CCAC) 310-CCAC (2222) (main line) 1-888-470-2222 (toll free) www.ccac-ont.ca</p> <p>Central Head Office #1 – 1100 Gorham Road Newmarket, ON 905-895-1240</p>	<p><i>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 to provide supportive services to help you at home.</i></p>
<p>Home Care Assistance #110-Leslie Street Richmond Hill, ON 905-597-5825 www.yorkregionhomecare.blogspot.ca www.homecareassistance-toronto.com</p>	<p><i>Provides in-home professional personal support workers. Part-time and live-in caregivers for clients of all ages. Each Home Care Assistance Office is independently owned and operated.</i></p>
<p>Homewatch CareGivers 10520 Yonge Street Richmond Hill, ON 905-918-1662 1-866-851-2551 www.homewatchcaregivers.com</p>	<p><i>Provides in-home personal support, transportation, home support and companionship services to clients of all ages. Each Homewatch CareGivers Office is independently owned and operated.</i></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>
	<p>VHA Home Health Care Suite 600- 30 Soudan Ave. Toronto, ON 416-489-2500 www.vha.ca</p>	<p>Provide professional services to people who need help at home, school, work or in a long-term care facility.</p>
	<p>St. Elizabeth Health Care 10830 Bayview Ave. Suite 201 Richmond Hill, ON 1-844-883-2660 1-877-625-5567 (toll free) www.saintelizabeth.com</p>	<p>Offer a range of home health care services provided by registered nurses, personal support workers, community health workers and rehab therapists.</p>
	<p>March of Dimes Canada Attendant Services #202-13311 Yonge Street Richmond Hill, ON 905-773-7758 ext. 6216 1-800-567-0315 ext. 6216 (toll free) www.marchofdimes.ca/attendant</p>	<p>Attendants help with daily activities such as personal grooming, transferring, toileting, dressing, bathing, meal preparation, taking medications, ventilator and tracheotomy services. Where funding and resources are available may also help with daily activities such as household management or accompany consumers to medical appointments and special events. Attendant Services are available to persons with permanent physical disabilities who are over the age of 16 and have the ability to self-direct their care.</p>
<p>Grocery Shopping Services</p>	<p>Community Home Assistance To Seniors (CHATS) #103-126 Wellington St. West Aurora, ON 905-713-6596 1-877-452-4287 (toll free) www.chats.on.ca seniorshelp@chats.on.ca</p>	<p>Transportation services available. Drivers escort clients to and from grocery stores. Minimum \$10.00 per round trip plus parking charge. Long distance trips @ .45 cents per kilometre + parking charge.</p>

	<p>Better Living & Longo`s Grocery Gateway 905-564-8778 1-877-447-8778 (long distance) www.grocerygateway.com</p>	<p>Operated by Longos Brothers Fruit Markets Inc. Shop online and your order will be picked directly from a Longo's store the day of your order and delivered to your home.</p>
Home Meal Delivery Services	<p>Community Home Assistance To Seniors (CHATS) Meals on Wheels (905) 713-3373 ext. 7021 1-866-677-9048 ext. 7021 1-877-452-4287 (toll free) www.chats.on.ca seniorshelp@chats.on.ca</p>	<p>Meals on Wheels: Home-style comfort-food meals delivered to a senior's door. Great-tasting, convenient and nutritious. Special dietary needs can be accommodated.</p>
	<p>Bernard Betel Centre for Creative Living Meals on Wheels 1003 Steeles Avenue West Toronto, ON 416-225-2112 ext. 119 larisav@betelcentre.org www.betelcentre.org</p>	<p>Kosher meals are prepared and delivered fresh every day. The delivery boundaries are Dufferin St. to the west, Yonge St. to the east, Highway 7 to the north and Wilson to the South. The cost is \$8 per meal.</p>
Home Safety Devices	<p>CHATS – Philips Lifeline Personal Response and Support Service 1-866-719-1017 www.chats.on.ca</p>	<p>Seniors can feel more secure knowing support is close by. Help is accessed at the press of a button. Now available with Auto Alert, a new layer of falls protection. Install \$89.95 + HST / Monthly \$42.50 + HST</p>
	<p>Seniors Community Programs, Regional Municipality of York- York Region Subsidy for Personal Emergency Response System 905-895-3628 ext. 3433 1-866-967-582 ext.3433 www.york.ca</p>	<p>A personal emergency response system (P.E.R.S) is a product that enables clients to summon help in a crisis situation. The system is monitored 24 hours per day, seven days per week by a central monitoring station. Seniors Community Programs of the Regional Municipality of York provides a subsidy for the purchase of a P.E.R.S. The subsidy is available to clients who need financial assistance and who meet the eligibility criteria.</p>

