

## Orillia Community Support Services

We understand that due to medical conditions, you or your loved one may need additional supports at home. It can be an overwhelming task to determine what services are available for your specific needs. We hope that this curated handout may be of use to you during this time of need.

This handout covers:

- Home and Community Care (HCC)
- Victorian Order of Nurses (VON)
- Prepared meals for seniors
- Housekeeping and additional non-medical services
- Medical alert systems
- Transportation
- Advance care planning
- Retirement homes and respite care

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### Home and Community Care

**HOME AND COMMUNITY CARE  
SUPPORT SERVICES**  
North Simcoe Muskoka

Government funded program with a focused mandate to deliver local health care services such as home and community care, access to community services and long-term care home placement.

This program offers a variety of home supports based on your individual needs – as determined by a professional Care Coordinator.

*Note: there may be limitations to the care that is available*

Potential services include: nursing support, personal support (hygiene, dressing), physiotherapy, occupational therapy, speech-language therapy, social work, nutritional counselling, medical supplies and equipment, referral to additional services.

Respite care for caregivers is available.

**Referral:** Can be sent by a family doctor, friend, family member, or yourself

**Cost:** Government funded

☎ (705) 721-8010

[www.healthcareathome.ca/nsm](http://www.healthcareathome.ca/nsm)

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Understandably, there are many circumstances where government funded programs are unable to meet the demands of every individual's needs. Below are a list of additional community supports that you may wish to seek out.

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### Victorian Order of Nurses (VON)

A non-profit charitable organization that supports older adults and individuals with disabilities. They offer different programs including:



#### Home at Last program

Helps individuals transition from hospital to home through the assistance of a PSW who can assist with groceries, medication and medical supply pick up, light housekeeping, laundry, and meal preparation.

#### Respite Care Program

Relief for caregivers of individuals with dementia. Specially trained respite care workers help with activities of daily living in the client's home.

**Eligibility:** Older adults and people with disabilities who need physical, social, or emotional support.

**Cost:** Free or Paid. Variable depending on service

☎ (705) 737-5044

[www.von.ca](http://www.von.ca)

Self-referral required

☎ (705) 737-5044

Self referral or through Home and Community Care

**Cost:** Variable hourly rate

☎ (705) 737-5044 ext 224

### **Adult Day Program**

Social recreational and therapeutic activities for seniors and adults who are frail, cognitively impaired, isolated, or physically challenged. Allows caregivers short term respite.

### **SMART Exercise Program**

Exercise classes to community members 55+ who wish to improve their strength, balance, and flexibility. Falls prevention programs are also available.

Application through Home and Community Care

**Cost:** est. \$20/day

☎ (705) 720-2532

169 Front Street South, Orillia

**Youtube:** VON Simcoe County SMART Program

**RogersTV:** Channel 10

**Zoom:** SimcoeHealthyAgingZoom@von.ca

☎ (705) 326-7021

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## **Prepared Meal Services**

### **Meals Made Easy**

Run by Orillia Soldiers Memorial Hospital, this program provides frozen ready-to-bake meals to the Orillia and surrounding areas. Regular and special dietary requirements available.



**Eligibility:** Available to all

**Cost:** est. \$6/meal

\$5-\$10 delivery Muskoka District and Simcoe County

☎ (705) 325-2201 ext. 3228

[www.orderstart.com/orilliasoldiersmemorialhospital](http://www.orderstart.com/orilliasoldiersmemorialhospital)

### **Heart to Home Meals**

Over 200 frozen meal choices with seasonal brochures available. Can cater to special dietary requirements- minced, pureed and carb control, gluten free and low salt options.



**Eligibility:** Available to all

**Cost:** est. \$5-10/meal

Free delivery throughout Simcoe County

☎ (705)-444-0741

[www.hearttohomemeals.ca](http://www.hearttohomemeals.ca)

### **Meals on Wheels**

Run by Helping Hands Orillia, this program offers hot and frozen meal delivery late afternoons on Mondays, Wednesdays, and Fridays. Regular and special diet options are available.



