



RESOURCES FOR SENIORS

The following is a list of resources available to the seniors of Renfrew County.

[Email address]

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Guide to Programs in Renfrew County

The following is a comprehensive document that lists programs available to County residents. There are several hyperlinks to bring you to the appropriate website that will have the best information available.

For at risk seniors at home Philips Lifeline is an option

www.lifeline.ca

Marilyn Carson 1-800-387-8120 ext 7782

Diabetes

The following hyperlink will provide a comprehensive link of all of the programs and resources available in the county.

<https://www.champlainhealthline.ca/listServices.aspx?id=10891®ion=Renfrew>

Meals on Wheels

The following hyperlink will provide a list of meal programs in the county.

<https://www.champlainhealthline.ca/listServices.aspx?id=10107®ion=Renfrew>

Foot Care

The following hyperlink will provide a list of footcare services in the county.

<https://www.champlainhealthline.ca/listServices.aspx?id=10105®ion=Renfrew>

In the Renfrew area you can call Emily directly 613-433-3122

Respite care

In Renfrew county we have a number of resources available from, residences where a client can stay for a short time, to home care services that can provide care for a few hours a day.

The following link lists some of the services in the county.

<https://www.champlainhealthline.ca/listServices.aspx?id=10276®ion=Renfrew>

WEST/ OUEST (Champlain) Total # of respite beds available

Bonnechere Manor Renfrew 2

Fairview Manor Almonte 1

Marianhill Pembroke 1

Miramichi Lodge Pembroke 2

North Renfrew LTC Deep River 1

The Grove Arnprior 1

The following link is for ParaMed's respite care services

<https://www.paramed.com/services/respice-care-and-caregiver-relief/>

The following link has more nursing homes listed, scroll down to Renfrew County specifically.

http://champlain.behaviouralsupportsontario.ca/Services/List/10278/Respice_Care_for_Seniors

The following is a link to Marion Hill's M.A.T.C.H program (MATCH-Marianhill Action Team for Care giving in the Home)

<http://www.marianhill.ca/services/match>

Assisted living services

These services are for those who wish to remain in their homes but need some help.

The following link is for assisted living resources via Renfrew Victoria hospital

https://www.renfrewhosp.com/assisted_living_program.php

The following link is for assisted living resources via Arnprior Memorial Hospital

<https://www.arnpriorregionalhealth.ca/community-services/assisted-living-services/>

The following link is for assisted living resource in Barry's Bay

<http://www.bbahs.org/>

The following link is for assisted living program in Eganville via Marian Hill

<https://www.caredove.com/marianhill/service/detail/sid/4488>

Adult Day Programs

The following link is for day programs in Deep River

<http://www.nrltc.ca/services-activities/adult-day-program/>

<http://www.nrltc.ca/services-activities/senior-drop-in-centre/>

The following link is for Marian Hill's Day programs that run in Pembroke, Petawawa, Barry's Bay and Killaloe.

<http://www.marianhill.ca/services/adult-day>

The following is a link for day programs in Eganville

<https://renfrewcountyconnections.cioc.ca/record/RCC0153>

The following link is for other day programs located throughout the County

<https://www.champlainhealthline.ca/listServices.aspx?id=10347®ion=Renfrew>

Palliative Care

The following is a link for Renfrew Hospice

<https://www.hospicerenfrew.ca/>

The following is a link for hospital based palliative care

<https://www.champlainhealthline.ca/listServices.aspx?id=10168®ion=Renfrew>

The following link is for home based palliative care.

<https://www.champlainhealthline.ca/listServices.aspx?id=10166®ion=Renfrew>

The following is a link for additional palliative care resources both federal and provincial.

<https://www.champlainhealthline.ca/listServices.aspx?id=10687>

The following is a link for end of life planning, including advanced care planning, bereavement, support groups, care for the care giver, compassionate leave, consent and capacity, patients' rights and funeral planning.

<https://www.champlainhealthline.ca/listCategories.aspx?id=10020®ion=Renfrew>

COPD

The following link is for a lung rehabilitation program

<http://www.champlainhealthline.ca/libraryContent.aspx?id=21677>

The following is a link for the lung association information- Ottawa, Cornwall and Renfrew County

<https://www.champlainhealthline.ca/displayService.aspx?id=20566>

The following is a link to guide for COPD and Asthma patients in the Champlain Area. It includes information on:

What is the Champlain Lung Health Network?