<p>Assistive/Adaptive Equipment</p>	<p>Community Home Assistance To Seniors (CHATS)/MEDIchair</p> <p>Newmarket 1-105 Henry Walker Pkwy N 905-715-7853 chats@medichair.ca www.chats.medichair.com</p>	<p><i>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.</i></p>
	<p>CHATS - Home Adaptation and Maintenance Program #103-126 Wellington St. West Aurora, ON 905-713-6596 (general info.) 1-877-452-4287 (toll free) seniorshelp@chats.ca www.chats.on.ca</p>	<p><i>Following a comprehensive free home safety assessment, recommendations are made to help improve the quality of life for seniors who wish to maintain their independent living arrangements. Adaptations can include grab bars, ramps, stair lifts, handrails and more. Available only in Bradford West Gwillimbury, East Gwillimbury, Georgina and New Tecumseth.</i></p>
	<p>DesignAbility Program 10 Overlea Boulevard Toronto, ON 416-425-3463 1-800-263-3463 (toll free) designability@marchofdimes.ca www.marchofdimes.ca/designability</p>	<p><i>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.</i></p>
<p>Assistive/Adaptive Equipment & Home Modifications Financial Assistance</p>	<p>Ministry of Health and Long Term Care (LTC) Assistive Devices Program (ADP) 5700 Yonge Street, 7th Floor, Toronto 416-327-8804 416-327-4282 (TTY) 1-800-268-6021 (toll free) www.gov.on.ca/health</p>	<p><i>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. ADP contributes to covering the costs of items such as manual and power wheelchairs, walkers, scooters, and specialized seating.</i></p>

	<p>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</p>	<p><i>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.</i></p> <p>Link to Application Form: www.cra-arc.gc.ca/E/pbg/gf/gst518/gst518-11e.pdf</p>
	<p>GM Canada Mobility Assistance Centre 1-800-463-7463 www.gmmobility.com/mobility-reimbursements/ www.mobility.gm.ca</p>	<p><i>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.</i></p>
	<p>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</p>	<p><i>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.</i></p>
	<p>Assistive Devices Program (ADP) 291 King Street, 3rd Floor London, ON` 519-642-3700 1-866-765-7237 (toll free) adp@marchofdimes.ca www.marchofdimes.ca/adp</p>	<p><i>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</i></p>

<p>Financial Support</p>	<p>Ministry of Community and Social Services - Ontario Disability Support Program (ODSP) 1-888-789-4199 www.mcass.gov.on.ca</p> <p>Newmarket #1-17310 Yonge Street, 905-868-8900 905-715-759 (TTY) 1-877-669-6658 (toll free)</p>	<p><i>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.</i></p>
	<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>Ontario Ministry of Finance - Guaranteed Annual Income System (GAINS) 33 King Street West, Oshawa, ON 1-866-668-8297 1-800-263-7776 (TTY) www.fin.gov.on.ca</p>	<p><i>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.</i></p>

