**Community resources**

**Equipment and Assistive Devices**

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| **NAME** | **LOCATION** | **HOURS OF OPERATION** |
| **Able Home Health Care**  416-789-5551  [www.ablehomehealthcare.ca](http://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](http://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](http://www.agtahomecare.com) | 860 Wilson Ave., Suite 102  (W. of Dufferin Ave.) | M-F 9-5 |
| **Amcare Surgical**  416-781-4494  [www.amcare.ca](http://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](http://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](http://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](http://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](http://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  416-222-5484  [www.maindrugmart.com](http://www.maindrugmart.com) | 1100 Sheppard Ave. E.  (1 light W. of Leslie St. on the N. side)  3265 Bayview Ave (at Cummer – 2nd light north of Finch) | M-F 9-9  Sat 9-5  Sun 10-3 |
| **Medichair**  416-222-5281  [www.medichair.com](http://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](http://www.medplushealth.ca) | 563 Edward Ave., Unit 16  (Elgin Mills and Bayview Ave. in Richmond Hill) | M-F 9-5  no delivery charge |
| 905-770-3556 | 460 Elgin Mills Rd. E.  (Elgin Mills and Yonge St. in  Richmond Hill) | M-F 9-5  Sat 10-4 |
| 905-472-0866 | 6633 Hwy.7, Ste 105  (W. of 9th 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](http://www.themotiongroup.com) | 82 Carnforth Rd.  (Victoria Park Ave./ Lawrence Ave.) | M-F 8:30-5 |
| 416-421-0110 | 939 Eglinton Ave. E  (west of Leslie St.) | M-F 9-6  Sat 10-3 |
| **Red Cross**  416-236-3180  [www.redcross.ca](http://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](http://www.shoppershomehealthcare.ca) | Many locations across Canada |  |
| 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 |
| 416-431-4621 | 685 McCowan Rd.  (S. of Lawrence Ave.) | M-W 9-6  Th-F 9-8  Sat 9-5 |
| 416-752-8885 | 104 Bartley Dr.  (Victoria Park/O’Connor Dr.) | M-F 8:30-6 |
| 905-887-9055 | 9255 Woodbine Ave., Unit 5  (N.E. corner at 16th Ave. in Markham) | M-W 9-6  Th-F 9-8  Sat 9-5  Sun 12-4 |
| 905-763-9525 | 8000 Bathurst St. (at New Westminster Rd. in Vaughan) | M-F 9-6  Sat 9-5  Sun 12-5 |
| 905-427-4171 | 260 Kingston Rd. W. Unit 23  (Westney Rd. and Kingston Rd. in Ajax) | M-F 9-6  Sat 9-5 |
| 905-579-5300 | 1801 Dundas St. E.  (Hwy 2/Gerrard St. in Whitby) | M-F 9-6  Sat 10-5  Sun 11-5 |
| 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](http://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](http://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 |

Accommodation and Community Services

Private respite care after surgery

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:

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| * A fully furnished room | * 24/7 assistance from qualified personnel |
| * Meals | * Assistance with bathing and dressing |
| * In room emergency call bell system | * 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.

Short Stay (Respite Care) Retirement Homes

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| Kensington Place  Sheppard Avenue West | 416-636-9555 |  |  |
| Revera Properties | 1-877-929-9222 | Green View Lodge  (Lawrence/Don Mills) | 416-445-2255 |
| Sunrise of Aurora (Yonge/Wellington) | 905-841-0022 | Amica at Thornhill (Bathurst/Steeles) | 905-886-3400 |
| Sunrise Richmond Hill (Yonge/Major MacKenzie) | 905-883-6963 | Amica at Bayview (Bayview/Sheppard) | 647-977-3177 |
| Sunrise of Unionville (HWY7/Kennedy) | 905-947-4566 | Amica at Balmoral Club (Avenue Rd/St Claire) | 416-927-0055 |
| Thorne Mill on Steeles (Bathurst/Steeles) | 905-731-4300 | Amica at Bayview Gardens (Bayview/Sheppard) | 647-285-7935 |

Meals on Wheels Services

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| 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 (Bernard Betel) | 416-225-2112 ext. 114  (Daniel) |
| Markham Rd /Victoria Park & Steeles/401  (Chinese support services) | 416-502-2323 #231 |

Grocery Delivery

Grocery Gateway 905-564-8778

Food for You 905-281-3663

Private Home Care Agencies

|  |  |
| --- | --- |
| 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](https://legacy.nygh.on.ca/OWA/redir.aspx?C=b074b0d5d61d49d6953f6b74b81ad243&URL=http%3a%2f%2fwww.canadiannanny.ca%2f) (Private caregivers) |  |

Other Community Resources

Arthritis Society: [www.arthritis.ca](http://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](http://www.canorth.org)

Community Care Access Centres: [www.ccac-ont.ca](http://www.ccac-ont.ca)