**Eligibility:** Seniors or persons with physical disabilities

**Cost:** est. \$6.60/meal

Free delivery to Orillia and surrounding areas

☎ (705) 325-7861

[www.helpinghandsorillia.ca/services/meals-on-wheels](http://www.helpinghandsorillia.ca/services/meals-on-wheels)

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## **Housekeeping and Additional Non-Medical Services**

Paid services may include: transportation, companion care, personal support, help with activities of daily living, caregiver respite, nursing care, live-in or overnight care, homemaking, meal preparation, social programs, transportation, and/or pet care

### **Helping Hands**

☎ (705) 325-7861

[www.helpinghandsorillia.ca](http://www.helpinghandsorillia.ca)

### **VON Barrie**

☎ (705) 737-5044

[www.von.ca](http://www.von.ca)

### **On My List Senior Assist**

☎ (705) 984-5478

[www.onmylistseniorassist.com](http://www.onmylistseniorassist.com)

### **Happy at Home**

☎ (705) 326-9355

[www.happyathome.ca](http://www.happyathome.ca)

### **Stay Home Forever**

☎ (705) 600-0713

[www.stayhomeforever.ca](http://www.stayhomeforever.ca)

### **Cardinal Nannies**

☎ 1 (800) 219-8059

[www.onmylistseniorassist.com](http://www.onmylistseniorassist.com)

### **Seniors for Seniors**

☎ (705) 719-1444

[www.seniorsforseniors.ca](http://www.seniorsforseniors.ca)

### **Barrie Gleam**

☎ (705) 243-9222

[www.barriegleamteam.com](http://www.barriegleamteam.com)

### **Merry Maids**

☎ (705) 725-1170

[www.cardinalnannies.com](http://www.cardinalnannies.com)

### **Home Instead**

☎ (705) 503-5501

[www.homeinstead.com/3030](http://www.homeinstead.com/3030)

### **Comfort Keepers**

☎ (705) 728-8222

[www.comfortkeepers.ca/barrie](http://www.comfortkeepers.ca/barrie)

### **Eh! Maids**

☎ (647) 689-6110

[www.merrymaidsbarrie.ca](http://www.merrymaidsbarrie.ca)

## Medical Alert Systems

Medical alert systems provide you with 24/7 rapid access to trained Canadian response centers in the event that you need assistance. These systems can provide you with the confidence to keep moving in and around your home. There are a variety of companies that provide a variety of packages including: two-way communication, automatic fall detection, GPS location.

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### **LivingWell Companion** ***(previously Direct Alert)***

Available in: English, French, Punjabi, Cantonese, and Mandarin



**Cost:** \$25-\$60/month, \*varies per package

☎ 1 (888) 505-8008

[www.telus.com/en/personal-health/livingwell-companion](http://www.telus.com/en/personal-health/livingwell-companion)

### **Lifeline**

Available in: 240 languages



**Cost:** \$30-\$60/month, \*varies per package

☎ 1 (866) 784-1992

[www.lifeline.ca](http://www.lifeline.ca)

### **Life Assure**

Available in: English, French



**Cost:** \$30-\$50/month, \*varies per package

☎ 1 (800) 354-5706

[www.lifeassure.com](http://www.lifeassure.com)

### **Bedford Medical Alert**

Available in: 240 languages



**Cost:** \*Variable; \*\*subsidies available

☎ 1 (888) 755-3055

[www.bedfordmedicalalert.ca](http://www.bedfordmedicalalert.ca)

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## Transportation Services

The following are professional transportation services that are available at an affordable cost in the Orillia and surrounding areas. These services are available for transport to: medical & dental appointments, hospital transfers, adult day programs, shopping, and much more. These services are able to accommodate needs for stretchers, wheelchairs, and oxygen needs. Costs may vary.

