



BREAKING DOWN BARRIERS
Independent Living Resource Centre
Simcoe • Grey • Bruce

Disability Resource Guide

2023



For people with physical, emotional
mental health and sensory disabilities and their caregivers
as well as information for the general community.

**Knowing Where to Go
Makes All the Difference**



**Need help finding services in your community?
Access these information services and get
connected to meet your needs.**



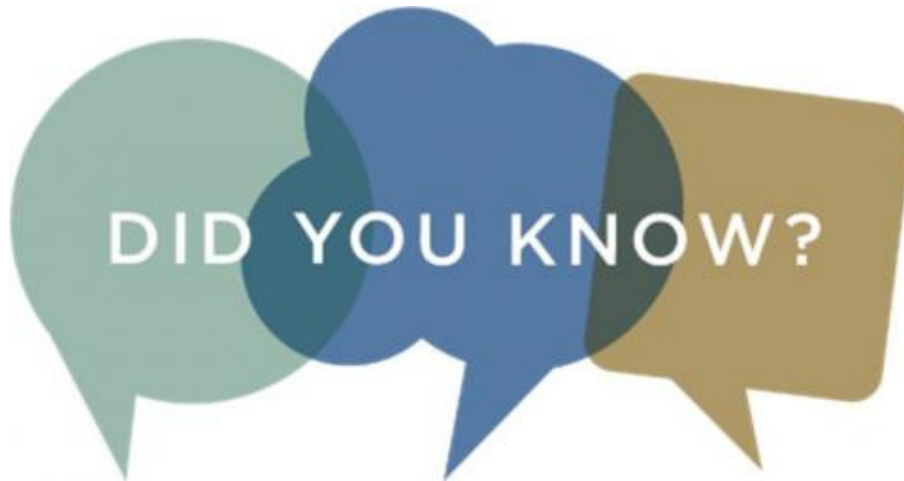
For more information about:

- 2-1-1, please see page 9
- nsmhealthline.ca, please see page 7
- Breaking Down Barriers, please see page 4-6

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**This Resource Guide is available on our
website:**

breakingdownbarriers.ca

Large Print formats are available if needed.

**If you need help navigating the system,
contact us at:**



705-445-1543, ext *301



adminsupport@bdbilrc.ca

Welcome!

Living with a disability can be a challenge.

Whether you live with a physical, emotional, intellectual, mental health or sensory disability or perhaps you are the caregiver for someone who does, there is a good chance at some point you will feel overwhelmed and unsure of where to turn.

Breaking Down Barriers is dedicated to promoting a new perspective on disability. We encourage choice, access, control, inclusion and integration for people with diverse disabilities. You are not alone.

It is our hope that this resource guide will help you navigate through the system of health and community support services that are here to assist you.

If you are a person with a disability or you care for someone living with a disability, you will find the information you need to access the services that are right for you.

Breaking Down Barriers, Independent Living Resource Centre provides supports, services and programs enhancing opportunities for people with diverse disabilities to live independently in communities they call home. We promote the Independent Living Philosophy which embodies choice, control, equal access and integration at the community level. Everyone should have access to amenities, transportation, health, education, entertainment, recreation, employment and training.

Independent Living Resource Centres offer unique programs that support learning, build confidence, peer support and provide skills development. We are user-led, non-profit and community based - providing services to the entire community on disability and accessibility matters.

Independent Living Skills

Learn new skills, build on capabilities and decision making to help navigate daily life.

Peer Support

Sharing knowledge from life experiences, development of leadership skills, reducing individual isolation.

Direct Funding

Enables individuals with physical disabilities or progressive illnesses become employers of their own attendants, who assist with routine activities of daily living.

Connecting with Seniors

Monthly program on Zoom for people 55 yrs plus. Socially connect, special presentations, arts & crafts, entertainment, cooking demos, painting, activity kits and more.

Diabetes Information Group (DIG)

Monthly hybrid program supporting people living with diabetes. Recipe sharing, nutrition, sharing life experiences, support.



Breaking Down Barriers Eligibility:

- Over 16 years of age
- Live in communities within Simcoe, Grey and Bruce Counties
- Have a physical, sensory, intellectual, mental health or emotional disability

Through our supports, services and programs we help Consumers to:

- Set and reach personal goals.
- Acquire appropriate supports.
- Obtain employment or volunteer opportunities.
- Transition from school to community.
- Connect with peers, solve problems, build confidence.
- Overcome isolation, loneliness and segregation.
- Achieve digital and financial literacy.
- Self-manage and self-direct attendant care.
- Access services.

If you would like to use be part of our programs, access services or supports or if you want to volunteer or donate, please contact us at:

Breaking Down Barriers, ILRC

234 Ste. Marie Street

Collingwood, ON L9Y 3K5

Phone: 705-445-1543, ext *301

Fax: 705-445-1656

adminsupport@bdbilrc.ca

www.breakingdownbarriers.ca

Resources to Try First



211 is the source Canadians trust when seeking information and services to deal with life's challenges. 211's telephone helpline (2-1-1) and website provide a gateway to community, social, and non-clinical health and human services, and helps Canadians to become more engaged with their communities. 211 can help you navigate a complex network of human services quickly and easily. 211 is a free and confidential service offered 24 hours a day, 7 days a week, in over 100 languages.

Call 2-1-1 or visit their website at www.211ontario.ca.



NSM Healthline is an innovative website that puts accurate up-to-date information about health services at the fingertips of consumers and health care providers across the North Simcoe Muskoka region of Ontario. It provides easy access to reliable sources of data and empowers consumers to find the services they need close to home.

You can reach the NSM Healthline at www.nsmhealthline.ca or by phone at 705-310-2222.

Local, Provincial and National Information Assistance

HOME AND COMMUNITY CARE SUPPORT SERVICES

North Simcoe Muskoka

Community Care Access Centres (CCACs) help Ontarians of all ages access and navigate the health care services they need. CCACs provide assistance in home and community settings including to caregivers and families during hospital visit recovery and with daily living needs.

You can reach CCACs at 705-721-8010 or visit <http://healthcareathome.ca/nsm/en>



Independent Living Services of Simcoe County & Area exists to provide support and services to people with physical disabilities or limitations in Simcoe County and to assist them to lead dignified, productive and independent lives.

You can reach Independent Living Services of Simcoe County at 705-737-3263, 705-737-3242 or visit www.ilssimcoe.ca



CNIB is a registered charity, passionately providing community-based support, knowledge, and a national voice to ensure Canadians who are blind or partially sighted have the confidence, skills, and opportunities to fully participate in life.

You can reach the Barrie CNIB at 705-728-3352, or visit <https://www.cnib.ca/en?region=on>



CHS Barrie offers counselling, education, communication devices, educational support, information and referrals for people who are culturally Deaf, oral deaf, deafened and hard of hearing.

You can reach CHS at 1-877-872-0585 or visit <https://www.chs.ca/>

Local, Provincial and National Information Assistance



Brain Injury Services of Muskoka-Simcoe provides community-based support to individuals and families living with the effects of an acquired brain injury.

You can reach Brain Injury Services at 705-734-2178 or visit www.braininjuryservices.ca



E3 Community Services is a multi-service agency which offers a broad array of supports for children and adults to address individual and community needs. These services include supports for adults with developmental disabilities and preschool children who are at risk of or are experiencing delays in their development. The agency also offers programs to the broader community such as Day Care and Early Years opportunities. The agency headquarters is based in Collingwood with service extending to surrounding areas.

You can reach E3 at 705 445-6351, e3@e3.ca or visit <https://e3.ca/>



Developmental Services Ontario helps adults with developmental disabilities connect to services and supports in their communities. There are nine agencies across Ontario which are funded by the Ontario Ministry of Community and Social Services. The DSO assists with finding residential supports, caregiver respite, community participation supports (like recreation, volunteering, employment, or in-home supports), professional and specialized services, person-directed planning and other supports to help people with developmental disabilities become more involved in their communities.

You can reach DSO Central East Region at 1-855-277-2121, dsocentraleast@yssn.ca or visit <https://www.dsontario.ca/>

Local, Provincial and National Information Assistance



Spinal Cord Injury Ontario (SCI Ontario) was formerly known as Canadian Paraplegic Association Ontario (CPA Ontario) before November 2012. It is SCI Ontario's vision to champion excellence in service, advocacy and quality of life for people living with spinal cord injuries. They assist people with spinal cord injuries and other physical disabilities to achieve independence, self-reliance and full community participation. SCI Ontario provides services at 17 locations across Ontario.

You can reach SCI Ontario at (705) 726-4546, Toll Free: 1-800-870-5670 or visit <https://sciontario.org/>



Deaf Access Simcoe Muskoka empowers culturally deaf, orally deaf, deafened and hard of hearing individuals and their families living in Simcoe County and District of Muskoka through education, advocacy, and community involvement.

You can reach Deaf Access at 705-728-3577, (705) 728-3599, info@deafaccess.ca, or visit www.deafaccess.ca



Simcoe Peer Support for Mental Health and Addictions provides and promotes wellness and recovery for people that have experienced or are experiencing mental health and or addiction issues.

You can reach Simcoe Peer Support at (705) 444-1844; the Simcoe County Crisis 24/7 line at 1-888-893-8333 or visit www.mentalhealthandaddictions.com

Local, Provincial and National Information Assistance



Catholic Family Services
of Simcoe County

Catholic Family Services of Simcoe County is a non-profit organization offering professional counselling services and education to anyone living or working in Simcoe County regardless of age, ability, cultural or religious background, race, sexual orientation or gender identity.

You can reach Catholic Family Services at 705-726-2503 or visit www.cfssc.ca



Canadian Mental Health Association
Simcoe County
Mental health for all



years of community

The Canadian Mental Health Association Simcoe County Branch provides services, support, and education for individuals and families experiencing effects of mental illness and addictions.

You can reach CMHA Simcoe County at 705-444-2558 in Collingwood; 705-726-5033 in Barrie, or visit www.cmhastarttalking.ca



**RECREATIONAL
RESPITE**

Recreational Respite's service goals are person centred and aim to identify the barriers to participation or social connection. This may exist for children, youth or adults with disabilities, mental health or those who face isolation due to disease, illness or injury.

