

## Services for Seniors and People with Special Needs

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Website: [www.ccckl.ca](http://www.ccckl.ca)

**Contact any Community Care City of Kawartha Lakes office  
(705) 324-7323 or 1-800-461-0327**

**Adult Day Service** – based on client demand, offered at five locations - *Bobcaygeon* – Monday, Wednesday, Friday; *Fenelon Falls* – Monday, Tuesday, Friday; *Lindsay* - Tuesday, Wednesday (for clients with dementia); *Little Britain* - Tuesday; *Omeme* – Monday, Thursday. Call for more information about fees. Transportation available for nominal fee.

**Assisted Living/Supportive Housing Services** – personal care and homemaking services for eligible older adults in designated areas in Fenelon Falls and Lindsay. Call for information about these services.

**Blood Pressure Monitoring** – Free blood pressure monitoring clinics are offered several times a month in many different local pharmacies and health team locations. Trained volunteers will measure your blood pressure and offer further direction if there are concerns. Contact us for a list of clinics.

**Caregiver Support Group** – For caregivers of family members with chronic health challenges to learn new skills, share knowledge and understand their own needs. Three different monthly sessions available, call for further information about time and location.

**Connecting Seniors** – *A Time For Me*, personal growth series for seniors. Call for details.

**Diners' Clubs** – Lunch, entertainment, and good company presented with the help of Community Care volunteers. Schedules often change in summer and December. Call to confirm, and for prices.

| Location                        | Monthly          | Venue                            |
|---------------------------------|------------------|----------------------------------|
| <i>Bobcaygeon</i>               | Third Wednesday  | Call for location                |
| <i>Burnt River</i>              | Fourth Wednesday | Burnt River Community Centre     |
| <i>Cambray</i>                  | Fourth Thursday  | Joy Vista Clubhouse              |
| <i>Kirkfield &amp; District</i> | Second Monday    | Seniors Room, Lions Hall         |
| <i>Fenelon Falls</i>            | Second Tuesday   | 70 Murray Street                 |
| <i>Lindsay (monthly)</i>        | Last Tuesday     | St. Paul's Anglican Church       |
| <i>Lindsay (weekly)</i>         | Wednesdays       | Community Care Village Housing   |
| <i>Mariposa</i>                 | Third Thursday   | Little Britain Baptist Church    |
| <i>Omeme</i>                    | First Thursday   | Christ Anglican Church           |
| <i>Woodville</i>                | Third Tuesday    | Woodville-Eldon Community Centre |

**Elder Abuse Program** – Elder Abuse education, advocacy, and assistance accessing community services and resources. No cost for this service.

**Emergency Response** – Personal alarm devices that can be activated in case of emergency. Call for installation costs and monthly fee information.

**Falls Prevention** – SAGES (Sage Advice and Gentle Exercises for Seniors) program offers older adults exercises to improve falls prevention, nutritional breaks and wellness education in numerous CKL locations. Call our offices or refer to our website for the schedule in many communities.

**Foot Care** - Basic foot care services are provided at four clinics: each Monday (excepting holidays) in Little Britain; first, second and fourth Thursday in Kirkfield; second and third Friday in Bobcaygeon; fourth Monday and fourth Friday in Fenelon Falls. Pre-booked appointments required.

**Friendly Visiting & Telephone Reassurance** – Volunteers provide emotional support and friendship through home visits or telephone calls. Volunteers are carefully selected, screened & trained before matched for visits. No cost for this service.

**GAIN Community Team** - Working with frail seniors and their families to help keep them living safely and independently in their own homes. For individuals generally age 75 or older. Call us to discuss completing an assessment and developing a personalized care plan.

**Good Food Box** - Each month, a large box of locally-produced and locally-supplied fruits and vegetables may be purchased for \$15 each. Deadline to order: first Tuesday, with pickup third Tuesday.

**Home At Last** – Helping people leaving hospital with services such as driving the patient home, picking up medications, small meal preparation and follow-up calls.

**Home First** - Access to transportation, meals, homemaking or one-time costs to help the transition from hospital to home. For eligible clients.

**Home Help, Maintenance and Repair** – linking people to assistance with household activities such as housekeeping, shopping and meal preparation, or help with heavier chores, such as snow shovelling and grass cutting. Specialized services (eg. plumbing, electrical) may also be available. Call for fees.

**Information & Referral** – Free assistance in linking you with other community services and resources.

**In-Home Respite** - Personal support workers can provide personal care, light housekeeping and meal preparation to provide caregivers with a break. Hourly rates apply.

**Meals on Wheels** – Volunteers deliver nutritious, affordable meals to the home. Call for exact prices.

| Community                                                             | Delivery                                                                                                                                  | Type of Meals |
|-----------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| <i>Bobcaygeon &amp; area</i>                                          | Pick-up and delivery as needed                                                                                                            | Frozen        |
| <i>Burnt River, Coboconk, Kinmount, Rosedale &amp; area</i>           | Wednesday delivery                                                                                                                        | Hot & frozen  |
| <i>Cambray &amp; area</i>                                             | Delivery as needed                                                                                                                        | Frozen        |
| <i>Fenelon Falls &amp; area</i>                                       | Monday, Wednesday, Friday delivery for Hot Meals or frozen; pick up frozen at office                                                      | Hot & frozen  |
| <i>Kirkfield &amp; area, including Bexley &amp; Bolsover</i>          | Delivery as needed                                                                                                                        | Frozen        |
| <i>Lindsay &amp; area</i>                                             | Hot Meals delivered at noon Monday to Friday; in late afternoon Monday, Wednesday & Friday; frozen delivery Thursday or pick up at office | Hot & frozen  |
| <i>Little Britain &amp; area including Oakwood &amp; Manilla</i>      | Monday & Wednesday delivery                                                                                                               | Hot & frozen  |
| <i>Omeme &amp; area including Janetville, Bethany &amp; Pontypool</i> | Frozen Meals delivered Tuesday; Hot Meals delivered late afternoon 3 days/week in Janetville & Bethany                                    | Hot & frozen  |
| <i>Woodville</i>                                                      | Delivery as needed                                                                                                                        | Frozen        |

**Stroke Survivor Support Group** – Providing a positive experience for stroke survivors, their families and caregivers. Monthly meetings on the second Thursday (Lindsay) and last Thursday (Bobcaygeon).

**Transportation** – Transportation services are available for seniors and people with special needs for medical, social and recreational purposes. Costs are charged per kilometre, plus parking, unless otherwise indicated. Advanced booking required.

| Service                           | Description                                                                                                                                                                                                                           |
|-----------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <i>Volunteer Drivers</i>          | Volunteers use their own vehicles to provide transportation services.                                                                                                                                                                 |
| <i>Specialized Transportation</i> | For individuals with mobility needs, the agency employs drivers to transport people in vans that are wheelchair accessible or can carry non-emergency stretcher transfers. Non-modified vans available for special needs individuals. |

**Please Note:** Subsidies for some government-funded services may be available to those on income supplement programs. Services and costs listed may be subject to change. Please call for current information (*last update Feb. 2015*). Community Care is a charitable, non-profit organization. Registered Charitable/BIN # 10552 6248 RR 0001.