

# *Société Alzheimer Society*

PRINCE EDWARD ISLAND

## **A Directory of Services for Individuals and Families Affected by Alzheimer's Disease and Other Dementias**



Alzheimer Society of PEI  
166 Fitzroy Street  
Charlottetown PE C1A 1S1

Tel: **(902) 628-2257, 1-866-628-2257**

Fax: (902) 368-2715

Email: [society@alzpei.ca](mailto:society@alzpei.ca)

Website: [www.alzheimer.ca/pei](http://www.alzheimer.ca/pei)

Charitable Registration Number: 1387 91389 RR0001

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## **SECTION 1: YOUR PERSONAL RECORD**

**NAME(S):**

**STREET ADDRESS:**

**CITY/PROVINCE:**

**POSTAL CODE:**

**TELEPHONE NUMBER(S):**

### **MEDICAL INFORMATION**

**BLOOD TYPE & MEDICATIONS:**

**ALLERGIES:**

**PHYSICIAN(S):**

**PHYSICIAN'S PHONE NUMBER:**

**HEALTH CARD NUMBER:**

**INSURANCE PROVIDER & NUMBER:**

### **PERSON TO CONTACT IN CASE OF EMERGENCY**

**NAME:**

**ADDRESS:**

**PHONE NUMBER(S):**

## **INTRODUCTION**

This resource directory aims to provide information on the available community resources for people living with dementia and their care partners in Prince Edward Island. Our best effort has been made to ensure that the information contained in this resource directory is accurate and up-to-date at the time of publication. This resource directory is available online (<http://www.alzheimer.ca/en/pei/First-Link/Resources>) and in print. If you notice any errors or would like to add something in the resource directory, please contact us by phone at 1-902-628-2257 or via email at [education@alzpei.ca](mailto:education@alzpei.ca).

## SECTION 2: EMERGENCY SERVICES



**In the event of an emergency, call 9-1-1**

### **AMBULANCE: Island EMS**

**902-892-9995**

**info@islandems.ca**

[www.islandems.ca/Pages/home.aspx](http://www.islandems.ca/Pages/home.aspx)



### **FIRE: Fire Departments**

**9-1-1**

**Non-emergency numbers can be found at website below:**

[www.princeedwardisland.ca/en/information/justice-and-public-safety/fire-services-throughout-pei](http://www.princeedwardisland.ca/en/information/justice-and-public-safety/fire-services-throughout-pei)



### **MEDICALERT® SAFELY HOME®**

**1-800-668-1507**

[www.medicalert.ca/safelyhome](http://www.medicalert.ca/safelyhome)

\*See section 3 for more details



### **CITY POLICE**



Charlottetown City Police	<b>902-629-4172</b>	<a href="http://www.charlottetownpolice.com/">www.charlottetownpolice.com/</a>
Summerside City Police	<b>902-432-1230</b>	<a href="http://www.summerside.ca/residents/police_services">www.summerside.ca/residents/police_services</a>
Kensington Police	<b>902-836-4499</b>	<a href="http://www.townofkensington.com">www.townofkensington.com</a>

## **RCMP**



"L" Division Headquarters	<b>902-566-7112</b>	<b>English</b>
Queens Detachment	<b>902-368-9300</b>	<b>Bilingual</b>
West Prince Detachment	<b>902-853-9300</b>	<b>Bilingual</b>
East Prince Detachment	<b>902-436-9300</b>	<b>Bilingual</b>
Montague Detachment	<b>902-838-9300</b>	<b>English</b>
Souris Detachment	<b>902-687-9300</b>	<b>English</b>
Stratford Detachment	<b>902-687-9300</b>	<b>English</b>
<a href="http://www.rcmp-grc.gc.ca/detach/en/find/PE">www.rcmp-grc.gc.ca/detach/en/find/PE</a>		

### **ISLAND HELPLINE (CRISIS)**

**1-800-218-2885**

<https://www.theislandhelpline.com/>

[www.healthpei.ca/islandhelpline](http://www.healthpei.ca/islandhelpline)

24 hour, bilingual and confidential telephone service that provides information, support or help to Islanders who are in a crisis.

### **BRIDGE THE GAPP**

<https://pei.bridgethegapp.ca/>

An online resource designed to support mental wellness.

### **SEARCH AND RESCUE/COAST GUARD**

**1-800-565-1582 or 902-427-8200**

[www.peisara.ca/](http://www.peisara.ca/)



**POISON CONTROL**

**1-800-565-8161**

<https://iwkpoisoncentre.ca/>



## **SECTION 3: ALZHEIMER SOCIETY OF PEI SERVICES**

### **ALZHEIMER SOCIETY OF PEI SUPPORT GROUPS**

Organized by the Alzheimer Society of PEI, these support groups are available in all regions across the Island. Family and friends are encouraged to attend. Groups average 6-10 participants. Information is shared, tips for coping are explored, and people feel very supported. Other services, including counselling, education, and mediation, are available by calling the Alzheimer Society at, **628-2257**; **1-866-628-2257** or visiting [www.alzheimer.ca/pei](http://www.alzheimer.ca/pei).

<b>Montague</b> Perrin's Marina Villa 115 Sackville St., Montague Facilitator: Sheila MacDonald	<b>1-866-628-2257</b> 3 <sup>rd</sup> Wednesday of each month, 2:00pm
<b>Charlottetown</b> Alzheimer Society of PEI 166 Fitzroy Street Facilitator: Laura Macwilliam	<b>902-370-3136</b> <b>1-866-628-2257</b> 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday of each month, 1:00 pm
<b>Summerside</b> Summerset Manor 15 Frank Mellish Street Facilitator: Giselle MacKinnon	<b>1-866-628-2257</b> 3 <sup>rd</sup> Thursday of each month, 2:00pm
<b>O'Leary</b> O'Leary Community Hospital 14 MacKinnon Drive	<b>1-866-628-2257</b> This support group is scheduled & facilitated upon request.



