


**Person with memory problems
(residing in the community)
and/or family**

Family Physician/Nurse Practitioner – initial screening and diagnosis; treatment, ongoing monitoring and referral

**Alzheimer Society of Durham
Region (ASDR)**
For Alzheimer's disease and related dementias
905-576-2567 1-888-301-1106

Information, support and education 
Resource centre / lending library
Safely Home - Alzheimer Wandering Registry
Caregiver learning series
Individual support (*home, office or phone visits*)
Group support (*Pickering, Ajax, Oshawa, Whitby, Bowmanville, Uxbridge; daytime and evening*)
Port Perry and Beaverton satellite offices - monthly

**Central East Community Care
Access Centre (CE-CCAC)**
Call 310-CCAC or 905-430-3308

Information and Referral
Access to/coordination of:
Personal support
Nursing / Social work
Occupational / Physio / Speech-language therapies
Nutritional counseling / Medical supplies
Adult day program / LTC home / short stay respite

Specialized Services

Brock Geriatric Assessment Clinic	705-426-4215
GAIN Geriatric Clinic, Lakeridge Health Oshawa	905-576-8711, ext. 4832
Memory Clinic, Ontario Shores Centre for Mental Health Sciences (formerly WMHC)	905-430-4055 or 1-800-341-6323, ext. 6531 or 6298
Special Services, Ontario Shores CMHS	ext. 6298
<i>(Inpatient Services, Outreach to long term care homes, Mood Clinic for Seniors)</i>	
Psychogeriatric Community Support Program	1-866-748-0774

Out of Region

Baycrest Centre for Geriatric Care	416-785-2500
Kawartha Regional Memory Clinic	705-749-3906
North York General Hospital, Seniors' Health Centre	416-756-6050
Scarborough Memory Clinic	416-724-8531
Toronto Memory Program	416-386-9761

<p>Housing</p> <p>Region of Durham Housing Services 1-800-372-1102</p> <p>Central East CCAC (<i>for info about retirement and long term care homes</i>) 1-800-263-3877</p> <p>Ontario Retirement Communities Association 1-800-361-7254</p> <p>Health Care Connect 1-800-445-1822 (Find a family doctor or nurse practitioner)</p>	<p>Community Support</p> <p>Community Care Durham (<i>meal programs, transportation, visiting, telephone reassurance, home help, home maintenance, foot care</i>):</p> <ul style="list-style-type: none"> - Ajax-Pickering 905-837-0017 - Brock 705-432-2900 - Clarington 905-623-2261 - Oshawa 905-430-5613 - Scugog 905-985-8461 - Uxbridge 905-852-7445 - Whitby 905-668-6223 <p>Durham Hospice 1-877-668-9414</p>	<p>Respite (in-home)</p> <table border="0"> <tr> <td>Community Care Durham</td> <td>1-888-255-6680</td> </tr> <tr> <td>Central East CCAC</td> <td>1-800-263-3877</td> </tr> </table> <p>Adult Day Programs (<i>to apply contact CE-CCAC; for tour, call the specific program</i>)</p> <table border="0"> <tr> <td>Community Care Durham</td> <td></td> </tr> <tr> <td>- Pickering site</td> <td>905-837-0017, ext. 225</td> </tr> <tr> <td>- Bowmanville site</td> <td>905-697-7231</td> </tr> <tr> <td>- Uxbridge site</td> <td>905-852-7222</td> </tr> </table>	Community Care Durham	1-888-255-6680	Central East CCAC	1-800-263-3877	Community Care Durham		- Pickering site	905-837-0017, ext. 225	- Bowmanville site	905-697-7231	- Uxbridge site	905-852-7222	<p>Legal and Financial</p> <table border="0"> <tr> <td>Advocacy Centre Elderly</td> <td>416-598-2656</td> </tr> <tr> <td>Durham Community Legal Clinic</td> <td></td> </tr> <tr> <td></td> <td>1-888-297-2202</td> </tr> <tr> <td>HRSDC/Service Canada</td> <td>1-800-277-9914</td> </tr> <tr> <td>Phone Busters (OPP)</td> <td>1-888-495-8501</td> </tr> <tr> <td>Public Guardian & Trustee</td> <td>1-800-366-0335</td> </tr> <tr> <td>Veterans Affairs Canada</td> <td></td> </tr> <tr> <td></td> <td>English 1-866-522-2122</td> </tr> <tr> <td></td> <td>French 1-866-522-2022</td> </tr> </table>	Advocacy Centre Elderly	416-598-2656	Durham Community Legal Clinic			1-888-297-2202	HRSDC/Service Canada	1-800-277-9914	Phone Busters (OPP)	1-888-495-8501	Public Guardian & Trustee	1-800-366-0335	Veterans Affairs Canada			English 1-866-522-2122		French 1-866-522-2022
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<p>Transportation</p> <p>Community Care Durham (<i>see Community Support</i>)</p> <p>Durham Region Transit, Specialized Services</p> <table border="0"> <tr> <td>Ajax-Pickering</td> <td>905-683-4114</td> </tr> <tr> <td>Oshawa-Whitby-Clarington</td> <td>905-725-4000</td> </tr> <tr> <td>Brock-Uxbridge-Scugog</td> <td>1-800-263-1916</td> </tr> </table> <p>May 2011</p>	Ajax-Pickering	905-683-4114	Oshawa-Whitby-Clarington	905-725-4000	Brock-Uxbridge-Scugog	1-800-263-1916	<p>VON Canada (volunteer visiting, SMART in-home exercise program) 1-800-263-7970</p> <p>A wide range of services are available through private care providers on a fee for service basis. Call ASDR or CE-CCAC for more information.</p>	<p>Oshawa Senior Citizens Centres</p> <ul style="list-style-type: none"> - John Street, Northview and Conant Branches 905-576-6712 <p>Region of Durham</p> <ul style="list-style-type: none"> - Hillsdale Estates, Oshawa 905-579-1777, ext. 497 - Lakeview Manor - Beaverton site 705-426-7388, ext. 5320 - Port Perry site 705-426-7388, ext. 5320 	<p>Crisis (<i>by phone 24 hr/day, 7 days/week</i>)</p> <p>Durham Mental Health Services</p> <ul style="list-style-type: none"> - Crisis Services 905-666-0483 1-800-742-1890 <p>Distress Centre Durham 905-430-2522</p> <p>1-800-452-0688</p> <p>Senior Safety Line 1-866-299-1011</p> <p>Health Information Lines</p> <table border="0"> <tr> <td>Telehealth Ontario</td> <td>1-866-797-0000</td> </tr> <tr> <td>Mental Health Service Info</td> <td>1-866-531-2600</td> </tr> </table>	Telehealth Ontario	1-866-797-0000	Mental Health Service Info	1-866-531-2600																				
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