You can reach Recreational Respite at 1-877-855-7070, info@recrespite.com or visit <https://www.recrespite.com/respite-support/>

Financial and Social Benefits

Ontario Health Insurance Plan (OHIP)

Ontario residents are eligible for provincially funded health coverage under the Ontario Health Insurance Program (OHIP). Generally, to be eligible for Ontario health coverage, you must:

Be a Canadian citizen; permanent resident; or among one of the newcomers to Canada.

Eligibility for OHIP is set out in Ontario's Health Insurance Act; you must be physically present in Ontario for 153 days in any 12-month period; and be physically present in Ontario for at least 153 days of the first 183 days immediately after establishing residency in the province; and make your primary place of residence in Ontario.

To apply, go to your nearest Service Ontario Centre or check out www.health.gov.on.ca/en/public/programs/OHIP, for a location nearest you.

Ontario Disability Support Program (ODSP)

The ODSP is designed to help people with disabilities who need financial assistance. Income and Employment Supports are available. In order to find out if you are eligible, a form can be obtained on their website or from the ODSP office in Barrie.

You can also call the office to apply.

Ministry of Community and Social Services Income and Employment Supports

34 Simcoe St. Barrie, ON L4N 6T4

Phone: 705-737-1311

Toll free: 1-800-461-7551 www.mcass.gov.on.ca

Ontario Works

OW assists people with disabilities who are residents of Ontario and need urgent assistance to pay for food and housing. Users of the program are also asked to participate in job finding activities. To apply you may visit their website or drop by the Collingwood Satellite office.

Ontario Works Collingwood Office 186 Hurontario St.

Unit #1 Collingwood, ON L4Y 2L6

705-722-3132

www.mcass.gov.on.ca/en/mcass/programs/social/ow

Financial and Social Benefits

Canadian Disability Pensions

Canadian Pension Plan Disability Benefits provides a monthly taxable benefit to people with disabilities and their dependent children. An application is available online or at the nearest Federal Government Office.

Collingwood Service Canada Centre 44 Hurontario St.

Collingwood, ON L9Y 2L6

Phone: 705-737-1311

Toll free: 1-800-277-9914 www.servicecanada.gc.ca

Health Ontario

Health Ontario is a 24-hour, 7 days a week free service that can connect you to a registered nurse who can give general health information and advice. Go online to healthconnectontario.health.gov.on.ca or call 811

Community Health

South Georgian Bay Community Health Centre

Committed to building a healthier SGB community through: health promotion, illness prevention, and comprehensive, client-centered primary health care. For more information please ask your health care provider or call: 705-422-1888; or visit www.southgeorgianbaychc.ca

Georgian Bay Family Health Team

A patient-centered primary health care team set up to provide unparalleled collaborative health care to improve the overall health of Georgian Bay's Population. For more information, please ask your health care provider or call: 705-444-5885 or visit www.gbfmt.ca

Community Care Access Centre

The mission of CCAC is to deliver a seamless experience through the health system for people in our diverse communities, providing equitable access, individualized care coordination and quality health care. For more information please ask your health care provider or call: Phone: 705-721-8010; Toll free: 1-888-721-2222; <http://healthcareathome.ca/>

Closing the Gap Healthcare Group (Pay For Service)

Closing the Gap provides information and healthcare support. Closing the Gap's Simcoe location offers a Rehabilitation Clinic, with services such as one-hour initial assessments, manual therapy, and treatments such as acupuncture, interferential laser, ultrasound, biofeedback, and Codetron. Please contact Closing the Gap by phone: 705-727-7888; Toll free: 888-776-0991; Clinic 855-854-8077
www.closingthegap.ca

Financial and Social Benefits

Drug Benefits

Ontario Drug Benefit Program

You are eligible for the Ontario Drug Benefit Program (ODBP) if you live in Ontario, you have a valid Ontario health card, and at least one of these statements applies to you: are 65 years of age or older; live in a Long-Term Care Home or a Home for Special Care; are enrolled in the Home Care program; have high drug costs and are registered in the Trillium Drug Program; receive social assistance through Ontario Works or the Ontario Disability Support Program. The ODBP covers most of the cost of 3,800 prescription drug products, some nutrition products, and some diabetic testing agents. The list of products covered by the ODBP is called the “Formulary.” Some products listed on the Formulary will only be funded in limited circumstances and/or for a limited duration of time.

www.health.gov.on.ca/en/public/programs/drugs/programs/odb/odb.aspx

Deaf, Deafened, Hard of Hearing

Deaf Access Simcoe Muskoka

The staff and board of the Deaf Access Simcoe Muskoka work every day to empower culturally Deaf, oral deaf, deafened, and hard of hearing individuals and their families living in Simcoe County and District of Muskoka through education, advocacy, and community involvement.

You can reach Deaf Access Simcoe Muskoka at 705-728-3577, TTY: 705- 728-3599 or visit www.deafaccess.ca

Canadian Hard of Hearing Association

Empowers all Canadians living with hearing loss through four pillars of activity: education, public awareness, service, advocacy.

You can reach Canadian Hard of Hearing Association Toll-free at 1-800-263-8068; Voice: 613-526-1584, TTY: 613-526-2692 or visit www.chha.ca

There are also a number of businesses in the area that can assist you with a hearing assessment as well as outfitting you with hearing aids and maintenance of that equipment. For details on services provided please check your local listings for accurate and up-to-date information.

Dental, Eye, Foot Care

Please note that not all dentists, eye or feet care practitioners accept payment through the Ontario Disability Program (ODSP) or are accepting new patients. Therefore, please check you're local listings for accurate and up to date contact information.

Financial and Social Benefits

Diabetes Education

Diabetes education is provided by the Georgian Bay Family Health Team and the South Georgian Bay Community Health Centre. Contact your health provider for more information or turn to page 15 of this guide to contact them directly.

Breaking Down Barriers holds a monthly Group called the Diabetes Information Group (D.I.G). These meetings feature guest speakers and all the up to date information on living with diabetes.

For more information please contact 705-445-1543 ext.*305

Assistive Devices

Assistive Devices Program

The objective of the Assistive Devices Program (ADP) is to provide consumer-centred support and funding to Ontario residents who have long-term physical disabilities and to provide access to personalized assistive devices appropriate for the individual's basic needs. ADP covers over 8,000 separate pieces of equipment or supplies in many categories. Eligibility includes any Ontario resident who has a valid Ontario Health Card issued in their name and has a physical disability of six months or longer.

To find out eligibility contact:

Ministry of Health and Long-Term Care Assistive Devices Program

7th Floor, 5700 Yonge Street Toronto, ON

M2M 4K5 Toronto: 416-327-8804 or Toll-free: 1-800-268-6021 TDD/TTY: 416-327-4282 or 1-800-387-5559

www.health.gov.on.ca/en/public/programs/adp/default.aspx

Ontario March of Dimes—Assistive Devices Program

March of Dimes' Assistive Devices Program can help buy, repair and maintain a wide variety of mobility equipment or devices that increase functional independence.

For more information please call 416-425-3463 or toll free 1-800-263-3463 or visit www.marchofdimes.ca

Direct Funding, Self-Managed Attendant Care

Breaking Down Barriers- Direct Funding/Self-Managed Attendant Care

Direct Funding is an innovative program enabling adults with physical disabilities to become employers of their own attendants. Attendants assist with routine activities of living, such as dressing, grooming and bathing. As employers, participants are fully responsible for managing their own employees within a budget that is developed on an individual basis.

Financial and Social Benefits

Ambulatory Services

You are responsible for an ambulance service co-payment charge of \$45.00 for ambulance services rendered if the following apply to you: You are a resident of Ontario; have a valid Ontario health card, and; A physician deems your ambulance service medically necessary, and your ambulance trip originates in Ontario and ends in Ontario, and; you cannot claim an ambulance co-payment exemption.

You are responsible for an ambulance service co-payment charge of \$240.00 for each land ambulance service rendered, and/or the actual cost of each air ambulance service rendered if the following apply to you: are a resident of Ontario, and do not have a valid Ontario health card.

Abuse Assistance

If you require immediate assistance from the OPP please call 911 or 1-888-310-1122.

Emergency calls for service (24 hr Toll Free) 911 or 1-888-310-1122 (anywhere in Ontario)

Non-Emergency calls for service (24 hr Toll Free)

1-888-310-1122 (anywhere in Ontario)

1-888-310-1133 (TTY) People with Disabilities



Catulpa Community Support Services Adult Protective Services

Adult Protective Services (APS) provides case management and advocacy services to adults who have a developmental disability. The goal of the Adult Support Services is to enable adults with developmental delays living within their particular community setting to lead lives which reflect their values and choices. It is a voluntary program. There is no fee for this service.

For more information about Catulpa Community Support Services, please refer to page 17 of this guide.

Abuse Assistance

Senior Services

Senior Safety Line

The Senior Safety Line is a hotline that assists abused and at-risk seniors. Information, referrals, and support are provided 24 hours a day, 7 days a week.

Please call: 1-866-299-1011



Muskoka Network for the Prevention of Elder Abuse

Elder Abuse Prevention Muskoka is a community awareness and information service on elder abuse.

Please call: 705-646-7677; Toll free: 1-866-222-1224 or visit: www.elderabuseprevention.ca



Ontario Provincial Police—Seniors Assistance Team

The OPP Seniors Issues Unit provides following services to lessen victimization of Older Ontarians.

Please call: Toll free: 1-888-310-1122 or Toll free TTY:
1- 888-310-1133



Prevention of Senior Abuse Network Simcoe County (PSAN)

PSAN Simcoe County promotes community participation in a network that is dedicated to promoting awareness, prevention, and response to senior abuse in Simcoe County through advocacy, education, and collaboration.

Please call 705-305-4357 for more information, visit www.psan-sc.ca or call the Safety Line: 1-866-299-1011

Abuse Assistance

Women Services



Assaulted Women's Helpline

The Assaulted Women's Helpline provides free, 24 hour, 7 day a week crisis counselling and emotional support to assaulted and/or abused women.