<p><b>Tignish</b> Tignish Seniors Home 116 MacLeod Lane</p>	<p><b>1-866-628-2257</b> This support group is scheduled &amp; facilitated upon request.</p>
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## **ALZHEIMER SOCIETY OF PEI EDUCATION, PROGRAMS & SERVICES**

### **MediAlert® Safely Home®**

**1-855-581-3794**

[www.medicalert.ca/safelyhome](http://www.medicalert.ca/safelyhome)

A nationwide program designed to help identify the person who is lost and to assist in a safe return home. Personal information and hotline number are engraved on a MediAlert bracelet or necklace that is worn by the person with dementia. Police can quickly identify them by calling the hotline.

#### Membership includes:

- 24 hour emergency hotline staffed with medically-trained specialists.
- Emergency Hotline available within 5 seconds & immediately supplies the first-responders with the individual's emergency contact information and critical health information.
- Emergency hotline specialists will contact care partners to alert them regarding the location of the individual once the hotline is called.
- 24/7 access to the individual's secure personal online health record for easy updating.

<p>Canadian MediAlert Foundation Morneau Shepell Centre II 895 Don Mills Road, Suite 600 Toronto, ON M3C 1W3</p>
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Cost: \$60 per year

## **Public Education: Presentations & Workshops**

We offer a series of information sessions, each having a unique focus on Alzheimer's disease and other related dementias. Workshops are developed and delivered to health care, education facilities, and community groups upon request.

## **Counselling**

Counselling is available free of charge to all Island individuals who are dealing with the effects of caring for someone living with Alzheimer's disease or a related dementia. Counselling is also available through telephone support and family interventions.

## **First Link®**

First Link® is a program designed to assist individuals living with Alzheimer's disease and related dementias (ADRD), their family members, and care partners. Partnering with physicians, health professionals and the community, we will create a support system for individuals at the point of diagnosis and will link Islanders to a community of education and services. Learn more at <https://alzheimer.ca/en/help-support/programs-services/first-link>.

## **Support Groups**

We advocate for the value of mutual support through our care partner support groups. Facilitated by family care partners, these groups provide an opportunity to learn more about Alzheimer's Disease and other dementias, to discuss difficult issues, and to share strategies for coping. See the previous page for times and locations.

## **Resource Centre**

Our resources include a complete section of brochures and fact sheets, as well as books, audio-visual materials, journals, and newsletters.

Materials may also be requested by phone or email. Brochures are also available for viewing/downloading online at

<https://alzheimer.ca/pei/en/help-support/programs-services/dementia-resources-pei>.


## **Volunteers – Help us to Help Others**



Volunteers make a world of difference to our organization. To become a volunteer or a donor to the Alzheimer Society of PEI, contact us today!




For more information, visit

<https://alzheimer.ca/pei/en/help-support/programs-services/volunteer-companion-program>.

## SECTION 4: PERSONAL SECURITY

<p><b>MedicAlert® Safely Home®</b></p> 	<p><b>1-855-581-3794</b> <a href="http://www.medicalert.ca/Safely-Home">www.medicalert.ca/Safely-Home</a></p>
<hr/>	
<p><b>Canadian Medic Alert</b> MedicAlert offers paramedics your emergency medical record with a 24 hour emergency hotline service.</p>	<p><b>1-800- 668-1507</b> <a href="http://www.medicalert.ca">www.medicalert.ca</a></p>
<p><b>AlarmCare</b> AlarmCare is a 24 hour <a href="#">Alarm Monitoring System</a>, which consists of a 2-Way Voice communicator unit and a lightweight waterproof personal pendant (help button).</p>	<p><b>1-800-267-2001</b> <a href="http://www.myalarmcare.com">www.myalarmcare.com</a></p>

<p><b>Stewart Security: Health Line</b>  Personal Emergency Response System  - a professional health consultant (RN)  available 24 hrs.</p>	<p><b>902-569-2191</b>  <a href="http://stewartsecurity.ca/html/health-line.html">stewartsecurity.ca/html/health-line.html</a></p>
<p><b>Health Alert/Connolly Security Systems Ltd.</b>  Links to a central monitoring station for 24 hours. If you need help, push the button. The digital communication will automatically dial the central station and help is on the way.</p>	<p><b>902-892-5276</b>  or <b>1-800-431-8779</b></p> 
<p><b>Life Call</b>  LifeCall is dedicated to providing personal medical alarms to those in need. Whether you are a senior, physically challenged, or a chronically ill Canadian, LifeCall Medical Alarms provide you with security, 24 hours per day.</p>	<p><b>1-800-661-5433</b>  <a href="http://www.telus.com/en/personal-health/livingwell-companion?cmp=redir_adt_mig_health-services-en-lifecall-">www.telus.com/en/personal-health/livingwell-companion?cmp=redir_adt_mig_health-services-en-lifecall-</a></p> 

<p><b>Philips Lifeline</b>  Philips Lifeline is an easy-to-use personal response service that lets you summon help any time of the day or night, even if you can't speak.</p>	<p><b>1-866-983-3649</b>  <a href="http://www.lifeline.ca/en/">www.lifeline.ca/en/</a></p> 
<p><b>Safelink GPS/Vial of Life</b>  An assistive device which summons an effective and immediate response when help is needed for those with Alzheimer disease, dementia, the elderly and young children. SafeLink can also provide much needed peace of mind to the families.</p>	<p><a href="http://www.vialoflife.com">www.vialoflife.com</a></p> 
<p><b>Project LifeSaver PEI Inc.</b>  Clients who are part of the program wear a personalized bracelet which emits a tracking signal every second, which allows search and rescue teams to search for the client with a mobile locator tracking system.</p>	<p>902-620-8916  <a href="http://www.projectlifesaverpei.ca/">www.projectlifesaverpei.ca/</a></p> 

**SafeTracks GPS Canada**

A number of different devices which provide GPS empowered electronic monitoring to ensure an extra layer of security and safety of clients.

**1-877-761-4477**

[www.safetracksgps.ca](http://www.safetracksgps.ca)

## **SECTION 5: RESPITE CARE**

**What is respite?** *Respite is short term, temporary care provided so that you can take a break from the daily routine of providing care for someone. Respite can vary from a few short hours, to a week or may even involve overnight care. Respite may be provided in your home or in a community location.*

### **DAY RESPITE**

Day respite programs offered by long-term care facilities provide you, the care partner, an opportunity to take a break from the daily routine of caring for someone with a dementia-related disorder. However, a referral by your local Home Care office ([www.healthpei.ca/homecare](http://www.healthpei.ca/homecare)) is required to access the following public programs.