What is Asthma? Tools for Asthma Patients

What is COPD? Tools for COPD

Quitting Smoking

Respiratory Rehabilitation

Oxygen Therapy

Resources for Lung Patients in the Champlain Region

Home Care for Patients with Chronic Lung Disease

Financial Assistance for Patients with Chronic Lung Disease

Hospice Palliative Care Services in the Champlain Region

Your Personal Health Record

The Future of the Champlain Lung Health Network .

<http://www.kdh.on.ca/wp-content/uploads/2013/07/Breathing-easier-EN.pdf>

Medigas: Home oxygen delivery <http://www.medigas.com/>

VitalAire: Home oxygen delivery <https://www.vitalaire.com/home-healthcare/>

Dementia, Alzheimer and Cognitive decline

The following is a link to a resource document put together by CMHC. The document talk about what dementia is, some things you can expect, how to set up the client's home and other resources.

https://www.champlainhealthline.ca/healthlibrary_docs/ExtResearchProgr.pdf

The following link is a guide on how to move from home to retirement home or nursing home.

https://www.champlainhealthline.ca/healthlibrary_docs/FromHometoRetirementHome.pdf

The following is a link to Alzheimer Society's page that compares normal aging to dementia

<http://alzheimer.ca/en/ottawa/About-dementia/What-is-dementia/Normal-aging-vs-dementia>

The following is a link to the Alzheimer Society's page that goes over the top 10 warning signs

<http://alzheimer.ca/en/ottawa/About-dementia/Alzheimer-s-disease/10-warning-signs>

The following is link to a referral form for help from the Dementia Society

<http://dementiahelp.ca/download/request-for-help/?wpdmdl=1944>

Consent and Capacity Board

www.ccboard.on.ca

Elder Abuse

The following are links to resources to both prevent and report elder abuse.

Elder abuse is the neglect, or emotional, physical or sexual abuse of elderly people. The abuse may originate with their caretakers, children, grandchildren or other individuals who are sharing their homes or who are responsible for their care in a facility.

<https://www.champlainhealthline.ca/listServices.aspx?id=10091®ion=Renfrew>

<https://www.carefor.ca/english/programs-and-services/elder-abuse-prevention-program.html>

<http://valleytips.ca/elder-abuse/>

<https://coaottawa.ca/wp-content/uploads/documents/RVH-Elder-Abuse-Pamphlet-Public.pdf>

www.advocacycentreelderly.org

Seniors Mental Health

The Canadian Coalition for Seniors' Mental Health (CCSMH) is hard at work ensuring that seniors' mental health is recognized as a key Canadian health and wellness issue. Working with partners across the country, the CCSMH is busy facilitating initiatives to enhance and promote seniors' mental health.

<https://ccsmh.ca/>

Geriatric mental health outreach program

<http://www.pemreghos.org/uploads/MentalHealth/Geriatric%20Mental%20Health%20Services%20of%20Renfrew%20County%20Brochure.pdf>

PRH program

<http://www.pemreghos.org/geriatricmentalhealth>

Veterans

With an increase in Canada's aging population, including an increasing number of aging Veterans, the Legion is taking steps to support seniors.

<http://www.legion.ca/support-for-veterans/support-for-seniors>

Programs available from Veterans affairs

<http://www.ombudsman-veterans.gc.ca/eng/reports/reports-reviews/vipltc-sldpaac-122013#ca>

Addiction

This is the only local resource I could find.

<http://www.renfrewcountyaddictiontreatment.ca/>

Indigenous Seniors

Link for Golden Lake Pikwakanagan website

<http://www.algonquinsopikwakanagan.com/index.php>

For Indigenous Seniors National Aboriginal Diabetes Program This program raises awareness about diabetes and offers culturally appropriate programs and services for those affected by the disease. 1-877-232-NADA (232-6232) www.nada.ca

Addictions Treatment for First Nations and Inuit Health Canada provides funding to First Nations and Inuit communities to set up and run substance abuse treatment programs. These programs offer many services to help individuals and families who are affected by substance abuse. Health Canada Treatment Centre Directory 1-800-640-0642 TTY: 1-800-267-1245 www.hc-sc.gc.ca