Please call 1-866-863-0511 or visit www.awhl.org/home



New Path Youth and Family Services of Simcoe County

The Partner Abuse Program offers information, support, and individual and group counselling to women who have experienced abuse in a partner relationship. This program helps women plan for safety, decrease isolation and increase self-confidence and assertiveness.

Please call 705-725-7656; email info@newpath.ca or visit www.newpath.ca



My Friend's House

Provides shelter with security, support, counselling and advocacy to create an empowering environment for women and their children who are escaping, or at risk of, violence and/or abuse. Services include outreach counselling in surrounding communities, counselling and support for women and children who are not residing in the shelter, 24-hour crisis line, transportation and transition program, community education on issues of violence against women and children. My Friend's House supports women 16 years and older experiencing violence and abuse.

For more information call 1-800-265-2511 or the Crisis Line at 705-444-2511 or visit www.myfriendshouse.ca

Abuse Assistance

Victim Crisis Assistance and Referral Services (VCARS)

Provides immediate, on-site service to victims of crime 24 hours a day, seven days a week. With the victim's consent, police will arrange for VCARS staff and/or specially trained volunteers to provide on-site, short-term assistance to victims, and make referrals to community agencies for long-term assistance.

Please call Toll-free at 1- 888-579-2888

Victim Services of Simcoe County (VSSC)

VSSC provides early assistance and support to victims 24 hours a day, seven days a week. Support is offered in person, through telephone and other secure technologies, to aide coping in the aftermath of crime or tragic circumstances. Services include emotional support, practical assistance, community-referrals, and information for victims of crime or tragedy.

Please call 705-725-2120, email mmccallumbps110@outlook.com or visit <https://www.barriepolice.ca/community/victim-crisis-assistance/>

Accessibility

Accessibility for Ontarians with Disabilities Act (AODA)

In an effort to make Ontario accessible to people with disabilities by 2025, the Government of Ontario enacted the Accessibility for Ontarians with Disabilities Act. This legislation is province-wide mandatory accessibility standards that identify, remove and prevent barriers for people with disabilities in key areas of daily living.

For more information on the AODA contact:

Accessibility Directorate of Ontario

Ministry of Economic Development, Trade and Employment Communications and Public Affairs
Branch

8th Floor, Hearst Block 900 Bay Street Toronto ON M7A 2E1 416-325-6666

Toll-free: 1-866-668-4249

TTY/Teletypewriter (for the hearing impaired): 416-325-4402 Toll-free: 1-877-408-3414

Fax: 416-325-6688

Website: <https://www.aoda.ca/>

Accessibility

The **AODA** is the responsibility on a day to day basis of the Accessibility Directorate of Ontario. The Directorate can assist an individual, who feels that their rights have been discriminated against regarding their disability by filing a complaint with the Human Rights Tribunal of Ontario. If you feel your rights have been violated, or for more information on the Human Rights Tribunal and the criteria for complaint please contact:

The Registrar

Human Rights Tribunal of Ontario 655 Bay Street, 14th floor Toronto, ON
M7A 2A3

Phone: 416-326-1519

Toll Free: 1-866-598-0322

Email: hrto.registrar@ontario.ca

You can also contact your Member of Provincial Parliament, whose information can be found under Government Contacts in this guide. Each seat of government (federal, provincial and municipal) has a criterion and their own system for dealing with a complaint regarding accessibility. Listed here are some resources that may be helpful when a complaint is necessary.

The Federal Government

The Canadian Transportation Agency is responsible for determining if a barrier to accessibility exists and resolving the issue on a case-to-case basis in order to assure the independence of a person with a disability. For more information, please see their website at www.otc-cta.gc.ca or contact the agency by mail at:

Canadian Transportation Agency Ottawa, ON K1A 0N9
1-888-222-2592

The Provincial Government

The Office of the Ontario Ombudsman has been established to help Ontarians settle disputes with a government agency. For more information on the Ombudsman and their criteria please check out their website at www.ombudsman.on.ca or contact the office by mail at:

The Office of the Ontario Ombudsperson Bell Trinity Square
483 Bay St. 10th Floor, South Tower Toronto, ON M5G 2C9

The Municipal Government, Accessibility Advisory Committees

The council of every municipality having a population of not less than 10,000 has an Accessibility Advisory Committee, which advises the Council about the preparation, implementation and effectiveness of its accessibility plan. The plan addresses the identification, removal and prevention of barriers to persons with disabilities in the municipality's by-laws and in its policies, programs, practices and services. The majority of the members of the committee include people with disabilities. Accessibility Committees in this area include:

Accessibility

Town of Wasaga Beach, 30 Lewis St., Wasaga Beach, ON, L9Z 1A1 or 705-429-3844

Clearview Township, 217 Gideon St., Stayner, ON, L0M 1S0 or 705-428-6230

County of Grey, Communications and Accessibility Coordinator, Clerk's Office, County of Grey, 595 – 9th Ave. E., Owen Sound, ON, N4K 3E3 or 519-372-0219 x1255

Town of the Blue Mountains, 32 Mill Street, P.O. Box 310, Thornbury, ON, N0H 2P0, or 519-599-3131/888-258-6867

Town of Collingwood, P.O. Box 157, 97 Hurontario St., Collingwood, ON, L9Y 3Z5, or 705-445-1030

Barrier Identification Process:

The Town of Collingwood Accessibility Advisory Committee provides a form on the Town of Collingwood's website to provide notification to the Committee of barriers that have been identified in the community.



Thumbs Up Access and Awareness Services

This fee for service program is provided by Breaking Down Barriers and offers accessibility audits, consultation and recommendation, awarded decal and public recognition and site plan consultations and recommendations to Municipal Planning and Building Departments. This service increases the number of accessible businesses, promotes opportunities and supports active participation by people with disabilities, and works towards a fully accessible Ontario.

For more information contact Breaking Down Barriers Accessibility Coordinator at worklinks@breakingdownbarriers.ca or 705-445-1543 ext.302.

Sports and Recreation

Special Olympics

Special Olympics Ontario offers many different sport programs that are ongoing almost every day of the year.

To find out more please contact: hcornish@bell.net 705-446-1944 or 705-422-1007

Sports and Recreation

Breaking Down Barriers—Accessible Golf

Breaking Down Barriers, in partnership with Batteaux Creek Golf Club, runs an accessible golf program from May to October. Volunteers assist participants to learn the basics of golf while having fun.

For more information about the program please contact Breaking Down Barriers at 705-445-1543 or turn to page 7 for more information. Please note that participants must have their own transportation to and from the course.

Caregiving

Personal Support Workers



E3 Community Service-Respite Care

E3 provides planned, out of home support to families that have children/youth and adults who have been diagnosed with a developmental disability. This allows the client an opportunity to socialize, engage in recreational activities, and enhance life skills, while taking part in community events and in everyday activities.

To register please call Developmental Services Ontario (DSO) at 905-953-0796 or 1-855-277-2121



Right at Home Canada

Offers personalized caregiving services for families and which are specially designed for any situation. Their in-home care lets loved ones enjoy healthy lives in the comfort of a familiar environment.

Please call 705-293-5500 or visit <https://www.rightathomecanada.com/georgian-triangle>

Caregiving



Comfort Keepers

Comfort Keepers® caregivers travel to clients' homes to provide care services and living assistance, allowing seniors and people with disabilities to live comfortably and independently.

Please call 705-293-5553 or visit <https://www.comfortkeepers.ca/georgiantriangle/>



Helping Hands Home Health Care

Provides personalized in-home health care and support services to preserve independence.

Please call 705-444-5699 or visit <https://helpinghandsstaffing.ca/>



Catulpa Community Support Service

Provides supports for children and adults who have developmental disabilities, and their families. There are early intervention services, CAP-C programs, Crisis Response for individuals with dual diagnosis, case coordination and inclusive recreation services.

Please call 705-445-9770 ex. 5230 or visit www.catulpa.on.ca



Independent Living Services of Simcoe County & Area (ILS) Attendant Care Services for Adults with Physical Disabilities

ILS Attendant Services are consumer-directed physical assistance for daily living activities. This assistance is provided by another person, an attendant. The consumer takes responsibility for the decisions and training of their assigned attendant.

Please call 705- 737-3263 ex. 232; or visit <https://www.ilssimcoe.ca/programs-old/attendant-care-services/>

Breaking Down Barriers—Direct Funding/Self-Managed Attendant Care

Direct Funding is an innovative program enabling adults with physical disabilities to become employers of their own attendants. Attendants assist with routine activities of living, such as dressing, grooming and bathing. As employers, participants are fully responsible for managing their own employees within a budget that is developed on an individual basis.

For more information, please see Breaking Down Barriers on page 8.

Children's Services

Disability Support



Simcoe Muskoka District Health Unit

Collingwood Branch – Family Health Services the Simcoe Muskoka District Health Unit works with individuals, families, agencies, and communities to promote and protect health, and to prevent disease and injury. Phone: 705-445-0804; Fax: 705-445-6498; www.simcoemuskokahealth.org



Catulpa Community Support Services

For more information about Catulpa Community Support Services, please refer to page 19 and 26 of this guide.

Simcoe Community Services

Simcoe Community Services is a multi-service agency that provides a wide range of programs & services to pre-school children and their families including the Ontario Early Years Centre in the Barrie/Simcoe/Bradford riding. The agency also supports children, teens and adults who have an intellectual disability and believes that everyone can contribute to their community. Services are offered in Barrie, Orillia, Bradford and surrounding townships. Infant programs are offered county-wide.

Please call 705-726-9082 or visit <https://www.simcoe.ca/SocialServices/Pages/about.aspx>

Children's Services



Easter Seals Ontario

Easter Seals Ontario provides programs and services to children and youth with physical disabilities across Ontario to help them achieve greater independence, accessibility and integration. Easter Seals assists families with the purchase of costly mobility equipment such as wheelchairs, walkers, porch lifts and ramps, as well as communication devices, toileting aids, and bathing equipment.