#### **Alberton**

<b>Welcome Program</b> Maplewood Manor 405 Church St	<b>902-859-8730</b> <a href="http://www.princeedwardisland.ca/en/information/health-pei/maplewood-manor">www.princeedwardisland.ca/en/information/health-pei/maplewood-manor</a> r Tuesday, Thursday & Friday 8 am – 4 pm
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#### **Charlottetown**

<b>Brecken House Adult Day Health Program</b> Prince Edward Home 75 Maypoint Road	<b>902-368-4790</b> <a href="http://www.princeedwardisland.ca/en/information/health-pei/prince-edward-home">www.princeedwardisland.ca/en/information/health-pei/prince-edward-home</a> Monday to Friday 7:30 am– 5 pm, & Saturday 8 am – 4 pm
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## Montague

<b>Stay-A-While Day Program</b> Riverview Manor 14 Rosedale Road	<b>902-838-0786</b> <a href="http://www.princeedwardisland.ca/en/information/health-pei/riverview-manor">www.princeedwardisland.ca/en/information/health-pei/riverview-manor</a> Monday, Tuesday, Thursday, & Friday 8 am – 4 pm
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## Souris

<b>Stay-A-While Day Program</b> Colville Manor 20 MacPhee Avenue	<b>902-687-7096</b> <a href="http://www.princeedwardisland.ca/en/information/health-pei/colville-manor">www.princeedwardisland.ca/en/information/health-pei/colville-manor</a> Monday and Thursday 8 am – 4 pm
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## Summerside

<b>Chapman Centre</b> Summerset Manor 15 Frank Mellish St.	<b>902-888-8440</b> <a href="http://www.princeedwardisland.ca/en/information/health-pei/summerset-manor">www.princeedwardisland.ca/en/information/health-pei/summerset-manor</a> Tuesday – Saturday 8 am – 4 pm
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## St. Peters

<b>Stay-A-While Day Program</b> St. Peters Circle Club 1917 Cardigan Road	<b>902-687-7096</b> <a href="http://www.princeedwardisland.ca/en/information/health-pei/adult-day-programs">www.princeedwardisland.ca/en/information/health-pei/adult-day-programs</a> Wednesday 8 am – 4 pm
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## PEI HOME CARE

In-home day respite programs are also offered to individuals that would prefer in-home care. Please contact your local Home Care office ([www.healthpei.ca/homecare](http://www.healthpei.ca/homecare)) for assessment and potential placement into one of the following in-home respite programs. A [homecare referral](#) form will need to be completed.

## Charlottetown

<b>PEI Home Care Program</b> Provides in-home respite care and varied health, social and community support services. Hillsborough Hospital, 115 Murchison Lane	<b>902-368-4790</b> <a href="http://www.princeedwardisland.ca/en/information/health-pei/home-care-program">www.princeedwardisland.ca/en/information/health-pei/home-care-program</a>
<b>PEI Provincial Home Care Director</b> 16 Garfield Street	<b>902-368-6130</b>

## Hunter River

<b>Rosewood Residence Program</b> 4260 Hopedale Road	<b>902-964-2436</b>
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<b>Note:</b> Various kinds of respite available. Ask for Tina when you call.	<a href="https://rosewoodresidedcedotca.wordpress.com/">https://rosewoodresidedcedotca.wordpress.com/</a>
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**Montague**

<b>PEI Home Care Program</b> 6 Harmony Lane	<b>902-838-0786</b>
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**O’Leary**

<b>PEI Home Care Program</b> Community Hospital 14 MacKinnon Drive	<b>902-859-8730</b>
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**Souris**

<b>PEI Home Care Program</b> Souris Hospital 17 Knights Lane	<b>902-687-7096</b>
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**Summerside**

<b>PEI Home Care Program</b> Wedgewood Manor 310 Brophy Avenue	<b>902-888-8440</b>
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**Note:** Community Care facilities (See [Section 6, pg. 20](#)) provide respite care if they have any openings. However, access to these programs is based on receiving a level 3 assessment by your local Home Care office.

## PRIVATE IN-HOME RESPITE

### Charlottetown

<b>Bayshore Home Health</b> 8 Mount Edward Road	<b>902-892-7355</b> or <b>1-866-892-7355</b> <a href="http://www.bayshore.ca">www.bayshore.ca</a>
<b>Home Instead Senior Care</b> 4D Walker Drive	<b>902-367-3868</b> or <b>1-866-573-8787</b> <a href="http://www.homeinstead.ca">www.homeinstead.ca</a>
<b>Private Help</b> (Advertisements in Newspapers, etc.)	<ul style="list-style-type: none"><li>- Interview several people.</li><li>- Identify &amp; agree on hours of work and rate of pay.</li><li>- Be Informed.</li><li>- Ask Questions</li><li>- Proceed only when you are comfortable.</li></ul>

## **SECTION 6: COMMUNITY & LONG-TERM CARE FACILITIES**

### **What is Long-Term Care?**

A facility that provides 24-hour nursing care and supervision to those who have been assessed as needing to live in a place with 24-hour access to nursing staff. Half of the long-term care homes in PEI are public and the remainder are privately-owned. Privately-owned homes must be licensed to operate.

### **What is community care?**

A community care facility is a private or cooperative facility that provides accommodation, meals, housekeeping, assistance, and supervision with daily activities and with personal care. 24-hour nursing is not provided. The cost of accommodation is the resident's responsibility – though financial assistance may be available on a limited basis in certain cases. Must be licensed to operate.

### **What are dual facilities?**

Facilities that are licensed to provide both community care and nursing care in the same facility. Can be helpful for spouses who require different levels of care but wish to stay in the same place.

### **What to do when considering long-term care placement?**

When considering placement, it is important to visit homes to observe the environment and meet the staff. The caring personalities of the staff should be among the most important considerations when making your choice.