Culturally Appropriate Primary Care Services for Indigenous Seniors Aboriginal Health Access Centres (AHACs) AHACs are Indigenous community-led, primary health care organizations. They provide a combination of traditional healing, primary care, cultural programs, health promotion programs, community development initiatives, and social support services to First Nations, Métis and Inuit communities. There are currently ten AHACs in Ontario, providing services both on and offreserve, in urban, rural and northern locations. The Association of Ontario Health Centres can provide you with contact information for the AHAC closest to your location. Association of Ontario Health Centres 416-236-2539 www.aohc.org/aboriginal-health-access-centres

G.E.M Program- Renfrew County

The Geriatric Emergency Management (GEM) Program has been operating at 8 Champlain region hospitals since 2008. Seniors who come to the Emergency Department are screened using a 2 stage

process to identify those who are at risk and to determine who would benefit from a targeted geriatric assessment. The GEM Nurses can then refer the patients on for further specialized geriatric assessment and intervention, community and home supports and linkage with primary care

<http://www.rgpeo.com/en/health-care-practitioners/rgpeo-specialized-geriatric-services/geriatric-emergency-management.aspx>

http://www.rgpeo.com/media/3929/gem_pt_brochure_july_2010.pdf

Occupational and Physio Therapy

Occupational Therapists (OT) evaluate and treat the impact of a disease or injury on the activities of a patient at home and at work to accommodate physical and psychosocial disabilities. Occupational therapists practice in a variety of settings and are regulated under the Regulated Health Professions Act (RHPA).

<https://www.champlainhealthline.ca/listServices.aspx?id=10066®ion=Renfrew>

Physiotherapists use a variety of therapies, such as exercise, heat, cold, electricity, ultraviolet, water and massage, to improve circulation, strengthen muscles, reduce pain and restore mobility to people debilitated by an accident or illness. Physiotherapists work in hospitals, private clinics and patients' homes. The profession is regulated under the Regulated Health Professions Act (RHPA).

Physiotherapy services that are provided in private clinics are not insured under the Ontario Health Insurance Plan (OHIP).

<http://www.champlainhealthline.ca/listServices.aspx?id=10069>

Transportation

Transit service for people with disabilities is available through public transportation services, community organizations, and private companies.

<https://www.champlainhealthline.ca/listServices.aspx?id=10109®ion=Renfrew>

Volunteer based transportation program * drives to medical appointments out-of-town * local program to bring clients from the outlying townships into town for errands * medical appointments * and supporting Carefor's Aging at Home initiatives

<https://renfrewcountyconnections.cioc.ca/record/RCC0768>

Caring volunteers assist individuals unable to access other means of transportation to local or out-of-town medical appointments. Door to door service is provided, including assistance to appointment location. Escorted transportation can also be arranged for individuals who require accompaniment for safety reasons.

The Transportation service requires 24 hours notice to plan a drive, and depending on availability of drivers, the service may be available 7 days a week and evening with 48-hours of notice.

For more information call (613) 732-9993, or e-mail infopembroke@carefor.ca.

A team of volunteers (dispatcher and drivers) donate their time and the use of their vehicles to ensure:

- that our clients are able to get to necessary out-of-town medical appointments easily, safely and economically.
- clients who live in our out-lying townships can come into the town of Renfrew for medical appointments and essential services.

Fees charged for the transportation services contribute to the costs involved. Please note: Clients are notified of drive fee when booking the trip with our office.

Assist Carefor drives through the "Aging At Home" initiatives.

<https://renfrehomesupport.ca/>

Renewing your driver's license past the age of 80

Ontario's senior driver programs aim to keep seniors driving for as long as they can safely do so.

Once drivers reach 80 years of age, every two years they must:

- Take a vision test
- Undergo a driver record review
- Participate in a 45-minute Group Education Session (GES)
- During the GES, complete two, brief, non-computerized in-class screening assignments
- If necessary, take a road test

This entire renewal process will take a total of about 90 minutes.

Please note that this is a licence renewal program. Existing and valid licenses will be not revoked, but all requirements need to be met before your licence is renewed.