Please call 705-797-2675 or Toll free 1-800-461-3391 or visit www.easterseals.org



Hemophilia Ontario- Toronto and Central Ontario Region

The mission of Hemophilia Ontario is to improve the health and quality of life of all people with inherited bleeding disorders and ultimately to find a cure.

Please call 416-972-0641 or visit <https://www.hemophilia.on.ca>



National Service Dogs

National Service Dogs is dedicated to enriching the quality of life and enhancing the independence of individuals living with special needs by providing them with specially trained Golden Retrievers and Labrador Retrievers.

Please call 519-623-4188 or visit www.nsd.on.ca



Ontario Associations for Families of Children with Communication Disorders

A non-profit organization that provides information, education and support to professionals and families of children with communication disorders.

Please call 519-290-1763 or visit www.oafccd.com

Children's Services

Therapy Services



Lyndsey Stevenato Children's Therapy Services

Children's Therapy Services provides specialized therapy services such as: Occupational Therapy, Speech-Language Pathology and Behavioural Therapy. The team works closely with families to provide integrated services, information and support. Please contact by phone: 705.792.5272 or check out their website at www.childrenstherapy.ca



Children's Treatment Network of Simcoe York

The Network provides care and services to kids with complex physical, developmental and communications needs who live in Simcoe County or York Region.

Please call Toll Free 1-877-719-4795 or Simcoe County at 705-719-4795 or visit www.ctnsy.ca



Epilepsy Ontario Simcoe County Branch

Provides education for individuals living with epilepsy and the people affected by it.

Please call 705-737-3132 or visit <https://epilepsyontario.org/agency/epilepsy-simcoe-county/>



Hands: The Family Help Network

Provides client-centered, professional and skilled services to infants, children, youth, families and developmentally challenged adults with social, emotional, behavioural, physical and developmental difficulties.

Please call 705-645-3155, Toll free: 1-800-668-8555 or visit <https://thefamilyhelpnetwork.ca/>

Children's Services



FOR DEAF AND HARD OF HEARING CHILDREN

VOICE for Deaf and Hard of Hearing Children

Ensures that all children with hearing loss have their rights upheld with access to services for developing their abilities to learn to hear, listen and speak.

Please call 416- 487-7719, Toll free 1-866-779-5144, email admin@voicefordeafkids.com or visit www.voicefordeafkids.com



Oscar's Place Rehabilitation and Wellness Centre for Children

As a multi-disciplinary Rehabilitation Centre, Oscar's Place provides access to Physiotherapy, Occupational Therapy, Speech Therapy, Massage Therapy, Mental Health Services and Kinesiology for all children.

Please call 705-444-6694, email info@oscarsplace.ca or visit <https://www.oscarsplace.ca/>

Wish Programs and Foundations



Make-A-Wish Foundation of Canada

The mission of Make-A-Wish® Canada is to grant the wishes of children with life threatening medical conditions to enrich the human experience with hope, strength and joy.

Please call 416-224-9474, Toll free: 1-888-822-9474 or visit <https://makeawish.ca/>



Starlight Children's Foundation Canada

Provides in-hospital entertainment therapy and out-of-hospital family fun programs.

Please call 416-642-5675, Toll free: 1-800-880-1004 or visit www.starlightcanada.org

Children's Services



Sunshine Foundation of Canada

Sunshine Foundation of Canada is a national charitable organization that makes dreams come true for children with severe physical disabilities or life-threatening illnesses. It is the only national Canadian charity fulfilling dreams for kids with severe disabilities as well as life-threatening illnesses.

Please call Toll-free 1-800-461-7935, 519-642-0990 or visit www.sunshine.ca



Speech, Hearing and Language Services

Georgian College, Barrie Campus– Harmonize for Speech, Hearing and Language Clinic

Students in the Communicative Disorders Assistant (CDA) program receive hands-on experience with clients in this clinic by assisting an audiologist and/or speech-language pathologist. The clinic is fully equipped, and the clinic also includes a wheelchair- accessible bathroom, a baby change station and amenities for infant food preparation/ storage.

Please call 705-722-1561, email: H4SHLclinic@georgiancollege.ca or visit <https://www.georgiancollege.ca/community-alumni/health-and-wellness-clinics/speech-hearing-%20language/>



Simcoe County Preschool Speech and Language Program

This program, provided by Royal Victoria Hospital offers occupational therapy assessment and treatment services for children from birth to school entry age.

Please call 705-739-5696, Toll free: 1-800-675-1979 or visit <https://www.rvh.on.ca/areas-of-care/paediatrics/children-development-services/>



Speak Freely Therapy Services

Offers speech and language services, occupational therapy, therapy assistants, educational consultants, intensive behavioural intervention, and music therapy.

Please call 705- 730-1006, email joyce@speakfreelytherapy.ca or visit <http://speakfreelytherapy.ca/>

Children's Services



The Speech Clinic

The Speech Clinic located in Barrie, specializes in providing assessment and treatment for children, adolescents and adults with speech, language and communication issues.

Please call 705-725-1500, email speech@speechclinic.ca or visit <https://www.thespeechclinic.ca/>

Stroke Recovery Association

The Stroke Recovery Association of Barrie and District offers support to families affected by stroke through exercise programs, social activities, and education. Please call 705-737-9202; email info@strokerecoverybarrie.com

Respite Care



Recreational Respite

Please see page 14 for details.



Catulpa Community Support Services

Please see page 19, 26, 27 for details.



E3 Community Services – Respite Care

Please see page 12, 24, 25 for details.

HOME AND COMMUNITY CARE SUPPORT SERVICES

North Simcoe Muskoka

Community Care Access Centre (CCAC) North Simcoe Muskoka

Please see page 11 for details.

Children's Services

Learning Disabilities

Learning Disabilities Association of Ontario

Assists families on how to access appropriate programming for their children in the public and separate school systems; provides information on the many kinds of learning disabilities as well as on the organizations and professionals available to help those with learning disabilities.

Please call 1-416-929-4311.

Financial Assistance for Children and Families



Government
of Canada

Gouvernement
du Canada

Canada Revenue Agency

Information for Youth

www.cra-arc.gc.ca/tx/ndvdl/sgmnts/yth/menu-eng.html

Canada Child Tax Benefit

The Child Tax Benefit (CCTB) is a tax-free monthly payment made to eligible families to help them with the cost of raising children under the age of 18. The CCTB may include the National Child Benefit Supplement and/or the Child Disability Benefit.

- National Child Benefit Supplement: included in the CCTB and paid monthly to low-income families with children under 18 years of age
- Child Disability Benefit: a monthly benefit included in the CCTB to provide financial assistance to qualified families caring for children who have a severe or prolonged impairment physical or mental functions

<https://www.canada.ca/en/revenue-agency/services/child-family-benefits/child-disability-benefit.html>

Universal Childcare Benefit

The UCCB is designed to help Canadian families, as they try to balance work and family life, by supporting their childcare choices through direct financial support.

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/personal-income/line-11700-universal-child-care-benefit-uccb.html>

Children's Special Allowances

The CSA program provides payments to federal and provincial agencies and institutions (e.g., children's aid societies) that care for children. The monthly CSA payment is equal to the maximum CCTB payment plus the NCBS, plus the CDB, plus the UCCB, if applicable.

<https://www.canada.ca/en/revenue-agency/services/child-family-benefits/childrens-special-allowances.html>

Children's Services

Muskoka Community Services

Through compassionate and effective program delivery, Muskoka Community Services aims to reduce poverty, and support development of healthy communities and self-sufficient community members.

Please call 705-645-2412, Toll Free: 1-800-461-4215, email mcsinfo@muskoka.on.ca or visit <https://www.muskoka.on.ca/en/community-services-and-support/community-services-and-support-directory.aspx>

Ontario Child Benefit

The OCB is financial support for low-income families to help provide for their children.

<https://www.ontario.ca/page/ontario-child-benefit>

Ontario Child Care Supplement for Working Families

The OCB consolidates several provincial child benefits into one benefit that is provided to low- and moderate-income families with children under 18 years old.

Special Need Resourcing Funding

SNR funding is available to support the inclusion of children with special needs in licensed childcare settings and approved recreation programs at no additional cost to parents/guardians.

<https://www.ontario.ca/page/children-special-needs>

Assistance for Children with Severe Disabilities

ACSD assists parents who are caring for a child living with a severe disability with the extra costs they incur. An application is available online or at the nearest Federal Government office.

Please call 1-866-821-7770 or visit <https://www.ontario.ca/page/assistance-children-severe-disabilities-program>

County of Simcoe Social and Community Services Division

Child Care Fee Subsidy In order to qualify, parents/guardians must be working, attending school, need developmental programming for a child with Special Needs, or have a therapeutic referral based on a parent/guardian's need.

<https://www.simcoe.ca/ChildrenandCommunityServices/Pages/fee-assistance.aspx>

Special Needs Resource Services

Children and Community Services administers funding and manages contracts with seven transfer payment agencies that provide early intervention resource services throughout Simcoe County for children aged 0-6 years. This includes support from Resource Teacher Programs, Preschool Speech and Language Services, Blind/Low Vision Program and Occupational and Physiotherapy Services.

For more information, please go to simcoe.ca

Children's Services



Mental Health

Kinark Child and Family Services—Mobile Crisis Response Services for Children and Youth

Mobile Crisis Response Worker available Mondays - Fridays 8:30am-8:30pm (with the exception of holidays). Mental Health Crisis Line Worker available 24 hours a day 7 days a week. The Youth Mobile Crisis Response Services for children and youth is designed to provide mental health supports to children, youth, and families experiencing a crisis that is not imminently life threatening but would benefit from an immediate supportive response.

Visit <https://www.kinark.on.ca/> or in a crisis situation please call the Crisis Line: 705-728-5044



Catholic Family Services of Simcoe County

is a non-profit organization offering professional counselling services and education. Their services are available to everyone living or working in Simcoe County regardless of age, ability, cultural or religious background, race, sexual orientation or gender identity.

Please call 705-726-2503; Toll-free: 1-888-726-2503 or visit their website at www.cfssc.ca

Mental Health and Addiction Services of Simcoe County

Offering a number of geared to Youth Programs, for ages 14-35 residing in the in the Barrie, Orillia, Midland/Penetanguishene, and Collingwood areas. Anyone can make a referral, including the client themselves.

