**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 9-5Th 9-6F 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 9-5Sat 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 9-7Sat 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 9:30-6F 9:30-5Sat 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 9:30-5:30Th 9:30-7Sat 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**416-221-1700416-222-5484[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 9-9Sat 9-5Sun 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 8:30-5Sat 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 9-5no delivery charge |
| 905-770-3556 | 460 Elgin Mills Rd. E.(Elgin Mills and Yonge St. in Richmond Hill) | M-F 9-5Sat 10-4 |
| 905-472-0866 | 6633 Hwy.7, Ste 105 (W. of 9th line in Markham) | M-F 9-5Sat 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 9-6Sat 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 9-6Th-F 9-8Sat 9-5Sun 12-5 |
| 416-431-4621 | 685 McCowan Rd.(S. of Lawrence Ave.) | M-W 9-6Th-F 9-8Sat 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 9-6Th-F 9-8Sat 9-5Sun 12-4 |
| 905-763-9525 | 8000 Bathurst St.(at New Westminster Rd. in Vaughan) | M-F 9-6Sat 9-5Sun 12-5 |
| 905-427-4171 | 260 Kingston Rd. W. Unit 23(Westney Rd. and Kingston Rd. in Ajax) | M-F 9-6Sat 9-5 |
| 905-579-5300 | 1801 Dundas St. E.(Hwy 2/Gerrard St. in Whitby) | M-F 9-6Sat 10-5Sun 11-5 |
| 905-953-9907 | 17725 Yonge St., Unit 5(N. of Davis Dr. in Newmarket) | M-F 9:30-5:30Sat 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 9-7Sat 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 9-6Th 9-8Sat 9-6Sun 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 PlaceSheppard 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 Hall2 Gower, Toronto**416-752-8868**[www.call-a-service.com](http://www.call-a-service.com) | Mon-Fri7:00am - 5:00pm | Old East York area (Southwest Scarborough) |
| Etobicoke Services for Seniors1477 Royal York Road, Toronto416-243-0127[www.esssupportservices.ca](http://www.esssupportservices.ca) | Mon-Fri7:00am - 5:00pm | Etobicoke |
| West Toronto Services for Seniors80 Ward Street, Toronto416-653-3535[www.wtss.org](http://www.wtss.org) | Mon-Fri9:00am - 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 Services1491 Danforth Avenue, Toronto416-649-4100 ext. 1247[www.woodgreen.org](http://www.woodgreen.org) | Mon-Fri9:00am - 5:00pm | Toronto East York Area |
| Mid-Toronto Community Services192 Carlton Street, Toronto416-962-9449[www.midtoronto.com](http://www.midtoronto.com) | Mon-Thurs:9:00am - 3:30pmFri:9:00am - 2:00pm | Downtown area |
| St. Clair West Services for Seniors2562 Eglinton Ave. West, Suite 202Toronto416-787-2114[www.servicesforseniors.ca](http://www.servicesforseniors.ca) | Mon-Fri8:00am - 5:00pm |  |
| Humber Community Seniors Services1167 Weston Rd., York416-249-7946[www.humberseniors.org](http://www.humberseniors.org) | Mon-Fri8:00am - 6:00pm | West Side:Eglinton & Scarlett to Bloor & JaneEast Side:Weston & Hwy 401 to Eglinton & Dufferin |
| Better Living Health and Community Services1 Overland Drive, Toronto416-447-7244[www.betterlivinghealth.org](http://www.betterlivinghealth.org) | Mon-Fri7:30am - 8:30pm | Patients must live within these boundaries:Steeles Ave. East in the NorthLake Ontario in the SouthMcCowan Rd. in the East Bathurst St. in the West |
| Neighbourhood Link / Senior Link3036 Danforth Avenue,Toronto416-691-7407[www.neighbourhoodlink.org](http://www.neighbourhoodlink.org) | Mon-Fri8:00am - 4:00pm | East York Area(Only for medical appointments) |
| Senior Peoples’ Resources in North Toronto (SPRINT)140 Merton Street, Toronto416-481-6411[www.sprint-homecare.ca](http://www.sprint-homecare.ca) | Mon-Fri8:00am - 4:00pm | Patients must live within these boundaries:East of Bayview Ave.North to Hwy. 401West to Bathurst St.South to Bloor St. |
| St. Christopher’s House248 Ossington Avenue, Toronto, ON416-532-4828(Ask for Client and Family Services Intake)[www.stchrishouse.org](http://www.stchrishouse.org) | Mon-Fri9:00am - 5:00pm | Patients must live within these boundaries:North to Bloor St.South to the LakeEast of Yonge St.West of Roncesvalles Ave. |
| Storefront Humber2445 Lake Shore Boulevard West, Toronto416-259-4207[www.storefronthumber.ca](http://www.storefronthumber.ca) | Mon-Fri8:30am - 4:30pm | South Etobicoke |
| Warden Woods Community Centre74 Firvalley Crt, Toronto, ON.416-694-1138[www.wardenwoods.com](http://www.wardenwoods.com) | Mon-Fri9:00am - 5:00pm | Patients must live within these boundaries:South to the LakeNorth to Eglinton AveWest to Victoria Park AveEast 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