	<p>Salvation Army www.salvationarmy.ca</p> <p>Markham 9329 McCowan Road 905-472-3009</p> <p>Newmarket 130 Davis Drive 905-737-7164</p> <p>Richmond Hill 10620 Yonge Street 905-737-7164</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>Employment Services & Resources</p>	<p>One Voice Network www.onevoicenetwork.ca</p>	<p><i>Supports agencies that provide employment services to job seekers with disabilities and employers who wish to become equal opportunity employers. Offers centralized access to information about employing job seekers with disabilities. Once Voice Network is a collaboration of over 30 employment service providers and offers support to employers in developing job postings, pre-screening qualified candidates, interviewing, hiring and integrating a new employee.</i></p>
	<p>Employment Services 10 Overlea Blvd. Toronto, ON 416-467-2002 1-800-263-3463 (toll free) www.marchofdimes.ca</p>	<p><i>Helps 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.</i></p>
	<p>Strategic Employment Solutions March of Dimes Canada & Employment Ontario 465 Davis Drive, Suite 128 Newmarket, ON 905-895-7529 1-800-350-4621 www.marchofdimes.ca</p>	<p><i>A community-based program designed to assist individuals with disabilities or barriers to employment in finding work. To be eligible for SES services job seekers must also be 18 years of age and older, a resident of York Region, Bradford or West Gwillimbury, and legally entitled to work in Canada. SES is an Employment Ontario program that is operated by March of Dimes Canada and funded in part by the government of Canada.</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>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).</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>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.</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_issu s/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><a href="http://www.hrsdc.gc.ca/eng/disability_issues/disability_savi
ngs/financ_org.shtml">www.hrsdc.gc.ca/eng/disability_issues/disability_savi ngs/financ_org.shtml</p>
	<p>PLAN Toronto 120 Eglinton Avenue East, 5th Floor Toronto, ON 416-232-9444 www.plantoronto.ca</p>	<p>A non-profit organization started by and for families with a relative with a disability. They provide support, seminars, and resources related to financial planning to help families create a good life and a safe, secure future for their loved ones.</p>
	<p>Special Needs Planning Group 70 Ivy Crescent Stouffville, ON 905-640-8285 graemetreeby@sympatico.ca www.specialneedsplanning.ca</p>	<p>An organization made up entirely of parents of people with disabilities who also happen to be financial planners, lawyers and accountants who specialize in planning for people with disabilities. The group's purpose is to assist families in establishing financial plans which will provide a good quality of life while preserving entitlement to government support programs.</p>
	<p>Registered Disability Savings Plan (RDSP) Seminar <a href="http://www.youtube.com/user/marchofdime
scda">www.youtube.com/user/marchofdime scda</p>	<p>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</p>

<p>Housing Resources</p>	<p>Housing Help Centre/ Citizens for Affordable Housing #303-10271 Yonge Street Richmond Hill, ON 905-508-1877 416-410-6051 1-888-447-9602 (toll free) www.housinghelpcentre.org</p>	<p><i>The Housing Help Centre (HHC) maintains a housing registry to assist individuals in securing affordable accommodation in the rental market. Provides a one-stop housing registry with a direct link to the public, non-profit and cooperative rental housing market; individual consultation and advocacy and more.</i></p> <p><u>Identification Clinics</u> <i>The ID clinic serves homeless individuals, and those with low or no income to obtain necessary identification. Identification Clinics are held throughout York Region. You must make an appointment to attend the clinic.</i></p> <p><u>Talk2One</u> <i>The Talk2One service provides its members a permanent voice mail box that can never be cut off for non-payment, and includes one hour each month of long distance time to call anywhere in North America. Members may access the service from any telephone at any time.</i></p>
	<p>Region of York Community Services and Housing Department www.york.ca</p> <p>Housing York #104-1091 Gorham Street Newmarket, ON 905-830-4444 ext. 2700 1-877-464-9675 ext. 2700 (toll free)</p> <p>Housing Access Centre 55 Eagle Street West Newmarket, ON 905-830-4444 ext. 2499 1-877-464-9675 ext. 2499</p>	<p><i>Information relating to social housing (including locations and how to apply) and market rent housing. Non-profit housing corporation provides affordable housing units across York region municipalities. Includes many types of housing options from townhouses to apartments, including modified units for people with disabilities. Services seniors, families and singles living in York Region.</i></p>

	<p>Loft Community Services Crosslinks Housing and Support Services York Region 905-967-0357 1-888-967-0357 www.loftcs.org</p>	<p><i>Services men and women aged 16 and over with mental health challenges, who may be homeless or at risk of becoming homeless and who live, or wish to live in York Region or South Simcoe. Offers a range of housing options including individual and shared apartments and shared houses, and individual assistance in finding suitable temporary or permanent housing.</i></p>
<p>Social/Supportive Housing – Subsidized</p>	<p>The Regional Municipality of York Community and Health Services Department Rent Geared-To-Income Housing Housing Access Unit 55 Eagle Street West Newmarket, ON 905-830-4444 ext.2499 1-877-464-9675 www.york.ca</p>	<p><i>Rent geared-to-income assistance is also known as subsidized housing. RGI assistance is for eligible households who do not have enough income and/or assets to pay market rent. RGI means paying a rent amount based on your income.</i></p> <p>Link to Application Form:</p> <p>http://www.york.ca/wps/wcm/connect/yorkpublic/a767bbe6-38ba-4e05-b077-363709802a4d/4548_subsidized_housing_application_accessible.pdf?MOD=AJPERES</p>
	<p>York Region Alternative Community Living Program 17250 Yonge Street Newmarket, ON 1-866-967-5582 ext. 3433 www.york.ca</p>	<p><i>This program provides housing support services and essential homemaking to older adults for them to stay in the community and remain independent. Services provided at all sites are tailored to meet each client's individual needs and can include personal care such as help dressing, medication reminders, bathing, meal preparation, security checks, laundry and light housework. Support is available 24 hours per day, 7 days per week in the clients' apartments.</i></p>