Once you've completed the group session and screening components you may be asked to take a road test or submit medical information from your doctor

MTO booklet

Aging and Driving: Ontario's Licence Renewal Program for Drivers Age 80 and Above

<http://www.mto.gov.on.ca/english/driver/pdfs/ges-booklet-english.pdf>

Process for license renewal through DriveTest

<https://drivetest.ca/licences/seniors.html>

Sample of the Group Education Session screening tool for cognitive impairment

Dr. Louisa Gembora is an independent clinical psychologist that specializes in rehabilitation, and as a driving instructor says: "The clock drawing exercise seems simplistic, but it's reliable and viable – we've used it for many years, providing the evidence to implement it"¹. The tests, developed by CANDRIVE, quickly and fairly evaluate basic auditory language skills, memory, motor functioning, and ability to plan and organize. (<http://www.comfortlife.ca/blog/cognitive-testing-for-senior-drivers-in-ontario-10620/>)

<http://www.mto.gov.on.ca/english/driver/pdfs/ges-practice-test-english.pdf>

Legal issues

On the following link deals with legal matters, power of attorney, advanced care planning and preparing for emergencies

<https://www.ontario.ca/page/seniors-plan-for-the-future>

Works as a resource to Ottawa's community legal clinics to provide legal services to seniors. Although it states Ottawa it is a provincial program.

<http://connectingottawa.com/service/advocacy-centre-elderly-ace>

Resource for Power of Attorney (for legal purposes) and Joint Banking

<https://www.canada.ca/en/employment-social-development/corporate/seniors/forum/power-attorney-financial.html>

Advanced care planning

<http://www.advancecareplanning.ca/what-is-advance-care-planning/>

Law Society of Upper Canada

www.lsuc.on.ca

Banking for seniors

Possible signs of financial abuse

- Changes in living arrangements, such as previously uninvolved relatives or new friends moving in, with or without a senior's permission
- Unexplained or sudden inability to pay bills
- Unexplained or sudden withdrawal of money from accounts
- Poor living conditions in comparison with the seniors' assets
- Changes in banking patterns due to pressure
- Changes in the senior's appearance
- Controlling a senior's spending
- Confusion or lack of knowledge about financial situation and signing of legal documents
- Being forced to sign multiple documents at once
- Being coerced into a situation where you are over worked and underpaid
- Unexplained disappearance of possessions (lost jewellery or silverware)
- Changes in a senior's Power of Attorney

- Necessities of life denied or not provided by a senior's Power of Attorney (food, medication, assistive devices)
- Denying a senior his or her right to make independent financial decisions

<http://www.nicenet.ca/tools-preventing-and-intervening-in-situations-of-financial-abuse-ontario>

Resource for information regarding Power of Attorney (as it pertains to legal matters) and joint bank accounts.

<https://www.canada.ca/en/employment-social-development/corporate/seniors/forum/power-attorney-financial.html>

Housing

Retirement residences – Chartwell https://chartwell.com/Ontario/Retirement-Homes-in-Renfrew?city=Renfrew&gclid=CjwKCAjw_47YBRBxEiwAYuKdw7A13-aSmdVaX5fv5oltplw-cRa4V248LjcA5vVIASZjmEZJKVMGwxoCHboQAvD_BwE&city=Renfrew&gclid=CjwKCAjw_47YBRBxEiwAYuKdw7A13-aSmdVaX5fv5oltplw-cRa4V248LjcA5vVIASZjmEZJKVMGwxoCHboQAvD_BwE

Retirement home – Arnprior (The Villa) <https://www.reveraliving.com/retirement-living/ontario/arnprior>

Senior Apartments in Renfrew County

<https://www.champlainhealthline.ca/listServicesDetailed.aspx?id=10480®ion=Renfrew>

Non-profit housing in Renfrew County

<http://www.countyofrenfrew.on.ca/departments/social-services/renfrew-county-housing-corporation/non-profit-housing/>

Housing Program Offers Support For Seniors

<http://www.countyofrenfrew.on.ca/news-events/news/housing-program-offers-support-for-seniors-and-persons-with-/>

Medical Supplies

The following link is a list of the local business that provide different products to help seniors with mobility issues or aids to daily living. Not all have a website.

<https://www.champlainhealthline.ca/listServices.aspx?id=10830>

Ontario Medical Supply in Ottawa (1100 Algoma Rd) has available for purchase:

Aids to daily living (ADL's)

Bathroom safety products

Compression stockings and therapy

First aid kits and refill supplies

Fitness and rehabilitation

Foot care products

Health monitoring /diagnostics

Home accessibility products and services

Incontinence products

Intravenous therapy medication equipment/supplies

Manual and power wheelchairs

Mobility aids

Ostomy products

Patient care and patient homecare equipment

Personal comfort products

Pressure relief sleep surfaces

Professional equipment and supplies

Scooters

Supports and braces

Walkers/rollators

Wheelchair custom backs and seats

Wound care products

Meals and Grocery Delivery

The following is a link for Meals on Wheels programs throughout the county.