The following are the Home Care numbers for each region. The Home Care Office will arrange a health assessment and an assessment of financial resources. These assessments will determine

the individual's eligibility for long-term care or community care placement.

### HOME CARE OFFICES

Charlottetown	<b>902-368-4790</b>
Montague	<b>902-838-0786</b>
O'Leary	<b>902-859-8730</b>
Souris	<b>902-687-7096</b>
Summerside	<b>902-888-8440</b>

**Please Note:**

The placement assessment will involve a determination of your financial resources. For more information, please see page 66.

### LONG-TERM CARE FINANCIAL ASSISTANCE

Long-Term Care Subsidization Office Fact sheets concerning long term nursing care can also be found at: <a href="http://www.healthpei.ca/longtermcare">www.healthpei.ca/longtermcare</a>	<b>1-888-365-5313</b>
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### GOVERNMENT LONG-TERM CARE HOMES (Alphabetical by community)

<b>Alberton</b> Maplewood Manor 405 Church Street	<b>902-853-8610</b> <a href="http://www.princeedwardisland.ca/en/information/health-pei/maplewood-manor">www.princeedwardisland.ca/en/information/health-pei/maplewood-manor</a>
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<p><b>Charlottetown</b> Beachgrove Home 200 Beach Grove Road</p>	<p><b>902-368-6750</b> <a href="http://www.princeedwardisland.ca/en/information/health-pei/beach-grove-home">www.princeedwardisland.ca/en/information/health-pei/beach-grove-home</a></p>
<p><b>Charlottetown</b> Prince Edward Home 75 Maypoint Road</p>	<p><b>902-368-4607</b> <a href="http://www.princeedwardisland.ca/en/information/health-pei/prince-edward-home">www.princeedwardisland.ca/en/information/health-pei/prince-edward-home</a></p>
<p><b>Charlottetown</b> Beach Grove Home 200 Beach Grove Road</p>	<p><b>902-368-6750</b> <a href="http://www.princeedwardisland.ca/en/information/health-pei/beach-grove-home">www.princeedwardisland.ca/en/information/health-pei/beach-grove-home</a></p>
<p><b>Montague</b> Riverview Manor 14 Rosedale Road</p>	<p><b>902-838-0772</b> <a href="http://www.princeedwardisland.ca/en/information/health-pei/riverview-manor">www.princeedwardisland.ca/en/information/health-pei/riverview-manor</a></p>
<p><b>O’Leary</b> Margaret Stewart Ellis Home</p>	<p><b>902-859-8750</b> <a href="http://www.princeedwardisland.ca/en/information/health-pei/margaret-stewart-ellis-home">www.princeedwardisland.ca/en/information/health-pei/margaret-stewart-ellis-home</a></p>
<p><b>Souris</b> Colville Manor 20 MacPhee Avenue</p>	<p><b>902-687-7090</b> <a href="http://www.princeedwardisland.ca/en/information/health-pei/colville-manor">www.princeedwardisland.ca/en/information/health-pei/colville-manor</a></p>

<b>Summerside</b> Summerset Manor 15 Frank Mellish Street	<b>902-888-8310</b> <a href="http://www.princeedwardisland.ca/en/information/health-pei/summerset-manor">www.princeedwardisland.ca/en/information/health-pei/summerset-manor</a>
<b>Summerside</b> Wedgewood Manor 310 Brophy Avenue	<b>902-888-8340</b> <a href="http://www.princeedwardisland.ca/en/information/health-pei/wedgewood-manor">www.princeedwardisland.ca/en/information/health-pei/wedgewood-manor</a>
<b>Tyne Valley</b> Stewart Memorial Home 18 Bideford Road	<b>902-831-7900</b> <a href="http://www.princeedwardisland.ca/en/information/health-pei/stewart-memorial-home">www.princeedwardisland.ca/en/information/health-pei/stewart-memorial-home</a>

## PRIVATE LONG-TERM CARE HOMES (Alphabetical by community)

### Belfast

<b>John Gillis Memorial Lodge</b> 3134 Garfield Rd.	<b>902-659-2337</b> <a href="http://www.gillislodge.ca">www.gillislodge.ca</a>
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### Charlottetown

<b>Atlantic Baptist Home:</b> <b>Centennial Court</b> 16 Centennial Drive	<b>506-858-7870</b> <a href="http://atlanticbaptisthousing.com/our-communities/centennial-court-nursing-home">atlanticbaptisthousing.com/our-communities/centennial-court-nursing-home</a>
<b>Garden Home</b> 310 North River Road	<b>902-892-4131</b> <a href="http://peiseniorshomes.com/garden-home/">peiseniorshomes.com/garden-home/</a>



<b>MacMillan Lodge</b> 215 Sydney Street	<b>902-894-7173</b>
<b>Park West Lodge</b> 22 Richmond Street	<b>902-566-2260</b> <a href="http://andrewsseniorcare.com/park-west/">andrewsseniorcare.com/park-west/</a>
<b>Whisperwood Villa</b> 160 St. Peters Road	<b>902-566-5556</b> <a href="http://peiseniorshomes.com/whisperwood-villa/">peiseniorshomes.com/whisperwood-villa/</a>
<b>The Mount Continuing Care Community</b> 141 Mount Edward Road	<b>902-370-8888</b> <a href="http://www.themountcommunity.ca/">www.themountcommunity.ca/</a>

### Clinton/Kensington

<b>Clinton View Lodge</b> 30 Clinton View Ct	<b>902-886-2276</b> <a href="http://macleodcares.com/facility/kensington/">macleodcares.com/facility/kensington/</a>
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### Crapaud

<b>South Shore Villa</b> 159 Sherwood Forest Drive	<b>902-658-2228</b> <a href="https://macleodcares.com/facility/crapaud/">https://macleodcares.com/facility/crapaud/</a>
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## COMMUNITY CARE FACILITIES (Alphabetical by community)

### Alberton

<b>Rev. W.J. Phillips Residence</b> 120 Dufferin St	<b>902-853-3109</b> <a href="http://www.revwjphillipsresidence.ca/home.html">http://www.revwjphillipsresidence.ca/home.html</a>
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## Belfast

