

Community Resources

Important: The University Health Network does not recommend one company or person over another and is not responsible for the care and services provided. Please contact the vendors directly to make sure the information is correct or to find out more about their product. This list does not claim to be exhaustive and some facilities/resources may have been inadvertently missed or not up-to-date.

Equipment and Assistive Devices

NAME	LOCATION	HOURS OF OPERATION
Able Home Health Care 416-789-5551 www.ablehomehealthcare.ca	3537 Bathurst St. (N. of Lawrence Ave. S. of Wilson Ave.)	M-W 9-5 Th 9-6 F 9-4
Active Lite Mobility 905-764-0706 www.activelite.com	2300 John St., Unit 3 (E. of Don Mills in Thornhill)	M-F 9-5 Sat 10-4
AgTa Home Health Care 416-630-0737 www.agtahomecare.com	860 Wilson Ave., Suite 102 (W. of Dufferin Ave.)	M-F 9-5
Amcare Surgical 416-781-4494 www.amcare.ca	1584 Bathurst St. (2 blocks N. of St. Clair Ave., W. side of Bathurst)	M-F 9-7 Sat 9-5
Baygreen Home Health Care 905-771-0010 www.baygreen.ca	8 Green Lane (Bayview Ave./ John St. in Thornhill)	M-Th 9:30-6 F 9:30-5 Sat 10:30-3
Healthtime Living Specialties 416-693-7676 www.healthtimelivingspecialties.ca	1340 Danforth Ave. (E. of Linsmore Cres, near Greenwood Ave.)	M, Tu, W, F 9:30-5:30 Th 9:30-7 Sat 10-4
Home Medical Equipment 416-633-9333 www.hmemobility.com	124 St. Regis Cres. South, Unit B (Keele St./ Sheppard Ave.)	M-F 8:30-5
Hunts Healthcare 416-798-1303, 1-888-838-5146 www.huntshealthcare.ca	109 Woodbine Downs Blvd., Unit 7 (Albion Rd and Hwy 7)	M-F 8:30-5

Main Drug Mart - IDA 416-221-1700 www.maindrugmart.com	1100 Sheppard Ave. E. (1 light W. of Leslie St. on the N. side)	M-F 9-9 Sat 9-5 Sun 10-3
Main Drug Mart - IDA 416-222-5484 www.maindrugmart.com	3265 Bayview Ave (at Cummer – 2 nd light north of Finch)	M-F 9-9 Sat 9-5 Sun 10-3
Medichair 416-222-5281 www.medichair.com	5841 Yonge St. (S.E. corner at Cummer in Newtonbrook)	M-F 8:30-5 Sat 10-2
Med Plus Health 416-892-1250 or 905-770-2432 www.medplushealth.ca	563 Edward Ave., Unit 16 (Elgin Mills and Bayview Ave. in Richmond Hill)	M-F 9-5 no delivery charge
Med Plus Health 905-770-3556	460 Elgin Mills Rd. E. (Elgin Mills and Yonge St. in Richmond Hill)	M-F 9-5 Sat 10-4
Med Plus Health 905-472-0866	6633 Hwy.7, Ste 105 (W. of 9 th line in Markham)	M-F 9-5 Sat 9-3
Mobility Savers (416) 750-1940	445 Midwest Rd. Unit 39-40 (Midland Ave./ Ellesmere Ave.)	M-F 9:30-5
Motion Specialties (416) 751-0400, 1-888-222-2172 www.themotiongroup.com	82 Carnforth Rd. (Victoria Park Ave./ Lawrence Ave.)	M-F 8:30-5
Motion Specialties 416-421-0110 www.themotiongroup.com	939 Eglinton Ave. E (west of Leslie St.)	M-F 9-6 Sat 10-3
Red Cross 416-236-3180 www.redcross.ca	21 Randolph Ave (E. of Dundas, north of Bloor)	M-F 8:30-4
Shoppers Home Health Care 1-(800)-746-7737 www.shoppershomehealthcare.ca	Many locations across Canada	
Shoppers Home Health Care 416-789-3368	528 Lawrence Ave. W. (N.W. corner at Bathurst St.)	M-W 9-6 Th-F 9-8 Sat 9-5 Sun 12-5