<https://www.champlainhealthline.ca/listServices.aspx?id=10107®ion=Renfrew>

Grocery stores that deliver:

Petawawa:

Hyska's Independent – 613-687-5000

They deliver Wed and Fri. Call the store to order and then pay with cash or credit card.

Pembroke:

Metro- 613-735-4136

Call or order online www.metro.ca

Pay by cash or credit card

Eganville:

Freshmart -613-628-2616

Delivers every Wed, delivery is \$5, if you need to call in you order it is \$8. Pay cash or credit card.

Renfrew:

Metro- 613-432-3013

Call order into store by 10:30am, delivery is sent to your house by taxi, driver is paid cash by client and then taxi returns to store with money.

Pharmacy Delivery

There is a website www.meditrust.com that offers prescription delivery anywhere in the country. They are an online pharmacy. Might be worth while for someone that is house bound with no family and in a rural setting.

Deep River

Cahoon's Pharmacy

Delivery Mon-Fri

Phone: 613-584-1116 Fax: 613-584-1118

Guardian IDA

Delivery Mon, Wed and Fri

Phone: 613-584-2501 Fax: 613-584-4876

Petawawa

Rexall

Delivery Mon-Fri

Phone: 613-687-2400 Fax: 613-687-8623

Mulvihill

Delivery Mon- Fri

Phone: 613-687-7607

Conway's

Delivery Mon-Fri

Phone: 613-687-6067 Fax:613-687-4544

Shopper's Drug Mart

Uses local taxi for deliveries

Phone: 613-687-5696 Fax: 613-687-9260

Pembroke

Mulvihill West End

Delivery Mon-Fri

Phone: 613-735-1079

Mulvihill East End

Delivery Mon- Fri

Phone: 613-735-6559

Rexall

Delivery Mon-Fri

Phone: 613-732-3112 Fax: 613-732-1931

Shopper's Drug Mart

Delivery Mon-Fri

Phone: 613-735-8682 Fax: 613-735-7127

Wal-Mart

Delivery Mon-Fri

Phone: 613-732-0111

Eganville

Conway's Pharmacy

Delivery Tues & Thurs- Within 30 km of store. Need to call day before.

Phone: 613-628-2808 Fax: 613-628-2282

Barry's Bay

Lorraine's Pharmacy

Delivery in the evenings

Phone: 613-756-2013 Fax: 613-756-1216

Renfrew

Aikenhead's

Delivery Mon-Fri within town limits.

Phone: 613-432-8866 Fax: 613-432-9208

No Frills

Delivery Mon-Sat at noon and 6pm

Phone: 613-433-5957

Rexall

Delivery Mon-Fri 4-7pm

Phone: 613-432-7518 Fax: 613-432-6511

Arnprior

Rexall

Delivery Mon- Fri, in town only

Phone: 613-623-6591

Excellent Care (in the mall)

Delivery Mon-Fri, in town and Braeside

Phone: 613-622-0444

Clancy's

Delivery Mon-Fri, in town and surrounding area

Phone: 613-623-5193

Shopper's Drug Mart

Delivery Mon- Fri, in town only

Phone: 613-623-7971

Seniors Groups in Renfrew County

Pembroke Seniors Drop In Center

<http://www.seniordropin.com/>

Pembroke Seniors exercise program (CareFor)

<https://www.carefor.ca/english/eastern-counties/community-support-services-eastern-counties/senior-group-exercise-program.html>

Renfrew resource page

<https://www.redc.ca/seniors-services>

Renfrew Golden Age Activity Center

<https://www.renfrewgoldenage.ca/>

Arnprior/ McNab-Braeside Social group

<https://cssagency.ca/programs/social-programs/>

Killaloe and District Seniors Citizens Friendship Club

<https://www.champlainhealthline.ca/displayService.aspx?id=21443>

Barry's Bay- Opeongo Seniors Center

<http://www.opeongoseniors.ca/>

Whitewater Region- Seniors Fitness

http://www.wbchc.on.ca/Management/Programs_Detail.asp?ProgramID=45