<b>Dr. John Gillis Memorial Lodge*</b> 3134 Garfield Rd	<b>902-659-2337</b> <a href="https://www.gillislodge.ca">https://www.gillislodge.ca</a>
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## Charlottetown

<b>Andrew's Lodge</b> 73 Malpeque Road	<b>902-368-2790</b> <a href="https://andrewsseniorcare.com/charlottetown/">https://andrewsseniorcare.com/charlottetown/</a>
<b>Andrews Park West Lodge*</b> 22 Richmond Street	<b>902-566-2260</b> <a href="https://andrewsseniorcare.com/park-west/">https://andrewsseniorcare.com/park-west/</a>
<b>Champion Lodge</b> 48 Green St	<b>902-894-8968</b>
<b>Charlotte Residence</b> 39 All Souls Ln	<b>902-894-8134</b>
<b>Corrigan Home</b> 22 Hemlock Court	<b>902-894-9686</b>
<b>Emerson Lodge</b> 36 Kent St.	<b>902-892-0791</b> <a href="http://emersonlodge.com/index.htm">emersonlodge.com/index.htm</a>
<b>Geneva Villa</b> 78 Walthen Drive	<b>902-628-6642</b> <a href="http://www.genevavilla.com">www.genevavilla.com</a>
<b>Grafton House Community Care</b> 37 Grafton St	<b>902-367-2875</b>
<b>Langille House</b> 214 Kent Street	<b>902-628-8228</b> <a href="http://langillehouse.ca/">http://langillehouse.ca/</a>
<b>McQuaid Lodge</b>	<b>902-892-0791</b>

36 Kent Street	
<b>The Mount Continuing Care Home*</b> 141 Mt Edward Rd	<b>902-370-8888</b> <a href="http://www.themountcommunity.ca/">www.themountcommunity.ca/</a>
<b>Old Rose Lodge</b> 319 Queen St	<b>902-368-8313</b>
<b>Smith Lodge</b> 35 Weymouth St	<b>902-892-4220</b>
<b>Stamper Residence</b> 9 Fitzroy St	<b>902-894-3815</b> <a href="http://www.seniorcareaccess.com/residence/4843/">www.seniorcareaccess.com/residence/4843/</a>
<b>Tenderwood Lodge</b> 15 Hawthorne Ave	<b>902-566-5174</b>
<b>Valley House</b> 92 Longworth Ave	<b>902-628-8268</b> <a href="http://valleyhouse.ca/">valleyhouse.ca/</a>
<b>Whisperwood Villa*</b> 160 St. Peters Rd	<b>902-566-5556</b> <a href="http://peiseniorshomes.com/whisperwood-villa/">peiseniorshomes.com/whisperwood-villa/</a>

## Clinton

<b>Clinton View Lodge*</b> 30 Clinton View Ct	<b>902-886-2276</b> <a href="http://macleodcares.com/facility/kensington/">macleodcares.com/facility/kensington/</a>
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## Clyde River

<b>Burnside Community Care</b> 902-675-2393	<b>902-675-2393</b>
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[burnsidecommunitycare.com/](http://burnsidecommunitycare.com/)

## Crapaud

**South Shore Villa**  
159 Sherwood Forest Drive

**902-658-2228**  
[macleodcares.com/facility/crapaud/](http://macleodcares.com/facility/crapaud/)

## Hunter River

**Rosewood Residence Program**  
4260 Hopedale Road

**902-964-2436**  
[rosewoodresidencedotca.wordpress.com/](http://rosewoodresidencedotca.wordpress.com/)

## Kensington

**Kensington Community Care Home**  
25 Broadway St S

**902-836-3019**

**The Mews**  
12080 Margate Rd

**902-836-4678**

## Miscouche

**Miscouche Villa**  
20 Lady Slipper Dr N

**902-436-1946**  
[www.facebook.com/themiscouchevilla/](http://www.facebook.com/themiscouchevilla/)

## Montague

<b>MacKinnon Pines</b> 505 Campbellton St	<b>902-838-2656</b> <a href="https://www.facebook.com/pages/category/Senior-Center/MacKinnon-Pines-Lodge-1508114632633494/">www.facebook.com/pages/category/Senior-Center/MacKinnon-Pines-Lodge-1508114632633494/</a>
<b>Perrin's Marina Villa</b> 115 Sackville St	<b>1-866-628-2257</b> <a href="http://www.perrinsmarinavilla.com/">www.perrinsmarinavilla.com/</a>

### O'Leary

<b>Lady Slipper Villa</b> 490 Main Street	<b>902-859-3544</b> <a href="https://peiseniorshomes.com/lady-slipper-villa/">https://peiseniorshomes.com/lady-slipper-villa/</a>
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### Sherwood

<b>Corrigan Home</b> 22 Hemlock Ct	<b>902-894-9686</b> <a href="http://peicommunitycare.ca/facilities/corrigan-home/">peicommunitycare.ca/facilities/corrigan-home/</a>
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### Souris

<b>Bayview Lodge</b> 22 Washington St	<b>902-687-3122</b>
<b>WoodLand Home</b>	<b>902-687-3315</b>

### Stratford

<b>Andrews of Stratford</b> 355 Shakespeare Drive	<b>902-367-4100</b> <a href="http://andrewsseniorcare.com/stratford/">andrewsseniorcare.com/stratford/</a>
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## Summerside

<b>Andrews Lodge</b> 317 Pope Road	<b>902-436-0859</b> <a href="https://andrewsseniorcare.com/summerside/">https://andrewsseniorcare.com/summerside/</a>
<b>MacDonald Community Care Home</b> 197 Cambridge St	<b>902-436-7359</b>
<b>Andrew's of Parkhill</b> 216 Schurman Ave	<b>902-894-5896</b> <a href="https://andrewsseniorcare.com/parkhill/">https://andrewsseniorcare.com/parkhill/</a>

## Tignish

<b>Seniors Home Care Cooperative</b> 116 Macleod Ln	<b>902-882-4663</b> <a href="http://peicommunitycare.ca/facilities/tignish-seniors-home-care-co-operative-ltd/">peicommunitycare.ca/facilities/tignish-seniors-home-care-co-operative-ltd/</a>
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## Wellington

<b>La Cooperative Le Chez Nous Ltee.</b> 64 Sunset Dr	<b>902-854-3426</b> <a href="http://peicommunitycare.ca/facilities/la-cooperative-de-chez-nous-ltee/">peicommunitycare.ca/facilities/la-cooperative-de-chez-nous-ltee/</a>
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\*provide both community care and nursing care (Dual Facilities)

## **SECTION 7: PHYSICIANS, WALK-IN CLINICS, HOSPITALS**

### **HealthPEI's 811 Service ([www.healthpei.ca/811](http://www.healthpei.ca/811))**

811 (hearing-impaired individuals may access this service by dialing 711 which is TTY), provides Islanders with reliable, easy access to health care information from a trusted source. With the 811 service, Registered Nurses (RN's) will help you navigate the health system, seek the appropriate type of care, and give you the advice and information you need.

