

Community Resources for Movement Disorders

A guide to community resources for patients with movement disorders

Read this booklet to find information and services that can support you and your family.

The Edmond J. Safra Program in Parkinson's Disease and the Morton and Gloria Shulman Movement Disorders Clinic

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Phone: 416 603 6422

Website: https://www.uhn.ca/KNC/Pages/about_Movement_Centre.aspx

University Health Network tries to keep patient education resources up to date, but some information may change. Please contact any organizations that may be listed to make sure the information is correct or to find out more about their services.

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Community resources for movement disorders patients and families

This resource includes a list of services that can help you and your family cope with your movement disorder.

If you need help contacting or understanding any of these services, please ask a staff member at the Movement Disorder Centre or call Home and Community Care at 310-2222 (no area code needed) and ask for a case manager or care coordinator to help you.

Remember, you and your family may need support from any of these services.

What is included in this resource?

- Social supports
- Health supports
- Financial supports
- Transportation supports

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Home and Community Care

Type of services: home and community

Phone: 310-2222 (no area code needed)

Toll-Free: 1 888 470-2222

Home and community services support people of all ages who need care in their home, at school or in the community. In-home services are made up of the following health care professionals:

- **Nursing care:** help to take medications, change bandages and clean wounds, recover from an injury or health problem, check your health, create a care plan
- **Physiotherapy:** help for back pain, mobility problems, blood circulation, pain relief and relaxation
- **Occupational therapy:** help to make day-to-day activities easier and make it easier to move around in your home
- **Home healthcare supplies:** including dressings, walking aids, braces, cushions
- **Speech- language therapy:** stroke recovery for seniors who have difficulty speaking or understanding speech
- **Social work:** help for caregivers to cope and manage stress, help for families to address conflicts
- **Healthy eating:** help to assess eating habits and create a healthy eating plan

Who is eligible?

Call 310-2222 (no area code needed). Let them know you are making a referral for services. If your health-care provider has already made the referral for you, you can expect a phone call from us once the referral has been processed.

Staff may ask some questions to better understand your needs. Then, you will either be connected with a Care Coordinator, or you will be referred to the program or service that may be right for you.

Health Care Connect (Ontario Ministry of Health and Long-Term Care)

Type of service: health service

Website: <http://www.health.gov.on.ca/en/ms/healthcareconnect/pro/>

Health Care Connect refers Ontarians who don't have a family doctor to a family health care provider who may be accepting new patients.

Who is eligible?

Ontarians who have a valid Ontario health card (OHIP) and an up-to-date mailing address, but do not have a family health care provider.

Ontario Community Health Centres

Type of service: health service

Website: <https://www.ontario.ca/page/community-health-centres>

Community Health Centres (CHCs) provide primary health care services and prevention programs. Please visit the website to find detailed information about the Community Health Centres in your neighborhood.

Who is eligible?

CHCs can provide general medical services to people without a health card (OHIP). You must meet eligibility guidelines.

Exercise and Falls Prevention Programs

Type of service: health service

Phone: 1 888 910 1999

Exercise and Falls Prevention Programs help patients stay healthy and active. Exercise classes focus on helping people stay active and improve or maintain balance, strength and mobility. Falls prevention classes are taught by a physiotherapist or other health professional.

Who is eligible?

Ontarians who are 65 years old or older.

Physiotherapy

Type of service: health services

Physiotherapists help with exercise and balance training. You can contact the Ontario Physiotherapy Association and ask for a therapist who works with patients who have Parkinson's disease.

To find a physiotherapist in your area: <https://opa.on.ca>

To find physiotherapist covered by OHIP visit the College of Physiotherapists of Ontario website:

<https://www.collegept.org/patients/Accessing-Government-Funded-Physiotherapy>

Who is eligible?

If you have private insurance, you might be covered for several sessions. Check with your insurance provider to see if physiotherapy is covered under your plan.

Your physiotherapy may be paid by Ontario Hospital Insurance Program (OHIP) if you are:

- 65 years and older
- 19 years and under
- any age after an overnight hospital stay for a condition requiring physiotherapy
- receive Ontario Works or the Ontario Disability Support Program

One Step Ahead Mobility

Type of service: health service

Phone: 416 783 7175

Website: <https://www.onestepaheadmobility.com/>

One Step Ahead Mobility is run by physiotherapists Jan Glodstein Elman and Rebecca Gruber. They provide physiotherapy diagnosis and treatment.

Speech Language Pathology

Type of service: health service

Phone: 416 633 2164

Email: bbereskin@hotmail.com

You can contact Speech Language Pathologist Bonnie Bereskin who is familiar with Parkinson's disease for help with swallowing and voice improvement training.

