

Community Support Services

Personal Care

OHIP Covered Personal Care and Home Help:

A Request for Assessment referral must be completed to determine eligibility. This can be completed by the hospital, or a self-referral can be completed by the patient or their family.

- Ontario Health atHome
 - 1-800-263-3877
 - Personal care (PSW)
 - Professional services (OT, PT, SLP, SW, RD, Nursing)
 - Equipment provision (walkers, grab bars, etc.)
 - LTC eligibility and admission
 - Adult day program eligibility
 - Medical supplies and dressings
 - Laboratory and diagnostic services

Fee for Service Personal Care and Home Help:

Please note that despite our best efforts, this list may not be inclusive of all community services available. Additionally, NHH has not endorsed these service providers, and you are encouraged to do your due diligence to ensure that you are finding a provider or service that is right for you.

- At the Core Home Health
 - 905-431-0398
 - jenna.proctor@atthecorehomehealth.ca
- Cardinal Nannies and Caregivers
 - 905-885-6088
 - caregivers@cardinalnannies.com
- Compassionate Heart Home Care
 - 289-252-1975
- Flourish at Home
 - 905-373-3618

- Home Instead

- 705-234-5697
- Respite Now
 - Supporting Families with finding respite needs
 - Visit www.respite-now.com or download the app
- Right at Home
 - 1-855-983-4663
 - www.rightathomecanada.com
- Senior Helpers
 - 289-252-2804
 - ldaigle@seniorhelpers.ca

Equipment (local vendors):

- Living Well Medical Equipment
 - www.LivingWellHME.ca
 - 905-372-7110
- Pharmasave Home Health Care
 - <http://Pharmasave.com/port-hope>
 - 905-885-1294
- Cobourg Odd Fellow
 - Loan of medical equipment and equipment donation
 - 905-372-0500

Home Help/M meal Support/Wellness:

- Community Care Northumberland
 - 1-866-514-5774 (general program information)
 - Affordable fee for services
 - Meals on Wheels
 - Community Dinners
 - Home help and maintenance
 - Wellness programs (in person and virtual), including exercises and falls prevention classes, cognitive and social groups, friendly visits, reassurance calls, workshops, and access to personal distress alarms
- Community Care Wrap Around Services
 - 905-372-7356 ext.102

- k.peterson@commcare.ca
- Holistic support services that focus on housing, safety, financial, spiritual, health, family, social, recreation, culture/values, mobility and legal

Grief Support:

- Community Care Northumberland
 - Support Groups
 - 1-855-473-8875 or locally at 365-400-7580
 - a.greer@commcare.ca

Ontario Caregiver Organization:

- Helpline
 - 1-833-416-2273

Advanced Care Planning Support:

- Advanced Care Planning Ontario
 - 613-241-3663
 - Toll Free 1-800-668-2785
 - info@advancecareplanning.ca

Transportation:

- Community Care Northumberland
 - 1-866-768-7778
 - Referral required (can self-refer)
 - Home at Last, hospital to home transportation and home to Ed's house (now including stretcher transfers)
 - Accessible out-of-town transportation
 - Rural transportation
- Rolls Assisted Transportation
 - 905-885-9891
 - Wheelchair accessible transportation throughout the Municipality of Port Hope
 - Referral for service required with accompanying letter from a medical professional

- Wheels Assisted Transportation
 - 905-372-4555
 - Wheelchair accessible transportation throughout the Town of Cobourg
 - Referral for service required and completed by a medical professional

- Filling the Gaps
 - 905-207-0215
 - Accessible transit both in and out of town
 - No referral is required