Shoppers Home Health Care 416-431-4621	685 McCowan Rd. (S. of Lawrence Ave.)	M-W 9-6 Th-F 9-8 Sat 9-5
Shoppers Home Health Care 416-752-8885	104 Bartley Dr. (Victoria Park/O'Connor Dr.)	M-F 8:30-6
Shoppers Home Health Care 905-887-9055	9255 Woodbine Ave., Unit 5 (N.E. corner at 16 th Ave. in Markham)	M-W 9-6 Th-F 9-8 Sat 9-5 Sun 12-4
Shoppers Home Health Care 905-763-9525	8000 Bathurst St. (at New Westminster Rd. in Vaughan)	M-F 9-6 Sat 9-5 Sun 12-5
Shoppers Home Health Care 905-427-4171	260 Kingston Rd. W. Unit 23 (Westney Rd. and Kingston Rd. in Ajax)	M-F 9-6 Sat 9-5
Shoppers Home Health Care 905-579-5300	1801 Dundas St. E. (Hwy 2/Gerrard St. in Whitby)	M-F 9-6 Sat 10-5 Sun 11-5
Shoppers Home Health Care 905-953-9907	17725 Yonge St., Unit 5 (N. of Davis Dr. in Newmarket)	M-F 9:30-5:30 Sat 10-4
Smith's Pharmacy 416-488-2600 www.smithspharmacy.com	3463 Yonge St. (at Yonge Blvd, S. of York Mills Rd.)	M-F 9-7 Sat 9-8
Starkman's Surgical Supplies (416) 534-8411 www.starkmanshealth.com	1243 Bathurst St. (S.E. corner at Davenport Rd.)	M, Tu, W, F 9-6 Th 9-8 Sat 9-6 Sun 12-5

Short Stay (Respite Care) Retirement Homes

Some patients choose to stay in a respite care facility after their knee replacement surgery. Respite care in a retirement home, after surgery, means that you may have the following:

- A fully furnished room
- Meals
- 24/7 assistance from qualified personnel
- In-room emergency call bell system
- Assistance with bathing and dressing
- Access to physiotherapy

If you decide to purchase respite care after discharge from hospital, you must make these arrangements before your surgery. **Please note that there will be a charge for these services (not covered by OHIP).**

After your surgery, inform your care team about your plans for respite care.

NAME	LOCATION	TELEPHONE NUMBER
Kensington Place	Sheppard Avenue West	416-636-9555
St. Hilda's Senior Care Community	Dufferin St.	416-781-6621
Revera Retirement Living		1-877-929-9222
Richview Residence	Kipling Ave	416-247-5316
Sunrise of Aurora	Yonge and Wellington	905-841-0022
Sunrise Richmond Hill	Yonge and Major Mackenzie	905-883-6963
Sunrise of Unionville	HWY 7 and Kennedy	905-947-4566
Thorne Mill on Steeles	Bathurst and Steeles	905-731-4300

Green View Lodge	Lawrence and Don Mills	416-445-2255
Amica at Thornhill	Bathurst and Steeles	905-886-3400
Amica at Bayview	Bayview and Sheppard	647-977-3177
Amica at Balmoral Club	Avenue Rd and St Claire	416-927-0055
Amica at Bayview Gardens	Bayview and Sheppard	647-285-7935
Chartwell Lansing	Yonge and Sheppard	647-547-1814
Chartwell Grenadier Retirement Residence	Bloor st	647-429-7979
Delmanor Northtown	Yonge and Finch	416-225-9146
Donway Place (Revera)	Don Mills and Lawrence	416-445-7555
Four Elms	Bathurst and Steeles	905-738-0905
Leaside (Revera)	Don Mills and Eglinton	416-425-3722
Living Life on the Avenue	Avenue rd and Eglinton	416-483-9900

