

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

Family Physician – initial screening and diagnosis; ongoing monitoring and referral

**Alzheimer Society of Durham
Region***
905-576-2567 1-888-301-1106

Information, support and public education
Resource centre / lending library
Safely Home - Alzheimer Wandering Registry
Caregiver Workshops
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
* For Alzheimer's disease and related dementias*

**Central East Community Care
Access Centre (CE-CCAC)**
905-430-3308 1-800-263-3877
(formerly Durham Access to Care)

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

Memory Clinic, Ontario Shores Centre for Mental Health Sciences (formerly WMHC)
905-430-4055, ext. 6298
Psychogeriatric Community Support Program 905-434-1693
SAFE Clinic, Lakeridge Health Bowmanville 905-623-3331, ext. 1216
Special Services, Ontario Shores CMHS 905-430-4055, ext. 6298
(*Mood Clinic for Seniors, Seniors Memory Disorders Unit, Specialized Outreach Services*)

Out of Region
Baycrest Centre for Geriatric Care 416-785-2488
Regional Geriatric Program Toronto 416-480-6026
Scarborough Memory Clinic 416-724-8531
Toronto Memory Program 416-386-9761
York-Durham Aphasia Centre 905-642-2053

Housing

Housing Access Centre 905-436-6610
1-800-669-2956
Central East CCAC (*for info about retirement and long term care homes*) 1-800-263-3877
Ontario Retirement Communities Association
1-800-361-7254

Health Care Connect 1-800-445-1822

Transportation

Community Care Durham (*see Community Support*)
Durham Region Transit, Specialized Services
Ajax -Pickering 905-683-4114
Oshawa-Whitby-Clarington 905-725-4000
Brock-Uxbridge-Scugog 1-800-263-1916

Community Support

Community Care Durham (*meal programs, transportation, visiting, telephone reassurance, home help, home maintenance, foot care*):
- Ajax-Pickering 905-837-0017
- Brock 705-432-2900
- Clarington 905-623-2261
- Oshawa 905-434-1691
- Scugog 905-985-8461
- Uxbridge 905-852-7445
- Whitby 905-668-6223

VON Canada (volunteer visiting, SMART in-home exercise program)
905-571-3151
1-800-263-7970

Durham Hospice 905-430-4522
1- 888-790-9414

Respite (*in-home*)

Community Care Durham 1-888-255-6680
Central East CCAC 1-800-263-3877

Adult Day Programs (*to apply contact Central East CCAC; for tour, call the specific program*)

Community Care Durham
- Pickering site 905-837-0017, ext. 225
- Newcastle site 905-987-3000
- Uxbridge site 905-852-7222

Oshawa Senior Citizens Centres
- John St., Northview and Conant Branches 905-576-6712

Region of Durham
- Hillsdale Estates, Oshawa 905-579-1777, ext. 497

- Lakeview Manor
- Beaverton site 705-426-7388
- Port Perry site 705-426-7388

Legal and Financial

Advocacy Centre Elderly 416-598-2656
Durham Community Legal Clinic 905-728-7321
HRSDC/Service Canada 1-800-277-9914
Phone Busters (OPP) 1-888-495-8501
Public Guardian & Trustee 1-800-366-0335
Veterans Affairs National Contact Centre
English 1-866-522-2122
French 1-866-522-2022

Crisis (*by phone 24 hr/day, 7 days/week*)

Durham Mental Health Services
- Mobile Crisis 905-666-0483
1-800-742-1890

Distress Centre 905-430-2522
1-800-452-0688

Health Information Lines
Telehealth Ontario 1-866-797-0000
Mental Health Service Info 1-866-531-2600