<p>Domiciliary Hostels in York Region</p> <p>For information about domiciliary hostels and homes for special care in York Region, please call:</p> <p>Ontario Homes for Special Needs Association 1-888-440-4966</p> <p>For information about qualifying for domiciliary hostels subsidies contact:</p> <p>Regional Municipality of York Community Programs 55 Eagle Street West Newmarket, ON 905-830-4444 ext. 2460 -Newmarket 1-877-464-9675 ext. 2460-Other www.york.ca</p>	<p>Place of board or lodging for people who require limited supervision with daily living activities. For most residents, the domiciliary hostel is their permanent home. Licenced by the Regional Municipality of York and/or Ontario Ministry of Long Term Care, under the Homes for Special Care Act, these privately owned and operated hostels offer a community housing alternative to institutional care.</p> <p>Subject to available funding, the Regional Municipality of York, through its Community and Health Services Department, may provide subsidy to eligible residents for board and lodging and a monthly personal needs allowance.</p>
<p>Friuli Terrace Friuli Benevolent Corporation 60 Friuli Court Woodbridge, ON 905-856-4922 www.friuliterrace.com</p>	<p>Supportive Housing units that provide assistance to seniors with sensitivity to the needs of the Italian community.</p>
<p>Yee Hong Centre for Geriatric Care 2311 McNicoll Avenue Scarborough, ON 416-981-6111 (Housing Connections) 416-298-0688 (Management Office) www.yeehong.com</p>	<p>Provides subsidized housing, market rent housing and operates a subsidized apartment building. Application for Rent-Geared-to-Income Housing should be made through the Housing Connections. Application for the Market Rent units should be directed to the Management Office of Yee Hong Aw Chan Kam Chee Evergreen Manor.</p>



Supportive Housing Program (SHP)

1-800-263-3463 (toll free)
independence@marchofdimes.ca
www.marchofdimes.ca/programs

Supportive housing units that provide assistance to adults 16 years and older living with disabilities; 24 hour support is available to assist with daily activities that facilitate independent living.

Kin Village Supportive Housing Units

65 Founders Way
Markham, ON
905-887-1345

Richmond Hill Supportive Housing Units

25 Marshall Street
Richmond Hill, ON
905-508-5555

Vaughan Congregate Care

49 Lebovic Campus Drive South
Richmond Hill, ON

The Vaughan Congregate Care Program is for Young Adults with Complex Medical Needs (Young adults (age 18-35) with a physical disability whose care needs can be met within the community through the delivery of Ontario March of Dimes (OMOD) attendant care, Community Care Access Centre (CCAC) Nursing and other CCAC professional services).



York University Supportive Housing Program

1-800-263-3463 (toll free)
independence@marchofdimes.ca
www.marchofdimes.ca/programs

Offers a supportive housing program at York University in conjunction with York University Housing and Disabilities Services. This program provides any person living with a disability, including but not limited to an acquired brain injury, to live as independently as possible during his or her higher educational experience. 24-hour support is available for students living in the supportive housing program.