Speak with a Dietitian

Type of service: health service

Telehealth Ontario: 1 866 797 0000

Dietitians can give you information about food and nutrition that is easy to use. You can talk to a registered dietitian on the phone. If you need personal counselling, they will guide you to services that are for you.

College of Physicians and Surgeons of Ontario Doctor Search

Type of service: health service

Website: <https://doctors.cpso.on.ca/>

Search the website for doctors and surgeons in Ontario.

Telehealth Ontario

Type of service: health service

Phone: 1 866 797 0000

Website: <https://www.ontario.ca/page/get-medical-advice-telehealth-ontario>

Telehealth is a free and confidential service that lets you speak to a Registered Nurse 24 hours a day, 7 days a week. Call for health advice and information.

Assistive Devices Program

Type of service: health service

Phone: 1 800 268 6021

Website: <https://www.ontario.ca/page/assistive-devices-program>

Lifeline Medical Alarms

Type of service: health service

Phone: 1 866 702 7405

Website: <https://www.lifeline.ca/en/>

Lifeline provides personal safety alarms so you can get emergency help when you can't reach the phone.

Toronto 211

Type of service: social services

Phone: 211

Website: <https://www.211toronto.ca/>

211 is a helpline that provides community social services in Toronto and Ontario.

TTC Wheel-Trans

Type of service: transportation services

Phone: 416 393 4111

Website: <http://www.ttc.ca/WheelTrans/index.jsp>

For people with a disability or who have trouble using TTC (public bus and subway) services. Call Wheel-Trans to apply and get assessed. To book an appointment visit the website <http://www.ttc.ca/WheelTrans/index.jsp>

Ontario Disability Support Program

Type of service: health and financial services

Phone: 416 314 6514 (central Ontario)

Website: <https://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/>

Ontario Disability Support Program (ODSP) provides income, medicine and other health expense support. The amount you receive is based on your family income.

Who is eligible?

Ontario residents who have certain level of disability and who are in financial need.

Canada Pension Plan (CPP) - Disability Benefits

Type of service: financial services

Phone: 1 800 277 9914

Website: <https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit.html>

CPP Disability benefits can replace some of your income if you have significant disability. The amount you receive depends on what you have paid into your CPP.

If you become disabled before the age of 65, you can collect CPP at a reduced rate.

Who is eligible?

Ontarians under 65 years who have a severe and prolonged disability.

Trillium Drug Plan: Ontario Drug Benefit

Type of service: health and financial services

Phone: 1 800 575 5386

Website: <https://www.ontario.ca/page/get-help-high-prescription-drug-costs>

The Trillium Drug plan is a subsidized Ontario drug plan. This means that you can get help paying for medicine depending on your family income. You can also have Trillium as a secondary drug plan even if you have private drug coverage.

Important: Your private plan is used first. Once it reaches its maximum, Trillium becomes active. You have to apply for help each year in August.

[Download](#) the application form or select “How to Apply” on: <https://www.ontario.ca/page/get-help-high-prescription-drug-costs>

Who is eligible?

Any Ontario resident who spends a large part of their income on prescription medications.

Ontario Works

Type of service: health and financial services

Phone: 416 397 1800

Website: <https://www.mcsc.gov.on.ca/en/mcsc/programs/social/ow/>

This Ontario program is for people in financial emergency. **This program also pays for medicine and assistive devices.**

Who is eligible?

Residents of Ontario in financial need. You must be willing to try to find, prepare for and keep a job.

Other Supporting Organizations and Associations

Parkinson's Society Canada

Type of service: social services

Phone: 416 227 9700

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

A non-profit group that has information and emotional support for caregivers and patients with Parkinson's disease.

Dystonia Great Toronto Area Support Group

Type of service: social services

Phone: 416 441 2232

Website: <https://dystoniacanada.org/toronto>

Provides dystonia patients and their families with support and information through online and over the phone.

Essential Tremor Network and Support Group Toronto

Type of service: social services

Phone: 888 387 3667

Website: <http://essentialtremorcanada.org/>

The Essential Tremor Toronto Network and Support Group is part of the International Essential Tremor Foundation (IETF). They organize meetings to support people living with Essential Tremor and their families.

Alzheimer's Society

Type of service: social services

Phone: 416 488 8772

Website: <https://alzheimer.ca/en>

Offers education and emotional support for people with dementia. Caregivers and patients are welcome.

Family Service Toronto

Type of service: social services

Phone: 416 595 9618

Website: <https://familyservicetoronto.org/>

A non-profit group that provides counselling and psychotherapy for individuals, couples and families. There is a fee, depending on what you can pay.

March of Dimes Canada

Type of service: social services

Phone: 1 800 263 3463

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

March of Dimes Canada provides many services to people with physical disabilities throughout the country. Their services include: accessibility modifications, Aphasia services, assistive devices, attendant care/clinics, rehabilitation and more.



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