



## QUICK SERVICE GUIDE

### FOOD & NUTRITION

**Diners Club** - Lunch, entertainment and good company presented with the help of Community Care volunteers. Serves multiple communities across Kawartha Lakes. Call or check our website for times, locations and monthly menu.

**Meals on Wheels** - Hot meal deliveries are scheduled throughout the week based on location. Alternatively, frozen meals are available for delivery or can be picked up during office hours.

**Cooking Classes** - Designed to help people eat well and prepare nutritious meals. Improve cooking skills, try new recipes, and receive nutritional advice from our registered dietitian.

### HEALTH & DENTAL CARE

**Primary Health Care Clinic** - Comprehensive health services delivered by a team of professionals - doctors, nurse practitioners, nurses, a social worker, a dietitian and others.

**NOTE: Call 811 to register for Health Care Connect if you don't have a family doctor or nurse practitioner.**

**Dental Clinic** - Available for everyone, including individuals or families with a low income or who do not have dental insurance. We also support provincial programs which provide low cost or free government-funded routine dental services for qualifying individuals.

**Foot Care** - Registered nurses of our Foot Care program provide several levels of support including examinations, foot hygiene, nail trimming assistance and more. Appointments can be scheduled in-home or at select clinics.

**GAIN (Geriatric Assessment and Intervention Network) Clinic** - Supports seniors through a specialized inter-professional team focused on seniors' health. Provides comprehensive assessments, diagnosis, and support for complex concerns like memory, mobility, falls, medications, safety, and frequent hospital visits.

### WELLNESS PROGRAMS

**Exercise Programs** - We offer a variety of exercise programs designed specifically for older adults and those looking for safe, supportive ways to stay moving. Programs include Pickleball, Nordic Pole Walking, Falls Prevention Exercise Classes, and more.

**Wellness Connections** - Designed to help adults aged 65+ take proactive steps toward healthy aging. Session topics focus on practical strategies that support strength, independence, and overall wellbeing.

**Weekly Wellness** - Drop-in program designed to help older adults stay socially engaged, learn new skills, and connect with local supports in a relaxed and friendly environment. Each week offers a mix of social, educational, and recreational activities that support healthy aging and connection.



## SENIOR & CAREGIVER SUPPORT

**Adult Day Program** - Provides seniors and people with special needs a chance to get out and socialize, partake in various activities and exercises, and enjoy a staff-prepared lunch and snacks together. Offered in Lindsay, Bobcaygeon and Fenelon Falls.

**Assisted Living/Supportive Housing** - Available for those who live in designated areas in Fenelon Falls and Lindsay, these provide eligible seniors with routine personal care and homemaking support.

**Emergency Response** - Through personal alert devices provided and managed by Lifeline Canada, help can be instantly dispatched during an emergency.

**Homemaking** - Provides services for clients in Kawartha Lakes when there's no caregiver available to assist their loved ones with light housekeeping.

**Friendly Visiting** - Volunteers provide emotional support and friendship through in-home visits or phone calls. Volunteers are carefully screened and trained before being matched for visits.

**Hospital to Home** - Short-term supports to help seniors and adults with special needs settle at home safely after a hospital stay with transportation and settlement support.

**In-Home Caregiver Respite** - Personal support workers provide company and care for a loved one, manage light housework, and prepare meals while a caregiver takes a few hours for themselves in or away from the home.

## TRANSPORTATION

**Specialized Transportation** - Provides safe, accessible and affordable rides for those requiring wheelchairs, stretchers, or who have other mobility needs. Rides must be booked in advance.

**Volunteer Transportation** - Our caring team of volunteer drivers use their own vehicles to help people get to where they need to go, including out-of-town trips. Rides must be booked in advance.

## HOSPICE SERVICES

**Illness Support** - Our Palliative Care Community Team (PCCT) can provide comfort and dignity to those with a progressive, life-limiting illness. From guidance provided by a Nurse Navigator to support in the home from our highly-trained volunteers, we make sure that physical, emotional and spiritual needs are met with exceptional care and compassion.

**Caregiver Support** - Our Caregiver Support Group offers fellow caregivers an opportunity to share practical information and advice along with a safe and empathetic space for honest discussion and emotional support.

**Grief Support** - Our trained Grief Guides walk alongside people of all ages and offer a safe space for their grief journey. We can provide different outlets to share and understand grief, including individual and group support with people who are comfortable around a topic that is often difficult to discuss.