<p>Emergency Shelters</p>	<p>York Region Community Services & Housing Department Emergency Shelter Information 1-888-256-1112 905-762-0401 (TTY)</p>	<p><i>Provide temporary housing for individuals or families who are homeless or who are fleeing dangerous situations. The Community Services and Housing Department helps eligible shelter residents by providing financial support for board and lodging. Employment and Financial Support Case Coordinators also visit the shelters to take applications for Employment and Financial Support. Call numbers listed for general information about emergency shelters. If you need emergency housing, you may call the shelter directly.</i></p>
	<p>Blue Door Shelters 1-888-554-5525 (toll free) www.bluedoorshelters.ca info@bluedoorshelters.ca</p> <p>Porter Place Men's Shelter 18838 Yonge Street East Gwillimbury, ON (males ages 16 years and over)</p> <p>York Region Youth Shelter 905-898-1658 835 Gorham Street Newmarket, ON 905-830-0121 (males ages 16-26)</p> <p>Leeder Place Emergency Family Shelter 18838 Yonge Street East Gwillimbury, ON 905-898-1658 (families)</p>	<p><i>Provides safe, supportive shelter and services for people who are homeless or at risk of becoming homeless. Operate three, no-fee, emergency-shelters for families, men and youth.</i></p> <p><i>Each shelter provides help to find permanent housing, accommodation and food, supportive counselling, referral to community services, life skills opportunities, 24/7 accessibility.</i></p>
	<p>Sutton Youth Multi-Service Centre 905-722-9076 1-800 972-0898</p>	<p><i>Provides emergency shelter and transitional housing for males and females between the ages of 16-26. A day program also provides support through various activities.</i></p>

<p>Transportation</p>	<p>Association for Differently Abled People Together (ADAPT) 194 Eagle Street Newmarket, ON 905-868-9523 1-800-742-3972 (toll free) www.adaptontario.com</p>	<p><i>Offers transportation for people with disabilities. Operates 5 wheelchair vans 7 days/week – day and night for transportation throughout York Region and beyond.</i></p>
	<p>Community Home Assistance to Seniors (CHATS) 126 Wellington St. W, #103 Aurora, ON 905-713-6596 1-877-452-4287 seniorshelp@chats.on.ca www.chats.on.ca</p>	<p><i>Transportation services for people with special needs. Drivers escort people to and from medical appointments, grocery stores, errands, CHATS programs and more to facilitate their independent living. Minimum \$10 per round trip (plus parking charge). Long distance trips @.45 per kilometre.</i></p>
	<p>Yee Hong Centre for Geriatric Care Transportation Service 2311 McNicoll Avenue Scarborough, ON 416-321-6333 ext. 2613 www.yeehong.com</p>	<p><i>The transportation service enables seniors unable to access public transportation to participate in regular community programs such as Adult Day Program, Congregate Dining, etc., attend medical appointments and take shopping trips. Round trip fees range from \$5-10.</i></p>
	<p>Dignity Transportation Inc. 900 Magnetic Drive, Toronto 416-398-2222 1-866-398-2109 info@dignitytransportation.com www.dignitytransportation.com</p>	<p><i>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.</i></p>

	<p>York Region Transit Mobility Plus / Scrip Ride 905-762-2100 905-762-2112 (info-line) www.yrt.ca www.yorkregion.ca</p>	<p><i>York Region's door-to-door shared ride accessible public transit service for people with disabilities. To use this service you must meet specific eligibility criteria (including visual, sensory, cognitive or physical limitations). Rides must be arranged one business day ahead of time (fare is \$3.75 in 2013). Application package must be filled out by consumer and a health care professional to determine eligibility.</i></p> <p><i>Same day service (Scrip Ride) is also available to registered Mobility Plus clients who may have last-minute or unplanned trips. You can book same-day trips with the Scrip Ride service and a Mobility Plus-contracted vehicle will pick you up at your home. Fare will be paid with Scrip Ride coupons, available at the YRT office or by mail at 50 percent of the book value.</i></p> <p><i>Link to application form: mobilityplus.yrt.ca/en/ridingwithUs/resources/MobilityPlusApplication_SEP10_web.pdf</i></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) bchan@easterseals.ca www.easterseals.ca</p>	<p><i>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.</i></p> <p><i>Application package can be downloaded at: www.easterseals.ca/english/wp-content/uploads/2012/08/DisabilityTravel-Card2012.pdf</i></p>
<p>Transportation - Air Travel</p>	<p>Air Canada 1-800-667-4732 (toll free) 1-514-369-7039 www.aircanada.com</p>	<p><i>Individuals who require significant assistance may be eligible to 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.</i></p>