For more information please call 905-853-8477 or Toll-Free at 1-866-208-5509.



New Path Youth and Family Services of Simcoe County

Offers many services for youth.

To find out criteria and to book an appointment please call :705-445-4181 or visit www.newpath.ca

Children's Services

Kids Help Phone

Kids Help Phone

Improves the well-being of children and youth in Canada by providing them anonymous and confidential professional counselling, referrals and bilingual information through technologically-based communications media

The following options are available for kids seeking help:

By phone: 1-800-668-6868 or Online:

Connect Online: <https://kidshelpphone.ca/urgent-help>

Text with a Crisis Worker: Text CONNECT to 686868

Get support from a crisis responder through Facebook Messenger: <https://kidshelpphone.ca/get-virtual-support-with-facebook-messenger>

Parents for Children's Mental Health

Parents for Children's Mental Health links families to important networks within their communities to ensure they get the care they need and the support of families who can relate and support them. Simcoe County Chapter is located in Barrie and meets once a month.

Please call 705-726-8871 x 634, email simcoecounty@pcmh.ca or visit <https://www.family.cmho.org/>



Rainbows for all Children Canada

Rainbows forms partnerships with schools, faith communities and social service agencies so they may establish grief support groups and help vulnerable children. Rainbows builds the confidence and self-esteem of hurting children, improves communications, prevents destructive behaviours, and improves academic performance.

Please call 705-446-2178, email kapotts@hotmail.ca or visit <https://www.rainbows.ca/>

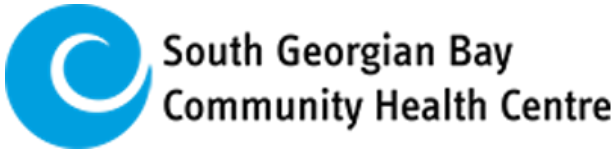


Waypoint Centre for Mental Health Care

The Transitional Age Youth Tele-psychiatry Service provides a one-time consultation for youth ages 16 to 24 who are experiencing serious mental health concerns or at risk of developing them.

Please call 705-549-3181, Toll-free 1-877-341-4729 or visit <https://www.waypointcentre.ca/>

Children's Services



The South Georgian Bay Community Health Centre

The South Georgian Bay Community Health Centre and the Georgian Bay Family Health Team provides counselling and program geared toward youth.

To find out more about how to contact them please turn to page 49 and 61 of this guide.

Disability Organizations

Local and Regional Organizations



ARCH Disability Law Centre

ARCH Disability Law Centre is Toronto-based and serves the Georgian Triangle and Simcoe-Muskoka regions, providing legal advice to people with disabilities.

Please call 416-482-8255 Toll free: 1-866-482-2728 or visit www.archdisabilitylaw.ca



Autism Ontario, Central East Region

Autism Ontario is the leading source of information and referral on autism and represents the autism community.

Please call Toll free 1-800-472-7789 or visit <https://www.autismontario.com/region/central-east>



Brain Injury Services Muskoka Simcoe

Please see page 12 for details

Disability Organizations



Canadian Hearing Society Barrie

Please see page 11 for details



Canadian Mental Health Association Simcoe County Branch

Please see page 14 for details



CNIB Barrie

Please see page 11 for details



Deaf Access Simcoe Muskoka

Please see page 13 for details



Developmental Services Ontario

Developmental Services Ontario, Central East Region

Please see page 12 for details



Easter Seals, North Region

Please see page 29 for details

Disability Organizations



Epilepsy Ontario, Simcoe County Branch

Please see page __ for details



E3 Community Services

Please see page 28 for details



HEMOPHILIA ONTARIO

*Supporting the inherited
bleeding disorder community*

Hemophilia Ontario

Please see page 29 for details



Independent Living Services of Simcoe County and Area

Please see page 26 for details



Multiple Sclerosis Society of Canada, Simcoe County Chapter

The MS Society provides services to people with multiple sclerosis and their families and funds research to find the cause and cure for this disease.

Please call 705-733-0488, email ms.simcoe.county@mssociety.ca or visit <https://mssociety.ca/chapter/simcoe-county-chapter>

Disability Organizations



Spinal Cord Injury Ontario, Barrie Branch Office

Please see page 13 for details.

Provincial Organizations

Citizens with Disabilities Ontario

Promotes the rights, freedoms and responsibilities of persons with disabilities through community development, social action, and member support and referral. Our primary activity is public education and awareness about the social and physical barriers that prevent the full inclusion of persons with disabilities in Ontario.

Contact by email only at www.cwdo.org

Community Living Ontario

advocates for people who have an intellectual disability to be fully included in all aspects of community life.

Please call 416-447-4348, Toll free 1-800-278-8025 or visit www.communitylivingontario.ca

Family Alliance Ontario

Family Alliance Ontario tries to further the well-being of persons with disabilities and their families, and to promote the inclusion of persons with disabilities into all aspects of community life through a variety of programs and activities.

Please call 905-723-8111 or visit alliance@family-alliance.com

Learning Disabilities Association of Ontario

Improves the lives of children, youth and adults with learning disabilities through advocacy, research, education and services.

Please call 416-929-4311 or visit www.ldao.ca

Mood Disorders Association of Ontario

To support recovery and healing for individuals affected by mood disorders and their families by providing innovative, high quality supports and programs.

Please call 416-486-8046, Toll free 1-888-486-8236 or visit www.mooddisorders.ca

Disability Organizations

Neurologic Rehabilitation of Ontario (Private Service)

Specializing in the assessment, treatment and care of individuals who have sustained a traumatic brain injury, stroke or other neurological illness. NRIO offers services to adults and children in separate and distinct programs.

Please call 416-231-4358, Toll free 1-800-561-9158, email: info@nr.io or visit www.nr.io

Ontario Association of the Deaf

Ontario Association of the Deaf (OAD) focuses on educating and advocating in the interests of all Deaf Ontarians.

Please call 416-413-9191, TTY 416-513-1893 or visit www.deafontario.ca

Ontario Federation of Cerebral Palsy

Committed to supporting independence, inclusion, choice and full integration of all persons with cerebral palsy.

Please call 416-244-9686 or visit www.ofcp.ca

People First Ontario

Promotes equality for all persons and teaches members about their rights, abilities, and strengths.

Please call 613-451-0051 or visit www.peoplefirstontario.ca

Spina Bifida and Hydrocephalus Association of Ontario

Provides a comprehensive and essential range of services for parents, families, youth and adults with spina bifida and hydrocephalus. The programs are rooted in the principles of self-help and personal support.

Please call Toll Free 1-800-387-1575 or email: provincial@sbhao.on.ca

National and International Organizations

Active Living Alliance for Canadians with a Disability (ALACD)

Promotes, supports and enables Canadians with disabilities to lead active, healthy lives.

Please call Toll free 1-800-771-0663, TTY 1-888-771-0663, email: ala@ala.ca or visit www.ala.ca

Alliance for Equality of Blind Canadians

To increase awareness of rights and responsibilities, so blind, deaf-blind and partially sighted individuals can have equal access to the benefits and opportunities of society.

Please call Toll free: 1-800-561-4774 or visit www.blindcanadians.ca

Disability Organizations

ALS Canada

Supporting Canadians living with ALS and investing in research to make ALS a treatable not terminal disease.

Please call Toll free: 1-800-267-4257 or visit www.als.ca

Brain Injury Association of Canada

Improves the quality of life for people with acquired brain injury and promotes its prevention.

Please call Toll Free 1-866-977-2492 or visit www.biac-aclc.ca

Canadian Association for Community Living

Assists people with intellectual disabilities and their families to advance inclusion in their communities. Phone: 416-661-9611; www.cacl.ca

Canadian Association of the Deaf

The CAD provides consultation and information on Deaf needs and interests to the public, business, media, educators, governments and others. They conduct research and collect data regarding Deaf issues; issue reports on these studies; and provide expertise on them; develop and implement pilot programs. They offer assistance to Deaf organizations and service agencies across the country and provide a major library and resource centre on deafness at their office in Ottawa, Ontario.

Voice/TTY: 1-613-565-2882 or visit www.cad.ca

Canadian Council of the Blind

CCB deals with the ongoing effects of vision loss by encouraging active living and rehabilitation through peer support and social and recreational activities.

Please call Toll free 1-877-304-0968 or visit www.ccbnational.net

Cystic Fibrosis Canada

Cystic Fibrosis Canada is committed to finding a cure for cystic fibrosis (CF). They are a leader in funding innovation and clinical care.

Please call Toll free 1-800-378-2233 or visit www.cysticfibrosis.ca

Canadian Down Syndrome Society

CDSS is a national non-profit organization providing information, advocacy and education about Down syndrome. The CDSS supports self-advocates, parents and families through all stages of life.

Please call 1-800-883-5608 or visit www.cdss.ca

Disability Organizations

Communication Disabilities Access Canada

Promote human rights, accessibility and inclusion for people with communication disabilities through projects, education, resources, consultation and developing communication support services. Please note: They do not provide direct clinical services.

Visit www.cdacanada.com

Council of Canadians with Disabilities

CCD is a national human rights organization of people with disabilities working for an inclusive and accessible Canada.

Please call 204-947-0303, TTY/ATS 204-943-4757 or visit www.ccdonline.ca

Guide Dog Users of Canada

Guide Dog Users of Canada is a forum for Peer Support which educates the public about the abilities of Guide Dogs, and the rights of those partnered with guide dogs. Guide Dog Users of Canada maintains a Wellness Fund in order to assist those individuals in financial need, partnered with guide dogs, with veterinary expenses that are not routine. Applicants must meet specified requirements at the time of application.

Please call Toll free 1-877-285-9805 or visit www.gduc.ca

Huntington Society of Canada

Raises funds to deliver individual and group counselling service to support individuals and families living with Huntington disease (HD) and to fund medical research to delay or stop the progression of the disease. The Society also works with health and social services professionals to enable them to better serve people living with HD.