Helping Hands	(705) 325-7861
Going with Gibb	(705) 345-2239
RNR Patient Transfer Services	(705) 327-0070
Able Taxi	(705) 325-0632

## Advance Care Planning

Our lives can change at any moment, and it is important that those who are close to you understand the health care and personal decisions that you would want. Advance care planning can be a confusing and challenging process for individuals and family members.

[www.advancecareplanning.ca](http://www.advancecareplanning.ca) has a guide and workbook for this exact purpose

## Retirement Homes and Respite Programs

Unfortunately, sometimes the community support services available are not able to meet the demands for you or your loved one to remain in the current living situation. In these cases, housing with additional supports (residential housing and long-term care homes) may need to be considered. Some retirement homes offer short term “respite care programs” that allow caregivers time for themselves. Costs are highly variable.

<b>Atrium Retirement Home</b> Independent living with assisted care available. Can support individuals who require sit/stand lifts or transfer assist. <i>Respite program available.</i>	230 Coldwater Road, Orillia ☎ (705) 325-7300 <a href="http://www.atriumretirement.ca/">www.atriumretirement.ca/</a>
<b>Birchmere Retirement Residence</b> Independent living with assisted care available. Can support individuals who require transfer lifts and full care. <i>Respite program available.</i>	234 Bay Street, Orillia ☎ (705) 326-8520 ✉ <a href="mailto:birchmereretire@gmail.com">birchmereretire@gmail.com</a> <a href="http://www.retire-orillia.com/bm-home">www.retire-orillia.com/bm-home</a>
<b>Champlain Manor Retirement Residence</b> Independent living with assisted care available. Can support individuals who require transfer lifts and full care. <i>Respite program available.</i>	65 Fittons Road West, Orillia ☎ (705) 326-8597 ✉ <a href="mailto:champlainmanor@gmail.com">champlainmanor@gmail.com</a> <a href="http://www.retire-orillia.com/ch-home">www.retire-orillia.com/ch-home</a>
<b>Victoria House Retirement Home</b> Independent living with assisted care available. <i>Respite program available.</i>	190 Laclie Street, Orillia ☎ (705) 327-1806 <a href="http://www.victoriahouseorillia.ca/">www.victoriahouseorillia.ca/</a>
<b>Leacock Retirement Lodge</b> Independent living. Medication and minimal assistance available; no overnight care.	298 Forest Avenue North, Orillia ☎ (705) 329-3887 <a href="http://www.jarlette.com/retirement-lodges/leacock-retirement-lodge">www.jarlette.com/retirement-lodges/leacock-retirement-lodge</a>
<b>Sundial Lakeview Retirement Residence</b> Independent living with some assistance available. <i>Respite program with physiotherapy available.</i>	600 Sundial Drive, Orillia ☎ 1 (844) 600-5253 ✉ <a href="mailto:crd@sundialretirement.com">crd@sundialretirement.com</a> <a href="http://www.orilliairement.com/">www.orilliairement.com/</a>
<b>Independent Suites</b> Independent living with private apartments. No additional assistance or care is available.	20 Simcoe Street, Orillia ☎ (866) 999-9598 ✉ <a href="mailto:carol@independentsuites.com">carol@independentsuites.com</a> <a href="http://www.independentsuitesorillia.com/">www.independentsuitesorillia.com/</a>
<b>Lake Simcoe Retirement Home</b> Independent and assisted living available.	24 Simcoe Street, Orillia ☎ (705) 259-7111
<b>Granite Ridge - Gravenhurst</b> Independent and assisted living available. Can support individuals who require lift transfers.	1097 Bethune Drive South, Gravenhurst ☎ (705) 687-0007 ✉ <a href="mailto:info@graniteridgerr.com">info@graniteridgerr.com</a> <a href="http://www.retiremuskoka.com/">www.retiremuskoka.com/</a>