	<p>WestJet 1-888-937-8538 www.westjet.com</p>	<p><i>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.</i></p> <p><i>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</i></p> <p><i>Two programs included in this application are:</i></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>Saint Elizabeth Health Care 201-90 Allstate Parkway, Suite 500 Markham, ON 416-498-6429 416-398-1035 driveable@saintelizabeth.com</p>	<p><i>Offer objective, research-based assessments of medical fitness-to-drive. Uses scientifically derived DriveABLE assessment. Persons with medical conditions that may affect driving abilities are eligible. Initial screening by telephone to check eligibility. Referral made by a medical doctor.</i></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><i>A comprehensive guide for individuals with disabilities who want to drive.</i></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.ontario.ca</p> <p>Richmond Hill #4-10909 Yonge Street</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>Community Legal Clinic of York Region 21 Dunlop Street, Suite 200, Richmond Hill, ON 905-508-5018 1-888-365-522 (toll free) www.clcy.on.ca</p>	<p><i>Provides legal services (advice and/or representation), public legal education, assistance to community groups, community legal clinic funded by Legal Aid Ontario, produces and distributes free public legal education materials. Speakers available.</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>York Area Office 17070 Yonge Street, Main Floor Newmarket, ON 1-888-613-8775 (toll free)</p>	<p>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.</p>
	<p>Advocacy Centre for the Elderly 2 Carlton Street, Suite 701 Toronto, ON 416-598-2656 www.ancelaw.ca</p>	<p>Community based legal clinic for low income seniors. ACE services and activities are in relation to areas of law of special importance to the senior population.</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/Travel 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><i>Guide to listings of accessible places and resources in Canada.</i></p>
<p>City of Markham – Recreation and Culture Dpt. Markham Civic Centre 101 Town Centre Boulevard Markham, ON 905-415-7535 905-294-6111 www.markham.ca</p> <p>Activity Guide: www.markhamlife.dgtpub.com/2012/2012-11-30/home.php</p>	<p><i>The City of Markham welcomes and encourages all residents to participate in recreation programs. If a participant requires a caregiver or volunteer to assist them, one will be admitted to the service free of charge. You are welcome to provide your own support, volunteers can be requested through the City of Markham, or paid inclusion support staff can be hired for one to one assistance. Adapted programming is also available and includes adapted aquatics, guitar, yoga, and zumba.</i></p>
<p>City of Vaughan – Recreation and Culture Dpt. 70 Tigi Court Vaughan, ON 905-832-8500 www.vaughan.ca</p> <p>Activity Guide: www.recenrollvaughan.ca</p>	<p><i>Provides active living programs (including swimming, other sports and health and wellness activities, creative and performing arts and drop-in programs) for individuals of all ages and abilities.</i></p>
<p>McConaghy Centre 10100 Yonge Street Richmond Hill, ON 905-737-1818</p>	<p><i>The McConaghy Centre offers recreational activities and events for residents who are 55 years of age or older and is operated by Richmond Hill's Community Services Department.</i></p>

<p>Town of Richmond Hill Community Services Dpt. 225 East Beaver Creek Richmond Hill, ON 905-771-8800 905-771-8870 www.richmondhill.ca</p> <p>Activity Guide: www.richmondhill.ca/documents/leisureguide_complete.pdf</p>	<p><i>Individuals with disabilities are encouraged to participate in Town of Richmond Hill recreation programs and culture programs. Participants requiring additional support may provide his/her own support (a friend, family member, or trained support person), or request a Leisure Buddy Volunteer. Integration counsellors are also available on staff at a cost of \$10.25/hour in addition to the course registration fee.</i></p>
<p>Town of Newmarket – Recreation and Culture Dpt. Ray Twinney Recreation Complex 100 Eagle Street West Newmarket, ON 905-953-5301 (general inquiries) 905-953-5300 ext. 270 (inclusion support inquiries) www.newmarket.ca</p> <p>Activity Guide: www1.town.newmarket.on.ca/quik-e-link/brochurepdf/winterspring/winterspringguide2013.pdf</p>	<p><i>All programs welcome participants with special needs. Specialized programming is also available and includes exercise, dance, swim and bowling programs, and social clubs. When inclusion support is required a caregiver or volunteer is admitted to the program at no charge.</i></p>
<p>Town of Witchurch-Stouffville Department of Leisure Services 111 Sandiford Drive Stouffville, ON 905-642-7529 leisure.services@townofws.ca</p> <p>Activity Guide: www.townofws.ca/leisureguide</p>	<p><i>All individuals in need of support to participate in drop in programs, such as recreational swimming and aquafit, can attend with a mediator. In order to better accommodate regular customers, mediator cards streamline the free access entry process for support persons. Where applicable, volunteer support may also be requested at no extra charge. Adapted programming is also available.</i></p>