Private Home Care Agencies

NAME	TELEPHONE NUMBER
Arcadia Senior Care	416-977-0050
Eldercare Home Health	416-482-8292
Homestead Care Providers	416-494-0339
Mosaic Home Care	905-597-7000
Quality Care Home Care	416-630-0202
Saint Elizabeth Health Care	1-877-625-5567
www.canadiannanny.ca (Private caregivers)	

Meals on Wheels Services

NAME	TELEPHONE NUMBER
Bathurst to Victoria Park/Steeles to 401	416-225-6041
Jane to Bathurst /Finch to Eglinton (Villa Colombo)	416-780-0407
Steeles to Finch/Sheppard & Dufferin to Yonge	416-225-2112 ext. 114
Markham Rd /Victoria Park & Steeles/401	416-502-2323 ext.231

Grocery Delivery

NAME	TELEPHONE NUMBER
Grocery Gateway	905-564-8778
Food for You	905-281-3663

**** Check with your local grocery store and online, for delivery programs offered in your area.**

Seniors Community, Meal, Transportation and Other Services

SERVICE	AREA OF TRANSPORTATION
<p>Call-A-Service, Harmony Hall 2 Gower, Toronto 416-752-8868 www.call-a-service.com</p>	<p>Old East York area (Southwest Scarborough)</p>
<p>Etobicoke Services for Seniors 1477 Royal York Road, Toronto 416-243-0127 www.esssupportservices.ca</p>	<p>Etobicoke</p>
<p>West Toronto Services for Seniors 80 Ward Street, Toronto 416-653-3535 www.wtss.org</p>	<p>Patients must live within these boundaries: South of St. Clair Ave. East of Humber Rd. North of Bloor St. East of Bathurst St.</p>
<p>Woodgreen Community Services 1491 Danforth Avenue, Toronto 416-649-4100 ext. 1247 www.woodgreen.org</p>	<p>Toronto East York Area</p>
<p>Mid-Toronto Community Services 192 Carlton Street, Toronto 416-962-9449 www.midtoronto.com</p>	<p>Downtown area</p>
<p>St. Clair West Services for Seniors 2562 Eglinton Ave. West, Suite 202 Toronto 416-787-2114 www.servicesforseniors.ca</p>	
<p>Humber Community Seniors Services 1167 Weston Rd., York 416-249-7946 www.humberseniors.org</p>	<p>West Side: Eglinton & Scarlett to Bloor & Jane East Side: Weston & Hwy 401 to Eglinton & Dufferin</p>

<p>Better Living Health and Community Services 1 Overland Drive, Toronto 416-447-7244 www.betterlivinghealth.org</p>	<p>Patients must live within these boundaries: Steeles Ave. East in the North Lake Ontario in the South McCowan Rd. in the East Bathurst St. in the West</p>
<p>Neighbourhood Link / Senior Link 3036 Danforth Avenue, Toronto 416-691-7407 www.neighbourhoodlink.org</p>	<p>East York Area (Only for medical appointments)</p>
<p>Senior Peoples' Resources in North Toronto (SPRINT) 140 Merton Street, Toronto 416-481-6411 www.sprint-homecare.ca</p>	<p>Patients must live within these boundaries: East of Bayview Ave. North to Hwy. 401 West to Bathurst St. South to Bloor St.</p>
<p>St. Christopher's House 248 Ossington Avenue, Toronto, ON 416-532-4828 (Ask for Client and Family Services Intake) www.stchrishouse.org</p>	<p>Patients must live within these boundaries: North to Bloor St. South to the Lake East of Yonge St. West of Roncesvalles Ave.</p>
<p>Storefront Humber 2445 Lake Shore Boulevard West, Toronto 416-259-4207 www.storefronthumber.ca</p>	<p>South Etobicoke</p>
<p>Warden Woods Community Centre 74 Firvalley Crt, Toronto, ON. 416-694-1138 www.wardenwoods.com</p>	<p>Patients must live within these boundaries: South to the Lake North to Eglinton Ave West to Victoria Park Ave East to Kennedy Rd.</p>
<p>Canadian Red cross Transportation Services www.redcross.ca/in-your-community/ontario/nutrition-and-transportation</p>	<p>Mississauga – Halton LHIN</p>
<p>Dufferin County Community Support Services peelfamilyconnect.cioc.ca</p>	<p>Central West LHIN</p>