### **HOSPITALS (Alphabetical by community)**

<b>Alberton - Western Hospital</b> Switchboard & Emergency Room	<b>902-853-8650</b>
<b>Charlottetown - Hillsborough</b>	<b>902-368-5400</b>
<b>Charlottetown - QEH</b> Switchboard Emergency Room	<b>902-894-2111</b> <b>902-894-2200</b>
<b>Montague - Kings County Memorial</b>	<b>902-838-0777</b>
<b>O'Leary - O'Leary Community Hospital</b>	<b>902-859-8700</b>
<b>Souris - Souris Hospital</b>	<b>902-687-7150</b>
<b>Summerside - Prince County</b> Switchboard Emergency Room	<b>902-438-4200</b> <b>902-438-4310</b>

**Note:** If you are unsure whether or not an individual with dementia needs to visit the ER, call the Alzheimer Society at **902-628-2257**.

## FLU VACCINATIONS

**Call to book appointments with Public Health:**

Charlottetown	<b>902-368-4530</b>
East Prince	<b>902-888-8160</b>
Montague	<b>902-838-0762</b>
Souris	<b>902-687-7049</b>
West Prince	<b>902-368-4530</b>

For further inquiries, contact your local Health Centre:

### **HEALTH CENTRES (Alphabetical by community)**

Health Centres ([www.healthpei.ca/healthcentres](http://www.healthpei.ca/healthcentres)) consist of teams of physicians, nurse practitioners, nurses, licensed practical nurses, and diabetes educators.

Alberton Health Services – Western Hospital	<b>902-853-8650</b>
Charlottetown - Four Neighbourhoods (Diabetes Care Only)	<b>902-569-7772</b>
Cornwall Medical Centre	<b>902-566-2117</b>
Hunter River - Central Queens	<b>902-621-3050</b>
Kensington Health Care	<b>902-836-0180</b>
Montague	<b>902-838-0830</b>
O’Leary Health Centre	<b>902-859-3929</b>
O’Leary - West Prince Family Health Clinic	<b>902-701-4455</b>



Rustico - Gulf Shore	<b>902-963-7835</b>
Souris - Eastern Kings	<b>902-687-7033</b>
Summerside - Harbourside	<b>902-432-2600</b>
Tyne Valley	<b>902-831-5800</b>
Wellington - Evangeline	<b>902-854-7259</b>

### INDIGENOUS HEALTH AND WELLNESS CENTRES

Abegweit First Nation Mi'kmaq Wellness Centre	<b>902-676-3007</b>
Lennox Island Health Centre	<b>902-831-2711</b>
Mi'kmaq Family Resource Centre	<b>902-892-0928</b>

### WALK IN CLINICS (Alphabetical by community)

Skip the Waiting Room (<https://skipthewaitingroom.com>) allows clients to register for walk-in clinics online beforehand to reduce waiting time.

#### Charlottetown

<b>Downtown Walk-in Clinic</b> 220 Water Street  Registration begins 1 hour prior to opening hours	<b>902-367-4444</b> <a href="http://www.bpchealth.ca/">http://www.bpchealth.ca/</a> Monday to Wednesday: 9 am – 12 pm 1 pm – 4 pm Thursday: 9 am – 12 pm 1 pm – 3 pm
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Hours vary. Call ahead to confirm	
<b>Charlottetown Walk-in Clinic</b> Parkdale Medical Centre, 22 St. Peters Road  <b>Parkdale Medical Centre</b> <b>Murphy's Parkdale Pharmacy</b> 20 St. Peter's Road	<b>902-892-2111</b> <a href="https://murphyspharmacies.com/walk-in-clinics/">https://murphyspharmacies.com/walk-in-clinics/</a>  Hours vary. Call ahead to confirm hours.
<b>Sherwood Walk-in Clinic/Medical Centre</b>  15 Brackley Point Road	<b>902-628-8900</b> sherwooddrugmart.ca/clinics.php Monday to Saturday: 10 am – 12 pm Sunday: 1 pm – 3 pm

### Crapaud

<b>South Shore Health and Wellness Centre</b> 20557 Trans Canada Hwy  Hours vary. Call ahead to confirm.	<b>902-658-2212</b> <a href="https://www.facebook.com/SSHealthWellnessInc/">https://www.facebook.com/SSHealthWellnessInc/</a> Monday: 9 am – 12 pm Wednesday: 10 am – 12 pm
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### Hunter River

<b>Central Queens Health Centre</b> 4276 Hopedale Road	<b>902-621-3050</b> Hours vary. Call ahead to confirm hours.
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### Morell

<b>Morell Fire Hall</b> 15 Park Street	<b>902-620-3260</b> Wednesday: 9am- 12pm
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### O'Leary

<b>O'Leary Health Centre</b> 15 MacKinnon Drive (adjacent to hospital)	<b>902-859-3929</b> Hours vary. Call ahead to confirm hours.
<b>West Prince Family Health Clinic</b> 536 Main Street (attached to Guardian Drugs)	<b>902-701-4455</b> <b>Call ahead to confirm hours.</b>

### Souris

<b>Eastern Kings Health Centre</b> 7 Green Street	<b>902-687-7033</b> Call ahead to confirm hours.
<b>Seaside Medical Center</b> 51 Main Street	<b>902-687-4567</b> Call ahead to confirm hours.