Please call Toll free (800) 998-7398 or visit www.huntingtonsociety.ca

Inclusive Education Canada

Supporting education for all students allowing them to learn, contribute and participate in all aspects of the life of the school. Inclusive education is about how we develop and design our schools, classrooms, programs and activities so that all students learn and participate together.

Please call 1-416-661-961 or visit www.inclusiveeducation.ca

Learning Disabilities Association of Canada

Providing leadership and support to people with learning disabilities (LD), their parents, teachers and other professionals.

Please call 613-238-572 or visit www.ldac-acta.ca

Disability Organizations

Ontario March of Dimes Canada

Provides advocacy, programs and support for people with disabilities to enhance independence and community participation. Ontario March of Dimes runs an Assistive Devices program; Home and Vehicle Modification Program; Post-Polio Canada; and Stroke Recovery Canada.

Please call 416-425-3463, Toll free 1-800-263-3463 or visit www.marchofdimes.ca

Education and Employment

Georgian College

Students whose success at college may be affected by a disability must contact the Centre for Access and Disability Services upon admittance to the College. Many students don't realize that they may have a disability and therefore never identify themselves in order to benefit from the services Georgian College offers. If you think that you may have a special need, make an appointment with a Disability Specialist. The Centre for Access and Disability Services provides students with supports that are essential for their success at college. Specializing in enhanced services including students with documented short-term disabilities.

Visit www.georgiancollege.ca/student-life/student-services/accessibility-services/

Adult Learning Centre

The Learning Centre provides adults in our community the opportunity to achieve secondary school credits. Whether you want to earn credits to complete your high school diploma, improve your skills, or prepare for post-secondary education, the Learning Centre has courses available to suit your availability and learning style.

Please call 705-445-9019 or visit www.thelearningcentres.com

Career Horizons

Career Horizons works on behalf of both public and private institutions to provide employment programs and vocational rehabilitation (VR) services.

Please call 705-443-8270 or visit www.career-horizons.com

TRACKS—Employment Ontario

TRACKS provides dynamic career services aimed at job seekers and employers to achieve employment success outcomes. They connect individuals looking to work with employers looking to hire.

Please call 705-444-1580 or visit www.tracks.on.ca

Education and Employment

Career Solutions

Provides a wide variety of employment services to both employers and job seekers in Collingwood, Ontario and the surrounding area.

Please call 705-429-5543 or visit <http://www.careersolutions.ca/>

Simcoe County YMCA

The YMCA Employment Service Centres offer employment information and support for employers in the way of employment placement and training.

Please call Huntsville at 705-787-0349, Midland at 705-526- 7828, Parry Sound at 705-746-0511 or visit www.ymcaofsimcoemuskoka.ca

Emergency

911

In an emergency whenever police, fire or ambulance is needed call 911.

T9-1-1– Allows the deaf, hard of hearing or speech impaired to communicate via text during an emergency.

Fire Departments – NON EMERGENCY

Town of Collingwood: 705-445-3920

Town of the Blue Mountains: 705-444-2244

Town of Wasaga Beach:705-429-5281

Township of Clearview, Emergency Hub and Fire Administration Centre: 705-428-4355 (*doesn't have 911)

Ontario Provincial Police

Ontario Provincial Police Communications Centre: 1-888-310-1122 (24 hour service);

TTY – 1- 888-310-1133; During business hours – General NON EMERGENCY Inquiries – 705-445-4321; Huronia West OPP, Wasaga Beach – 705-429-3575

Ambulance

Non-Emergency Calls

Collingwood: 705-445-2641

Wasaga Beach: 705-429-4101

Other Important Numbers

Crime Stoppers: 1-800-222-8477

Poison Information: 1-800-268-9017

Emergency

Canada Red Cross-Disaster Management

The Canadian Red Cross Disaster Management Program assists in situations ranging from house fires to larger situations like floods that disrupt entire regions. Following a disaster, Canadian Red Cross workers provide vital assistance to ensure that all people's basic needs are met. Contact the Barrie Office in this area: 721-3313

Emergency Preparedness

Emergency Management Ontario offers online information and a guide for people with disabilities or special needs. For more information please call: 1-877-314-3723 or visit: www.ontario.ca/beprepared

Public Safety Canada

Public Safety Canada offers online and print safety tips and information.

Please call 1-800-O-CANADA (1-800-622-6232) or visit www.getprepared.gc.ca

GOVERNMENT CONTACTS

Member of Parliament: The Honorable Terry Dowdall

Terry Dowdall as the Member for Parliament for Simcoe-Grey represents: The Town of New Tecumseth; the Township of Essa; the southwesterly corner of the City of Barrie; the Township of Springwater; the Township of Tay; the Township of Tiny; part of the County of Grey comprised of the Town of The Blue Mountains, Adjala-Tosorontio, Clearview, Wasaga Beach, and Collingwood. Additionally, Terry Dowdall currently serves as a member of the standing committee on National Defense.

To contact Dr. Leitch: Ottawa Office

**The House of Commons Ottawa, ON
K1A 0A6**

Telephone: 613-992-4224

FAX: 613-992-2164

Collingwood Office

503 Hume St. Collingwood, ON L9Y 4H8

Phone: 705-445-5557

Toll Free: 1-866-435-1809

Fax: 705-445-5155

Alliston Office 452 Victoria St East, Alliston, Ontario L9R1J3

Phone: 705-435-1809

Fax: 705-435-6448

Service Canada Centre

44 Hurontario St. Collingwood, ON L9Y 2L6

1-800-622-6232

Terry.dowdall@parl.gc.ca

www.terrydowdallmp.ca

GOVERNMENT CONTACTS

Premier of Ontario: Kathleen Wynne (as of printing in June 2015)

The Premier of Ontario is Kathleen Wynne. The Premier is the head of Ontario's government.

To contact Ms. Wynne:

Constituency Office

795 Eglinton Ave East, Unit 101 Toronto, ON

M4G 4E4

Phone: 416-425-6777

kwynne.mpp.co@liberal.ola.org

Municipal Government Contacts:

Town of Collingwood: Mayor Sandra Cooper. (as of printing June 2015)

97 Hurontario Street

P.O. Box 157 Collingwood, ON L9Y 3Z5

705-445-8451 x3226

scooper@collingwood.ca <http://www.collingwood.ca/>

Town of the Blue Mountains: Mayor John McKean. (as of printing June 2015)

32 Mill Street

P.O. Box 310 Thornbury, ON N0H 2P0

519-599-3131 x400

mayor@thebluemountains.ca <http://www.thebluemountains.ca/>

Town of Wasaga Beach: Mayor Brian Smith (as of printing June 2015)

30 Lewis Street Wasaga Beach, ON L9Z 1A1

705-429-3844

mayor@wasagabeach.com <http://www.wasagabeach.com/>

Clearview Township: Mayor Christopher Vanderkruys (as of printing June 2015)

217 Gideon Street Stayner, ON

LOM 1S0

705-428-6230 x226

cvanderkruys@clearview.ca <http://www.clearview.ca/>

County of Simcoe: Warden Gerry Marshall (as of printing June 2015)

1110 Highway 26, Midhurst, Ontario L0L 1X0

705-735-6901, Toll Free 1-800-263-3199

<http://www.simcoe.ca> info@simcoe.ca

Health and Wellness

Mental Health and Addictions

Community Mental Health Services (CMHS)

Providing assessment, treatment, consultation, and follow-up to those experiencing serious mental illness, including seniors experiencing confusion, memory, or behavioural problems. Wheelchair accessible.

Please call 705-444-6600 or visit www.cgmh.on.ca

Mental Health and Addiction Services of Simcoe County

The Collingwood Satellite Office provides outpatient treatment for those concerned about their own or someone else's use of alcohol or drugs. Practices a harm-reduction philosophy. Assessment will determine the course of treatment options. Individual as well as group counselling is offered.

Please call: 705-444-2558 or visit www.cmhastarttalking.ca



Ontario Addiction Treatment Clinic

The Collingwood Office provides optimal care encourages long term sobriety from all illicit substances. While the goal may be abstinence for some, OATC focuses on a model of harm reduction.

Please call 705-293-1541 or visit www.oatc.ca.

Simcoe Muskoka District Health Unit Collingwood Branch, Healthy Living Service

The Simcoe Muskoka District Health Unit works with individuals, families, agencies, and communities to promote and protect health, and to prevent disease and injury.

Please call 705-445-0804 or visit www.simcoemuskokahealth.org

Alcoholics Anonymous

Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees required for A.A. membership.

Please call Barrie Intergroup Answering Service 705-728-6581, Main 705-725-8682 or visit www.barrieaa.com

Health and Wellness

Mental Health Consumer Survivor Project for Simcoe County

The Mental Health Consumer Survivor Project includes three organizations:

1. Consumer Survivor Project (CSP): a self help peer support and resource center for people who have or are experiencing mental health and addiction issues 705-444-1844 (Shawna); 705-446-3535 (Kelly)
2. People Supporting People (PSP): a network of people who have experience with mental health issues and/or addictions and who believe in the power of peer support 705-446-3218 (Cory)
3. Voices United (VU): a network of consumer/survivor and family members who work in the mental and addictions field.

For more information and locations please visit their website
www.mentalhealthandaddictions.com

Waypoint Centre for Mental Health

Please refer to page 36 for details.

Catholic Family Services Simcoe County

Offers professional counselling services and education to everyone living or working in Simcoe County regardless of age, ability, cultural or religious background, race, sexual orientation or gender identity.

Please call 705-726-2503 or email info@cfssc.ca

Nutrition

The South Georgian Bay Community Health Centre

The Georgian Bay Family Health Team has a registered dietician who sees patients for nutritional concerns, including but not limited to: diabetes, cardiovascular disease, dyslipidemia, hypertension, gastrointestinal disorders, weight management, osteoporosis, general healthy eating, and basic nutritional counselling. Contact information for both the South Georgian Bay Community Health Centre and the Georgian Bay Family Health Team can be found on page 37 of this guide.

Falls Prevention

The South Georgian Bay Community Health Centre

runs a 6 week Building Balance program for seniors who are fearful of falling or who have already had falls or “near” falls. Seniors are taught strengthening and balance exercises to help keep them on their feet. For more information about the South Georgian Bay Community Health Centre, please refer to page 37 of this guide.