	<p>Community Solutions Limited ABI Cottage Getaway 905-349-2020 1-800-430-6523 (toll free) info@commsolltd.com www.commsolltd.com</p>	<p><i>Offers a cottage experience overlooking a picturesque lake in the Muskokas for people living with Acquired Brain Injury. Safe and supported environment so caregivers can get respite. 24/7 support staff, activities led by team of rehabilitation and personal support workers including hiking, exploring, fishing, campfires and meeting new friends. Privately owned, funded, fee for service company.</i></p>
	<p>Community & Home Assistance to Seniors (CHATS) Wellness, Lunchout & Diversity Programs 126 Wellington St. W, #103 Aurora, ON 905-713-6596 1-877-452-4287 (toll free) seniorshelp@chats.on.ca www.chats.on.ca</p>	<p>Wellness Programs: 3-4 hour program incorporating gentle exercise, balanced and nutritious meal, education & activities. Cost: \$8 (includes transportation). Available in various areas throughout York Region. Call for more information.</p> <p>Diversity Programs: Culturally and linguistically specific programs include all Wellness Program components plus ESL for new immigrants (Chinese, Italian, Iranian, Russian, South Asian & Tamil). Transportation is provided where applicable. Cost varies (No charge - \$5). Available in various areas throughout York Region. Call for more information.</p> <p>Community Lunch Programs: Volunteer drivers provide transportation to and from various community lunch programs which are generally 1 to 1.5 hours in length. Available in various areas throughout York Region. Call for more information.</p>
	<p>Accessible Travel Services 10 Overlea Boulevard Toronto, ON 416-425-3463 1-866-301-3463 (toll free) travel@marchofdimes.ca</p>	<p><i>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.</i></p>
	<p>Recreation Day Trips 10 Overlea Boulevard Toronto, ON 416-425-3463 1-866-301-3463 (toll free) recreation@marchofdimes.ca</p>	<p><i>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.</i></p>

 MARCH OF DIMES CANADA	<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>
 MARCH OF DIMES CANADA	<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 Programs</p>	<p>Movement and Exercise for Neurological Disorders (MEND) City of Markham 905-477-7000 ext.4344 cmanning@markham.ca</p>	<p>Specialized wellness/fitness classes for those living with or recovering from neurological disorders such as stroke, acquired brain injury, Parkinson's or MS. Instructors are trained to provide exercise in a safe and supportive environment. Participants must be able to walk a minimum of 10 metres with or without assistive devices. Pre-screening is mandatory. Classes are held at Centennial Community Centre on Tuesdays and Fridays and Cornell Community Centre on Thursdays. Classes are ongoing so participants can join at any time. Fee is based on a 7 week session.</p>
	<p>Together in Movement and Exercise (TIME) Program Aurora Family Leisure Complex Aerobics Studio Aurora, Ontario 905-726-4764</p>	<p>A new program developed by the Toronto Rehab Centre for those who have suffered a stroke, are experiencing neurological muscular difficulties, have MS or have suffered a brain injury. It works to improve balance and coordination to allow you to live as independently and confidently as possible. This program is run with a 4:1 participant/instructor ratio catering to the individual's needs. Participants should be able to walk 10 metres with or without a walking aid.</p>

<p>Community Association for Riding for the Disabled (CARD) 4777 Dufferin Street North York, ON 416-667-8600 www.card.ca</p>	<p>Medically recognized therapeutic riding and other safe, purposeful and supervised interventions with horses to benefit individuals with almost any cognitive, physical or emotional disability. Riders belong to a unique and special community. They spend time each week with other riders, instructors, and volunteers who have similar interests.</p>
<p>ParaSport Ontario 3 Concorde Gate, Suite 104 Toronto, ON 416-426-7187 1-800-265-1539 www.parasportontario.ca</p>	<p>ParaSport Ontario is a non-profit organization with the goal of establishing awareness and sporting opportunities for athletes with physical disabilities. ParaSport Ontario works with people of all ages and athletic ability to create a safe and positive environment to learn and succeed. ParaSport Ontario partners with many ParaSport clubs and more than 1,800 athletes every year.</p>
<p>Seniors Maintaining Active Roles Together (SMART) Victorian Order of Nurses (VON) Site: Newmarket 713 Davis Drive, Suite 101 905-853-2655 1-855-853-2655 ext. 226 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>