### Stratford

<b>Stratford Walk-in Clinic</b> Stratford Medical Centre 13 Stratford Road (above pharmacy)	<b>902-892-2111</b> <a href="https://murphyspharmacies.com/walk-in-clinics/">https://murphyspharmacies.com/walk-in-clinics/</a> Call ahead to confirm hours.
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## Summerside

<b>Central Street Walk-in Clinic</b> Central Street Medical Centre 434 Central Street	<b>902-724-3210</b> <a href="https://murphyspharmacies.com/walk-in-clinics/">https://murphyspharmacies.com/walk-in-clinics/</a> Call ahead to confirm hours.
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## PUBLIC HEALTH NURSING (Alphabetical by community)

Charlottetown	<b>902-368-4530</b>
Wellington/Tyne Valley	<b>902-854-7259</b>
Kensington	<b>902-888-8160</b>
Montague	<b>902-838-0762</b>
O'Leary	<b>902-859-8720</b>
Souris	<b>902-687-7049</b>
Summerside	<b>902-888-8160</b>
Tignish	<b>902-882-7366</b>

## GENERAL PRACTITIONERS

### Queens County

Mailing Address	General Practitioner:	Phone/ Fax:

591 North River Road Charlottetown PE, C1E 1J7	Dr. W. Stirling Keizer	<b>902-566-6682</b>
220 Water Street Charlottetown PE, C1A 9M5	Dr. Lana Barkhouse	<b>902-620-2037</b>
	Dr. Stacy Champion	<b>902-367-403 0</b>
	Dr. Paul Cusack	<b>902-367-3704</b>
	Dr. Robert Kelley	<b>902-569-793 1</b>
	Dr. Christopher Kon Kam King	<b>902-368-7602</b>
	Dr. Jeff MacDougald	<b>902-368-2304</b>
	Dr. Kristi Newson	<b>902-367-370 5</b>
	Dr. Laura Heron	<b>902-368-7604</b>

	Dr. Adriana Veer	<b>902-628-6255</b>
	Dr. Andrew Wohlgemut	<b>902-367-3790</b>
	Walk-in Clinic	<b>902-367-4444</b>
PO Box 9 Hunter River, PE COA 1N0	Dr. Carl Friedrich	<b>902-621-3050</b>
	Dr. Paul Jewers	<b>902-621-3050</b>
Trans Canada Hwy, PO Box 100 Cornwall, PE COA 1H0	Dr. Padraig Casey	<b>902-566-2117</b>
PO Box 77 North Rustico, PE COA 1X0	Dr. Cian O'Morain	<b>902-963-7835</b>
24 Linden Ave, Suite 101 Charlottetown, PE C1A 5Y8	Dr. Christine Hoffman	<b>902-367-3285</b>

	Dr. Jason Thompson	<b>902-569-8660</b>
	Dr. Kenneth McCarthy	<b>902-367-3773</b>
	Dr. Gerald P. O’Hanley	<b>902-628-2020</b>
	Dr. J. Alfred Morais	<b>902-368-1991</b>
22 St Peters Rd, Charlottetown PE C1A 5N4	Dr. Keith Baglole	<b>902-894-6414</b>
	Dr. Jason Chan	<b>902-894-4785</b>
	Dr. George Saunders	<b>902-894-5271</b>
	Dr. Kris Saunders	<b>902-367-3650</b>
	Dr. Nicole Murphy	<b>902-894-5985</b>

28 Linden Avenue Charlottetown, PE C1A 5Y9	Dr. Peter Hooley	<b>902-628-6660</b>
	Dr. Mitchell Stewart	<b>902-368-1991</b>
418 Queen St. Suite 1 Charlottetown, PE C1A 4E7	Dr. Randy MacKinnon Tracey Norris (RN)	<b>902-566-1229</b>
	Dr. George Carruthers	<b>902-894-7087</b>
	Dr. Paul Corney	<b>902-629-8806</b>
15 Brackley Point Road Charlottetown, PE C1A 6Y1	Dr. Jennifer Ashby	<b>902-367-4474</b>
	Dr. M. Shannon Curtis	<b>902-367-3747</b>
	Dr. Ambrose Kennedy	<b>902-628-8266</b>
	Dr. Donald Neily	<b>902-894-2111</b>



	Dr. Edith Peacock	<b>902-367-4025</b>
	Dr. David Reid	<b>902-566-9730</b>
	Dr. Dawn Shea	<b>902-566-4448</b>
	Dr. Billy Scantlebury	<b>902-892-9881</b>
	Dr. Garth Slysz	<b>902-566-4734</b>
	Dr. Jenni Zelin	<b>902-628-3800</b>
	Dr. Megan Armstrong	<b>902-628-8910</b>
	Dr. Angela MacLaren	<b>902-628-8266</b>
	Dr. Jaclyn O'Brien	<b>902-628-2009</b>

	Dr. Laura O'Connor	<b>902-628-8907</b>
199 Grafton Street Charlottetown, PE C1A 1L2	Dr. Raymond Cooke	<b>902-629-8844</b>
	Dr. Rachel Kassner	<b>902-629-8842</b>
	Dr. David MacKenzie	<b>902-629-8841</b>
	Dr. Douglas Tweel	<b>902-629-8843</b>
	Dr. A. Christine Veale	<b>902-629-8818</b>

### Prince County

<b>Clinic:</b>	<b>Mailing Address:</b>	<b>General Practitioner:</b>	<b>Phone/ Fax:</b>
	500 Granville Street Summerside, PE C1N 5Y1	Dr. Jonathan Sharpe	<b>902-436-7210</b>
		Dr. Trina Stewart	<b>902-888-2213</b>
		Dr. Tyler McDonell	<b>902-436-1283</b>