Canes Community Care www.canes.on.ca/services/seniors-ride-connect	Central West LHIN
Community Care Durham communitycaredurham.on.ca/services-list/	Central East LHIN
Yee Hong Centre for Geriatric Care www.yeehong.com/centre/community-services/transportation/	Central East LHIN
Scarborough Centre for Healthy Communities www.schcontario.ca/community-services.html	Central East LHIN
Carefirst www.carefirstseniors.com/	Central East LHIN
Transcare www.tcare.ca/	Central East LHIN
St.Paul's L'Amoreaux Centre www.splc.ca/	Central East LHIN
Momiji Health Care Society momiji.on.ca/en/care/support-services-community/transportation/	Central East LHIN
Community Care Peterborough www.commcareptbo.org/service/transportation	Central East LHIN
Haliburton Highlands Health Services hhhs.ca/community-support-services/transportation	Central East LHIN
Community Care City of Kawartha Lakes www.ccckl.ca/services/transportation/	Central East LHIN
Circle of Care www.circleofcare.com/helping-you-at-home/transportation/	Central LHIN
Lumacare lumacare.ca/programs-and-services/transportation	Central LHIN
CHATS- Community & Home Assistance to Seniors www.chats.on.ca/community-transportation	Central LHIN

Additional Transportation Services

- **Toronto Transit Commission-Wheel Trans:**

<https://www.ttc.ca/WheelTrans/index.jsp>

Wheel Trans provides door-to-door transportation for persons with physical disabilities. Contact customer services at 416-393-4111 to arrange an in-person interview/assessment to obtain a 30 day temporary number **PRIOR** to your surgery. Bring the application forms to your Pre-Operative Assessment appointment, for completion by the health care team.

- **York Region Transit-Mobility Plus:** <https://www.yrt.ca/en/our-services/mobility-on-request-paratransit.aspx>

Mobility Plus provides door-to-door transportation for persons with disabilities. Contact 905-762-2111 or visit the website to obtain an application package. The completed application should be sent to Mobility Plus office PRIOR to your surgery. Bring the application forms to your Pre-Operative Assessment appointment, for completion by the health care team.

- **Toronto Ride Network:** <http://www.torontoride.ca/>

The Toronto Ride Network offers, for a fee, transportation to medical appointments, social and recreational engagements and shopping.

Other Community Resources

- **311-Toronto at your service:** <https://www.toronto.ca/home/311-toronto-at-your-service/>
- **Arthritis Society:** www.arthritis.ca or 416 - 979-7228
- **Canada's Food Guide:** http://www.hc-sc.gc.ca/fn-an/food-guide-ailment/index_e.html
- **Canadian Orthopaedic Foundation:** www.canorth.org
- **Community Care Access Centres:** www.ccac-ont.ca
- **Dietitians of Canada:** www.dietitians.ca
- **Joint Replacement Surgery:** www.myjointreplacement.ca

- **OHIP-Covered Physiotherapy Clinics:** www.collegept.org or 1-800-583-5885
- **Ontario Retirement Home Directory:** www.ontario.senioropolis.com
- **Ortho Connect:** www.orthoconnect.org
- **Physiotherapy:** www.opa.on.ca or 416-322-6866
- **Total Joint Assessment Centre:** www.tjac.ca