

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
Active Lite Mobility 905-764-0706	2300 John St., Unit 3 (E. of Don Mills in Thornhill)
AGTA Home Health Care www.agtahomecare.com	3 locations: Vaughan, Hamilton, Barie
Amcare Surgical 416-781-4494	1783 Avenue Rd Avenue/Laurence
Baygreen Home Health Care 905-771-0010 www.baygreen.ca	8 Green Lane (Bayview Ave./ John St. in Thornhill)
Healthtime Living Specialties 416-693-7676	1340 Danforth Ave. (E. of Linsmore Cres, near Greenwood Ave.)
Home Medical Equipment 1-866-571-9333 www.hmemobility.com	77 St. Regis Cres. South (Keele St./ Sheppard Ave.)
Hunts Healthcare 416-798-1303, 1-888-838-5146 www.huntshealthcare.ca	109 Woodbine Downs Blvd., Unit 7 (Albion Rd and Hwy 407)
Main Drug Mart – Home Health Care 416-221-1700	1100 Sheppard Ave. E. (1 light W. of Leslie St. on the N. side)

IDA Main Drug Mart 416-222-5484	3265 Bayview Ave (at Cummer – 2 nd light north of Finch)
Medability 905-471-5224	5293 Highway 7 (Hwy 7/Mccowan Rd) Markham
Med Plus Medical Equipment 416-892-1250 www.medplushealth.ca	120 Mclevin Ave Unit 2&3, Scarborough (Markham/Finch)
Med Plus Health 905-770-3556	460 Elgin Mills Rd. E. (Elgin Mills and Yonge St. in Richmond Hill)
Mobility Savers (416) 750-1940	445 Midwest Rd. Unit 39-40 (Midland Ave./ Ellesmere Ave.)
Wellwise (by Shoppers) 1-(800)-746-7737 Shop.wellwise.ca	Many locations across Canada
Wellwise Lawrence Plaza (by Shoppers) 416-789-3368	528 Lawrence Ave. W. (N.W. corner at Bathurst St.)
Wellwise Scarborough (by Shoppers) 416-431-4621	685 McCowan Rd. (S. of Lawrence Ave.)
Wellwise Markam (by Shoppers) 905-887-9055	9255 Woodbine Ave., Unit 5 (N.E. corner at 16 th Ave. in Markham)
Wellwise Vaughan (by Shoppers) 905-763-9525	8000 Bathurst St. (at New Westminster Rd. in Vaughan)
Wellwise Ajax (by Shoppers) 905-427-4171	15 Westney Road North (Westney Rd. and Kingston Rd. in Ajax)
Wellwise Whitby (by Shoppers)	1801 Dundas St. E. (Hwy 2/Gerrard St. in Whitby)

905-579-5300	
Wellwise Newmarket (by Shoppers) 905-953-9907	17725 Yonge St., Unit 5 (N. of Davis Dr. in Newmarket)
Starkman's Surgical Supplies (416) 534-8411 www.starkmanshealth.com	1243 Bathurst St. (S.E. corner at Davenport Rd.)

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	Many locations www.reveraliving.com	1-877-929-9222
Donway Place (Revera)	Don Mills and Lawrence	416-445-7555
Leaside (Revera)	Don Mills and Eglinton	416-425-3722
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 Newmarket	Leslie St and Gorham St, Newmarket	905-952-0505
Amic Swan Lake	9 th Line and 16 th Avenue, Markham	905-201-6058
Amica Unionville	Main Street and Enterprise Blvd (Markham)	905-947-9900
Amica on the Avenue	Avenue Road and Eglinton Ave	416-483-9900
Amica at Bayview Village	Bayview and Sheppard	416-977-3177
Amica Balmoral Club	Avenue Rd and St Claire	416-927-0055
Amica at Bayview Gardens	Bayview and Sheppard	647-286-7935
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
Four Elms	Bathurst and Steeles	905-738-0905
A Place for Mom Assist in finding senior living options		866-355-6996

Private Home Care Agencies

NAME	TELEPHONE NUMBER
Arcadia Senior Care	416-977-0050
Eldercare Home Health	416-482-8292
Mosaic Home Care	416-322-7002
Qualicare Home Care	888-339-5292
Saint Elizabeth Health Care	1-866-798-7451
www.canadiannanny.ca (Private caregivers)	

Meals Services

NAME	CONTACT INFORMATION
Meals on Wheels	www.mealsonwheels.ca (go to “find meals on wheels near you” on website – enter your location for a phone number)
Meals on Wheels – West Neighborhood House	416-532-4828
Heart to Home	www.hearttohomemeals.ca

Grocery Delivery

NAME	TELEPHONE NUMBER
Grocery Gateway	1-800-956-6467
Metro (www.metro.ca)	1-844-777-7611
Voila by Sobeys (www.voila.ca)	1-877-864-5222

*** 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>Harmony Hall Centre for seniors a program of South Riverdale Community Health Centre 2 Gower, Toronto 416-752-8868 www.srchc.com</p>	<p>Victoria park to Bayview, Eglinton to Danforth</p>
<p>Etobicoke Services for Seniors (ESS) 1477 Royal York Road, Toronto 416-243-0127 www.esssupportservices.ca www.ess</p>	<p>Etobicoke</p>
<p>Reconnect Community Health Services (3 Locations):</p> <ul style="list-style-type: none"> - Eglinton (Keele/Eglinton) - Weston (Eglinton Ave W/ Weston Rd) - Bloor (Jane/Bloor) <p>416-248-2050 x8038 www.reconnect.on.ca</p>	
<p>Woodgreen Community Services 815 Danforth Avenue, Toronto 416-645-6000 www.woodgreen.org</p>	<p>Toronto East York Area</p>
<p>Dixon Hall Neighborhood Services 192 Carlton Street, Toronto 416-962-9449</p>	<p>Downtown area</p>
<p>Better Living Health and Community Services 1 Overland Drive, Toronto 416-447-7244 x541 www.mybetterliving.ca</p>	<p>Patients must live within: South of Eglinton/Vic Park, East of Donmills, North of Sheppard Ave, West of Bayview Ave, East to Vic Park</p>

<p>Neighbourhood Link Support Services 3036 Danforth Avenue, Toronto 416-691-7407 www.neighbourhoodlink.org</p>	<p>East York Area</p>
<p>SPRINT Senior Care 140 Merton Street, Toronto 416-481-6411 www.sprint-homecare.ca</p>	<p>Patients must live within these boundaries: East of Jane South of Hwy. 401 West of Bayview Ave North of Bloor St.W</p>
<p>West Neighborhood House 6 Location:</p> <ul style="list-style-type: none"> - 248 Ossington Avenue, Toronto, ON - 588 Queen St. W - 1033 King St. W - 1497 Queen St. W - 20 West Lodge Ave - 1447 King St W <p>416-532-4828 (Ask for Client and Family Services Intake) www.westnh.org</p>	<p>Downtown West</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 https://www.redcross.ca/in-your-community/ontario/nutrition-and-transportation</p>	
<p>Dufferin County Community Support Services https://peelfamilyconnect.cioc.ca/</p>	<p>Central West LHIN</p>

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

Additional Transportation Services

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

www.ttc.ca/wheel-trans

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/>

Providing assisted door-to-door transportation services in the Toronto-area to seniors 55+ and adults with disabilities who are not eligible for Wheel-Trans.

Other Community Resources

- **Seniors Help Line** 416-217-2077

- **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:** <https://food-guide.canada.ca/en/>

- **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