Dietitians of Canada: [www.dietitians.ca](http://www.dietitians.ca)

Joint Replacement Surgery: [www.myjointreplacement.ca](http://www.myjointreplacement.ca)

OHIP-Covered Physiotherapy Clinics: [www.collegept.org](http://www.collegept.org) or 1-800-583-5885

Ontario Retirement Home Directory: [www.ontario.senioropolis.com](http://www.ontario.senioropolis.com)

Ortho Connect: [www.orthoconnect.org](http://www.orthoconnect.org)

Physiotherapy: [www.opa.on.ca](http://www.opa.on.ca) or 416 – 322-6866

Total Joint Assessment Centre: [www.tjac.ca](http://www.tjac.ca)

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: <http://mobilitypus.yrt.ca/en/>

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.

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

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| **SERVICE** | **OFFICE HOURS** | **AREA OF TRANSPORTATION** |
| A-Service, Harmony Hall  2 Gower, Toronto  **416-752-8868**  [www.call-a-service.com](http://www.call-a-service.com) | Mon-Fri  7:00am - 5:00pm | Old East York area  (Southwest Scarborough) |
| Etobicoke Services for Seniors  1477 Royal York Road, Toronto  416-243-0127  [www.esssupportservices.ca](http://www.esssupportservices.ca) | Mon-Fri  7:00am - 5:00pm | Etobicoke |
| West Toronto Services for Seniors  80 Ward Street, Toronto  416-653-3535  [www.wtss.org](http://www.wtss.org) | Mon-Fri  9:00am - 4:30pm | Patients must live within these boundaries:  South of St. Clair Ave.  East of Humber Rd.  North of Bloor St.  East of Bathurst St. |
| Woodgreen Community Services  1491 Danforth Avenue, Toronto  416-649-4100 ext. 1247  [www.woodgreen.org](http://www.woodgreen.org) | Mon-Fri  9:00am - 5:00pm | Toronto East York Area |
| Mid-Toronto Community Services  192 Carlton Street, Toronto  416-962-9449  [www.midtoronto.com](http://www.midtoronto.com) | Mon-Thurs:  9:00am - 3:30pm  Fri:  9:00am - 2:00pm | Downtown area |
| St. Clair West Services for Seniors  2562 Eglinton Ave. West, Suite 202  Toronto  416-787-2114  [www.servicesforseniors.ca](http://www.servicesforseniors.ca) | Mon-Fri  8:00am - 5:00pm |  |
| Humber Community Seniors Services  1167 Weston Rd., York  416-249-7946  [www.humberseniors.org](http://www.humberseniors.org) | Mon-Fri  8:00am - 6:00pm | West Side:  Eglinton & Scarlett to Bloor & Jane  East Side:  Weston & Hwy 401 to Eglinton & Dufferin |
| Better Living Health and Community Services  1 Overland Drive, Toronto  416-447-7244  [www.betterlivinghealth.org](http://www.betterlivinghealth.org) | Mon-Fri  7:30am - 8:30pm | 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 |
| Neighbourhood Link / Senior Link  3036 Danforth Avenue, Toronto  416-691-7407  [www.neighbourhoodlink.org](http://www.neighbourhoodlink.org) | Mon-Fri  8:00am - 4:00pm | East York Area  (Only for medical appointments) |
| Senior Peoples’ Resources in North Toronto (SPRINT)  140 Merton Street, Toronto  416-481-6411  [www.sprint-homecare.ca](http://www.sprint-homecare.ca) | Mon-Fri  8:00am - 4:00pm | Patients must live within these boundaries:  East of Bayview Ave.  North to Hwy. 401  West to Bathurst St.  South to Bloor St. |
| St. Christopher’s House  248 Ossington Avenue, Toronto, ON  416-532-4828  (Ask for Client and Family Services Intake)  [www.stchrishouse.org](http://www.stchrishouse.org) | Mon-Fri  9:00am - 5:00pm | Patients must live within these boundaries:  North to Bloor St.  South to the Lake  East of Yonge St.  West of Roncesvalles Ave. |
| Storefront Humber  2445 Lake Shore Boulevard West, Toronto  416-259-4207  [www.storefronthumber.ca](http://www.storefronthumber.ca) | Mon-Fri  8:30am - 4:30pm | South Etobicoke |
| Warden Woods Community Centre  74 Firvalley Crt, Toronto, ON.  416-694-1138 [www.wardenwoods.com](http://www.wardenwoods.com) | Mon-Fri  9:00am - 5:00pm | Patients must live within these boundaries:  South to the Lake  North to Eglinton Ave  West to Victoria Park Ave  East to Kennedy Rd. |

Disclaimer: The listed services are not endorsed by North York General Hospital. This list does not claim to be exhaustive and some facilities/resources may have been inadvertently missed.  April 2013