Health and Wellness

Medic-Alert/Lifeline

Canadian Medic-alert Foundation

Medical ID bracelet with 24-hour notification possibility and a special hotline for paramedics to get access to detailed health records.

For cost and delivery information please call 1-800-668-1507 or visit www.medicalert.ca

Philips Lifeline

Easy-to-use personal response service that lets you summon help any time of the day or night—even if you can't speak. All you have to do is press your Personal Help Button, worn on a wristband or pendant, and a trained Personal Response Associate will ensure you get help fast.

For cost and delivery information please call 1-866-784-1992 or visit www.lifeline.ca

Service Therapy Dogs

Canadian Service Dog Foundation

CSDF is committed to assisting people who live with a serious disability through use of trained service dogs, assistance dogs, therapy dogs, and emotional support animals; and to support human safety through use of trained police service dogs, military working dogs, search and rescue dogs, and detection dogs. CSDF primary focus is on dogs trained to assist with symptoms relating to Post Traumatic Stress Disorder (PTSD), anxiety and panic disorders, and severe depression.

Please call 613-914-2733 or visit www.servicedog.ca

COPE Service Dogs

Education program for training service dogs for people with disabilities.

Please call 705-734-COPE(2673) or visit www.copedogs.org

Lions Foundation for Guide Dogs

Lions Foundation of Canada's mission is to assist Canadians with a medical or physical disability by providing them Dog Guides at no cost. Whether you are seeking the assistance of a Dog Guide, wanting to learn more about what they do, interested in making a donation, or volunteering your time, you can visit www.dogguides.com

Health and Wellness

Sport Medicine

Collingwood Sport Medicine and Rehabilitation Clinic

Sport Medicine combines general medical principles with the techniques of sport science to help anyone, of any age, re-main active. The therapies developed for athletes can readily be applied to anyone with joint and muscle pain. This clinic is wheelchair accessible.

Please call 705-444-5303 or visit www.collingwoodsportmedicine.ca

Body and Balance Physiotherapy

Focusing on treatment centring on personalized care, focusing on the patient's goals and needs. This clinic is wheelchair accessible.

Please call 705-429-9619 or visit www.bodynbalancephysio.com

Polio

Post Polio Canada

A program through the March of Dimes, Post-Polio Canada provides information, resources, and connections for post-polio support groups.

Please call 1-800-263-3463, Toll Free: 1-888-480-5903

Stroke Recovery

Stroke Recovery Canada

Stroke Recovery Canada is supported by the March of Dimes to provide post stroke recovery support, education and programs for stroke survivors, families and health care providers. By providing up-to-date stroke information and resources on the Internet and through publications, conferences, and seminars. Referrals to supportive services and peer support chapters in the community available.

Please call 1-800-263-3463 ext 7763 or visit www.marchofdimes.ca

Stroke Recovery Association

The Stroke Recovery Association of Barrie and District offers support to families affected by stroke through exercise programs, social activities, and education.

Please call

705-737-9202 or visit www.facebook.com/StrokeRecoveryBarrie/

Housing

Affordable/Low-Income Housing

Habitat for Humanity South Georgian Bay

Habitat for Humanity South Georgian Bay works together with prospective homeowners, businesses, individual donors and volunteers to build basic affordable housing in the South Georgian Bay area.

Please call 705-446-9542 or visit www.habitatgeorgianbay.ca

Georgian Triangle Housing Resource Centre

The Housing Resource Centre works with individuals and families with complex needs to prevent homelessness and assist in search for permanent housing.

Please call 705-445-0643 or visit www.housinginfo.ca

Home Horizon

Home Horizon rents modest housing units in well-maintained neighbourhoods, with good access to schools, health care, and community services. Each unit is well-equipped, comfortably furnished, and maintained by local churches.

Please call 705-445-5478 or visit www.homehorizon.ca

Access to Housing

Access to Housing is a database provided by the County of Simcoe, designed to help individuals and families who are homeless or at risk for homelessness search for available rental accommodations in Simcoe County.

Please visit www.simcoe.ca/dpt/sh/access-to-housing

Housing Retention Program

Low-income households at risk of losing their rental housing or having power disconnected can apply for emergency assistance. Housing resource centres will complete applications and provide case management, information and referrals to individuals facing rent arrears or energy-related emergencies.

Please visit www.simcoe.ca/SocialServices/Documents/Backgrounder.pdf

Low-Income Energy Assistance Program—United Way

The Low-Income Energy Assistance Program is provided through a partnership between HydroOne and the United Way. There are three components to the program to assist low-income customers: Emergency financial assistance fund, Targeted conservation programs, More flexible customer service rules.

Please visit www.oeb.ca/consumer-information-and-protection/bill-assistance-programs/low-income-energy-assistance-program

Housing

The Salvation Army

The Salvation Army of Collingwood provides temporary food assistance and emergency housing to those in need.

Please call 705-445-9222 or visit www.salvationarmy.ca

Home/Vehicle Adaptations

Home and Vehicle Modification Program

This Program was created by the Government of Ontario Ministry of Community and Social Services and is administered through the March of Dimes. It provides funding for basic home/vehicle modifications in order to provide Ontarians to lessen safety risks and maintain independence.

Home & Vehicle Modification Program® 291 King Street, 3rd Floor

London, ON N6B 1R8

Toll free: 1-877-369-4867 (press 2 to speak with an Intake Counselor; use extension 7020 to voice issues or concerns) or visit www.marchofdimes.ca

President's Choice Children's Charity

Has funding available for accessible vehicle purchase.

Please call 1-800-495-5111 or visit www.presidentschoice.ca

Landlord/Tenants Relations

The Ontario Human Rights Commission

Lays out rights and responsibility for tenants and landlords under the Human Rights Code.

As a tenant, you have the right to equal treatment in housing without discrimination and harassment. To find out more about your rights and would like more information on landlord and tenant rights and responsibilities in rental housing, see the Ontario Human Rights Commission's Policy on Human Rights and Rental Housing.

This policy and other OHRC information are available on-line at: www.ohrc.on.ca

Human Rights

The Ontario Human Rights Code

Under the Human Rights Code there are the illegal grounds of discrimination, including: race, place of origin, citizenship, sex, ethnic origin, ancestry, sexual orientation, gender identity, gender expression, disability, colour, creed, age, discrimination because of association, family status, reprisal, receipt of public assistance (in housing), record of offences (in employment), and marital status.

Human Rights

The Ontario Human Rights Commission

Works to promote, protect and advance human rights. Its main focus is the root causes of discrimination.

Please call 416-326-9511, Toll free: 1-800-387-9080, TTY: 416-326-0603

The Human Rights Legal Support Centre

Provides free legal services to people who have been discriminated against under Ontario's Human Rights Code.

Please call 416-597-4900, Toll free 1-866-625-5179; TTY 416-597-4903

The Human Rights Tribunal of Ontario

Deals with claims of discrimination filed under the Ontario Human Rights Code. The Tribunal's goal is to resolve claims in a fair, open and timely manner.

Phone 416-326-1312, Toll Free 1-866-598-0322, TTY 416-326-2027

Legal Services

Ministry of the Attorney General of Ontario

For information on the Canadian Court System, legal services, and options for resolving legal disputes, please call 705-739-6446; or visit www.attorneygeneral.jus.on.gov.ca

Courts and Court Services

Ontario Court of Justice, Provincial Offenses— Barrie City Clerk's Department Court Services Branch: For more information about court services in Simcoe County please call the Barrie Office at: 705-739-4291
Collingwood Satellite Office: 705-739-4291
Wasaga Beach Satellite Office: 705-739-4291

Legal Aid Ontario

Gives low-income people access to a range of legal services tailored to meet their legal needs.

For more information, please call toll free: 1-800-668-8258 or visit www.legalaid.on.ca

Community Legal Clinic

Provides legal services to people with low income in the areas of income maintenance, including social assistance and employment law, housing, consumer law, education, human rights and some other areas of law. The clinic is also involved in community development with other service providers. The clinic offers public legal education through seminars, pamphlets, tip sheets and self-help materials.

For more detailed information about the five areas of service provided by the clinic visit www.communitylegalclinic.ca or call Toll Free: 1-800-461-8953

Legal Services

Ontario Office of Children and Youth Services

Youth Justice Services – Collingwood Reporting Office: Ontario’s youth justice system holds young people, age 12 to 17 at the time of the offence, responsible for their actions. Its goal is to help youth in trouble with the law contribute to the community and succeed.

Please call 705-725-7011 or visit www.ontario.ca/page/ministry-children-community-and-social-services

Ontario Ministry of Community Safety and Correctional Services

Collingwood Probation and Parole Services—Adults

Ontario’s Correctional Services establishes, maintains, operates and monitors adult correctional institutions and probation and parole offices.

Please call 705-445-0600 or visit www.mcscs.jus.gov.on.ca

Elizabeth Fry Society of Simcoe County

The mission of the Elizabeth Fry Society is to support, advocate for, and empower individuals at risk to enrich their lives and to inspire positive change in our community.

Please call 705-725-0613 ext 242 or visit www.elizabethfrysociety.com

John Howard Society of Simcoe and Muskoka

The John Howard Society helps individuals and families who are at risk of, or who have come into conflict with the law.

Please call 705-733-0683 or visit www.johnhoward.on.ca

Mental Health and Addiction Services of Simcoe County—Human Services Justice System Program

The Human Services Justice System Program promotes development of effective Human Services and Justice interface strategies. Court Support / Court Diversion assists people with mental disorders who come in conflict with the criminal justice system. Court support, including a Mental Health Court Diversion Program, is provided in criminal courts at Barrie, Collingwood, Midland and Orillia. The model of service is client-centred recovery.

Please call 705-726-5033 or visit www.cmhastarttalking.ca

Victims Crisis Assistance and Referral Services (VCARS) and the Victim Quick Response Program (VQRP)

are in place to assist those who are facing a sudden loss and will accompany the police if necessary to assist with the family members of a victim of crime or accident.

Their office is located in Barrie and are available 24 hours at 705-725-7025

Legal Services

Power of Attorney and Public Guardianship

The Consent and Capacity Board conducts hearings under the Mental Health Act, the Health Care Consent Act, the Personal Health Information Protection Act, the Substitute Decisions Act and the Mandatory Blood Testing Act.

Please call 416-327-4142 or visit www.ccboard.on.ca

Advance Care Directives and Living Wills

Advance Directives and legal documents like Living Wills allow you to tell you friends and family your wishes if you were too ill or hurt to tell them at the end of your life. Living Wills explain if you are dying or permanently unconscious what treatments you would like to happen. You may choose to include instructions about whether to accept or refuse medical care, about what to do if your heart beat stops, or about organ donation.

Please refer to www.ontario.ca/page/seniors-plan-for-the-future for information.

If you need assistance with grief please refer to Health and Wellness-Mental Health and Addictions section in this guide.

Ontario Government Identification

Ontario Photo I.D.

This is a wallet sized card, issued by the provincial government to provide Ontarians who do not have a driver's license with government identification. Cost of the card is \$35 and will take 4 to 6 weeks to deliver by mail. You can apply for the card if you:

- Do not drive
- Are a resident of Ontario
- Are 16 years of age or older

For more information on the card and what documents you need to take with you to apply for the card, please visit www.ontario.ca/photocard

Driver's License

A driver's license is proof that you are authorized to drive a motor vehicle and must be on your person when you drive.

For more information please visit www.ontario.ca/driving-and-roads/drivers-licence

Accessible Parking Permit

An accessible parking permit is available to people with disabilities through the Ministry of Transportation Ontario – ServiceOntario Centre. The application is in two parts one that is filled out by the person requesting the permit and the second by a healthcare practitioner.

For more information please visit www.ontario.ca/page/get-accessible-parking-permit

Ontario Government Identification

Birth Certificate

The birth certificate can be a form of identification. You can order a birth certificate online or go to the local Service Canada Centre for an application.

Ontario Health Insurance Plan Health Card

This is a card to prove that a resident of Ontario is insured for health services by the Ontario Health Insurance Plan. It is important that the card remain valid and must only be used for health-related services. For more information please visit www.ontario.ca/healthcard

To Change Your Address

The Ontario government now offers an online service which is an easy way to notify all forms of government (Driver's License, Health Card) that you have moved. Please do not change your address before you move since you may miss mail.

www.ontario.ca/home-and-community/change-your-address.

Canada Post can also provide you with a change of address notification card which you can give to those who need to have your new address. Drop by your local post office to get the card or look online for details at: www.canadapost.ca

Safety and Security

Crime Stoppers

Crime Stoppers provides citizens with a vehicle to anonymously supply the police with information about a crime or potential crime of which they have knowledge. Cash rewards are offered to people who call the program and their information leads to an arrest.

Submit a tip: 1-800-222-8477 or at www.tipsubmit.com

Poison Information

The primary role of the Ontario Poison Centre is to provide telephone information and advice about potential or real exposures to poisonous substances.

Please call Toll free: 1-800-268-9017, TTY toll free: 1-877-750-2233 or visit www.ontariopoisoncentre.com

If you think you or someone else has been poisoned, call 911 or go to your nearest Emergency Room.

Senior's Services

Adult Day Programs

VON Canada Simcoe Country Site Collingwood Adult Day Program

VON Canada Adult Day Program provides social, recreational, and therapeutic activities for seniors and adults who are frail, cognitively impaired, and/or isolated, and/or physically challenged. Assistance in travel arrangements is available.

For more information please call: 705-444-2457 or visit www.von.ca

Advocacy

CARP: New Vision of Aging Georgian Bay Chapter

CARP is a national, non-partisan, non-profit organization committed to advocating for a New Vision of Aging for Canada, promoting social change that will bring financial security, equitable access to health care and freedom from age discrimination.

For more information call National office: 888-363-2279, Locally 705-875-6350 or www.carp.ca/

Alzheimer's

Alzheimer Society of Simcoe County

The Society provides information and referral; education and public awareness; support; funding for research; and advocacy.

Please call 705-722-1066, Toll-free 1-800-265-5391 or visit www.alzheimer.ca/en/simcoecounty

Additionally, the Alzheimer Society of Simcoe County runs a Caregiver Support Group for the South Georgian Bay Region in Wasaga Beach, at the Waterside Retirement Lodge on 239 Zoo Park Road. Please register with the Alzheimer Society at the number on the previous entry.

Community Support Services

Home for Life South Georgian Bay

Home for Life recruits and trains volunteers to provide some support services to people who need help to remain confident in their home as long as possible. Some of the services provided by volunteers are friendly visiting, dog walking, shopping assistance, meal preparation, lawn care, and driving to appointments. Some Home for Life volunteers provide technology training on how to use a computer, surf the Internet, use email, and some free online services such as Skype which keep people connected to family and friends.

Please call 2-1-1 for more information or register at www.homeforlifesgb.com

Senior's Services

Breaking Down Barriers—Community Companion Network

This Breaking Down Barriers program encourages inclusion and reduces isolation by connecting a person with a disability to a volunteer who can provide one on one attention and assist them to become part of their community.

For information please turn to page 7 of this guide

Elder Abuse and Neglect

Muskoka Network for the Prevention of Elder Abuse

Elder Abuse Prevention Muskoka is a community awareness and information service on elder abuse.

Please call 705-646-7677, Toll free 1-866-222-1224 or visit: www.elderabuseprevention.ca

Ontario Provincial Police—Seniors Assistance Team

The OPP Seniors Issues Unit provides following services to lessen victimization of Older Ontarians:

- Research and monitor crime trends involving Seniors
- Develop community education
- Develop police training and strategies
- Provide resource referrals

For more information please call Toll free: 1-888-310-1122 or Toll free TTY: 1-888-310-1133

Prevention of Senior Abuse Network Simcoe County

The mission of PSAN Simcoe County is to promote community participation in a network that is dedicated to promoting awareness, prevention, and response to senior abuse in Simcoe County through advocacy, education, and collaboration.

Please call 705-305-4357, visit www.psan-sc.ca or call the Safety Line 1-866-299-1011

Financial Assistance

Canada Pension Plan

Almost all individuals who work in Canada contribute to the Canada Pension Plan (CPP). The CPP provides pensions and benefits when contributors retire, become disabled, or die. Inquiries about CPP can be made in writing to:

c/o Service Canada Canada Enquiry Centre Ottawa, ON
K1A 0J9

Call all Toll free English 1-800-277-9914 or visit website
www.servicecanada.gc.ca/eng/services/pensions/cpp/

Senior's Services

Health and Wellness

Osteoporosis Canada

Osteoporosis Canada educates, empowers and supplies individuals and communities in the risk reduction and treatment of Osteoporosis by raising awareness, promoting better bone health, educating health care professionals, and helping people prevent fractures and prevent falls.

Please call Simcoe County at 705-716-8976, Toll free 1-800-463-6842 ext 2319 or visit www.osteoporosis.ca

Respite Care

Collingwood Care Homes

Raglan Village— Phone: 705-445-1100; www.raglanvillage.com

Sunset Manor—Phone: 705-445-4499 x1631

Bay Haven Senior Care Community—Phone: 705-445-6501; www.bayhaven.com

Safety and Injury Prevention

North Muskoka Integrated Falls Program

The NSMIFP is covered by OHIP and provides screenings for risk of falls, medication reviews, walking assessments, home safety evaluations, and information about community resources.

To find out the criteria program visit their website at ww.fallspreventioninfo.ca All referrals must be made through the Central Intake Line Toll free 1-877-665-6065, Local 705-330-3200

Independent Living Services Simcoe County and Area (Pay For Service)

Please refer to page 11 of this guide for information on the Independent Living Services for Simcoe County and Area.

Saint Elizabeth (Pay For Service)

Saint Elizabeth offers a wide range of home health care services across Canada provided by registered nurses, personal support workers, community health workers, and rehab therapists.

Visit www.saintelizabeth.com or call North Simcoe Muskoka Office at 1-888-737-5055

Simcoe Muskoka District Health Unit

The Unit works with individuals, families, agencies, and communities to promote and protect health, and to prevent disease and injury.

Please call 705-445-0804 or visit www.simcoemuskokahealth.org

Senior's Services

Canada Safety Council

Is dedicated to the cause of safety by providing national leadership in safety through information, education and collaboration.

Please call 613- 739-1535 or visit www.canadasafetycouncil.org

Royal Canadian Mounted Police (RCMP)

The RCMP offers assistance to seniors on matters of safety and security including a printable guide on their website which covers everything from abuse, fraud, internet scams and how to remain safe in general.

Visit www.rcmp.gc.ca/en/relationship-violence/senior-safety or order a copy of the guide for a cost by dialling 1-888-562-5561

Public Health Agency of Canada

The Agency has some educational material and tips on many topics including: preventing falls; food safety and immunization programs.

For more information please visit www.publichealth.gc.ca

Veterans

Veterans Affairs Canada

Veterans Affairs Canada offers a number of services to eligible veterans and others. The Merchant Navy, Canadian Forces, Royal Canadian Mounted Police, and those who serve the Canadian Forces in wartime or in Special Duty/Operational Areas may qualify for these benefits and awards.

Please call 1-866-522-2122 or visit www.veterans.gc.ca

Self-Management Supports

South Georgian Bay Community Health Centre

Offers self-management programs throughout the year and on a variety of topics. For more information please turn to page 37 for their contact information.

Transportation

Collingwood Accessible Shuttle Taxi

Ace Cabs 705-445-3300

Collingwood Transit

Wheelchair accessible buses. Monthly passes available.

Please call 705-446-1196 or visit www.collingwood.ca/transit

Wasaga Beach Transit

Monthly passes available. Visually impaired rides free with CNIB card. Collingwood Link available.

Please call 705-429-7700

Red Cross

Volunteers are available to drive clients to and from medical appointments, dialysis, or anywhere that is needed.

Please call the Barrie office 705-721- 3313

To qualify you must be unable to use public transportation or private means of travel

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