	54 Central Street Summerside, PE C1N 3L1	Dr. Harold Molyneaux	<b>902-436-7207</b>
	P. O. Box 399 Alberton, PE COB 1B0	Dr. Philip Hansen	<b>902-853-3309</b>
Bedeque Clinic	1272 Callbeck Street P.O. Box 4005 Bedeque, PE COB 1CO	Dr. Lloyd Molyneaux	<b>902-887-2119</b>
Harbourside Family Health Centre	243 Harbour Drive Summerside, PE C1N 5R1	Dr. Ishtiaq Muhammad	<b>902-432-2600</b>
		Dr. Paul Kelly	<b>902-432-2600</b>
		Dr. Matthew Kutcher	<b>902-432-2600</b>
		Dr. Richard Wedge	<b>902-432-2647</b>
		Dr. Andre Celliers	<b>902-432-4518</b>
		Dr. Nadine Arsenault-Samson	<b>902-432-8181</b>
	107-516 MacEwen Raod Summerside, PE C1N 3N9	Dr. Heather Austin	<b>902-724-3425</b>
		Dr. Julie Johnston	<b>902-724-3422</b>
Hove Family Physician Clinic	P.O. Box 99, 555 Main Street Alberton, PE COB 1B0	Dr. Eunice Hove	<b>902-231-3100</b>
		Dr. Lindani Hove	<b>902-231-3100</b>

	434 Central Street Summerside, PE C1N 3N7	Dr. Paul Phelan	<b>902-724-4300</b>
		Dr. Hala Alsalih	<b>902-859-3929</b>
	535 Granville Street, Summerside PE C1N 6N4	Dr. Syed Naqvi	<b>902-724-3210</b>
	PO Box 160 Kensington PEI COB 1M0	Dr. Peter MacKean	<b>902-836-0180</b>
		Dr. P. Christine MacNearney	<b>902-836-0180</b>
		Dr. Helga Reisch	<b>902-836-0180</b>
O'Leary Health Centre	P.O. Box 550 O'Leary, PE COB 1V0	Dr. Adnan Bajelan	<b>902-859-3929</b>
		Dr. W. Roy Montgomery	<b>902-831-5800</b>
Summerside Medical Centre	475 Granville Street North Summerside, PE C1N 3N9	Dr. J.Roland Chiasson	<b>902-432-8181</b>
		Dr. John Morash	<b>902-432-8181</b>
		Dr. Frank Estey	<b>902-432-8181</b>
		Dr. Harold McRae	<b>902-432-8181</b>
		Dr. Cyril Moyse	<b>902-432-8181</b>
		Dr. Steven O'Neil	<b>902-432-8181</b>

		Dr. Ronald Nicholson	<b>902-432-8181</b>
		Dr. Monica McNeill	<b>902-432-8181</b>
		Dr. Donald Vickerson	<b>902-436-0968</b>
West Prince Family Health Clinic	536 Main Street P.O. Box 637 O'Leary, PE COB 1VO	Dr. Gil Grimes	<b>902-701-4455 Ext. 4</b>  <b>1-888-275-5356</b>

### **Kings County**

<b>Clinic:</b>	<b>Mailing Address:</b>	<b>General Practitioner:</b>	<b>Phone/ Fax:</b>
King's County Medical Centre	PO Box 817 Queen's Road Montague, PE COA 1R0	Dr. J. David Hambly	<b>902-838-3680</b>
		Dr. Geraldine Johnston	<b>902-838-4672</b>
		Dr. W. Terrence Magennis	<b>902-838-4673</b>
Montague Family Medical	407 MacIntyre Avenue Montague, PE COA 1R0	Dr. Carl Bradley	<b>902-838-0830</b>
		Dr. Andrew MacLeod	<b>902-838-0830</b>
		Dr. Nicole Fancy	<b>902-838-0830</b>
		Dr. Bernard Holland	<b>902-838-0830</b>
		Dr. D. Scott Campbell	<b>902-838-0830</b>
		Dr. Thor Christensen	<b>902-838-0830</b>
		Dr. Penny Thomson	<b>902-838-0830</b>

Seaside Medical Center	PO Box 490 Souris, PE COA 2B0	Dr. Paul Berrow	<b>902-687-4567</b>
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### VETERANS AFFAIRS PRACTITIONERS

<b>Doctor</b>	<b>Department</b>	<b>Mailing Address</b>	<b>Phone / Fax</b>
Dr. Margaret Boswall	Veterans Affairs Canada	PO Box 7700 Charlottetown PE, C1A 8M9	<b>902-566-8888</b>
Dr. Barry Clark	Veterans Affairs Canada	PO Box 7700 Charlottetown PE, C1A 8M9	<b>902-566-8888</b>
Dr. Shelly Molyneaux	Veterans Affairs Canada	PO Box 7700 Charlottetown PE, C1A 8M9	<b>902-566-8888</b>
Dr. G. Marie O'Hanley	Veterans Affairs Canada	PO Box 7700 Charlottetown PE, C1A 8M9	<b>902-566-8888</b>
Dr. Suzanne O'Hanley	Veterans Affairs Canada	PO Box 7700 Charlottetown PE, C1A 8M9	<b>902-566-8888</b>
Dr. James Thompson	Veterans Affairs Canada	PO Box 7700 Charlottetown PE, C1A 8M9	<b>902-566-8888</b>

## PROVINCIAL GERIATRICIANS

### Provincial Geriatric Program, Health PEI

The provincial geriatric program provides individualized geriatric assessment to older adults with complex diagnostic care and support needs. The program responds to referrals from physicians requesting specialized assessment of their patients who may be experiencing difficulties in areas such as memory, mobility and gait, daily function (ie bathing, cooking, dressing etc.), depression, and medication management.

The program staff includes geriatricians, a nurse practitioner, a geriatric nurse specialist, and administrative support. The program uses a team approach to provide support to patients, families, care partners, physicians, home care, rehabilitative services, and others dealing with health issues of the frail elderly. Assessment is provided in office, institutional, community, and home settings as needed across PEI. Education and information to care partners, staff, and community groups is also an integral component of the service.

<b>Geriatrician:</b>	<b>Clinic:</b>	<b>Mailing Address:</b>	<b>Phone/Fax:</b>
Dr. Timothy Stultz	Harbourside Health Centre	243 Harbourside Drive Summerside, PE C1N 5R1	<b>902-432-2860</b>
Dr. Huy Nguyen	Sherwood Medical Centre	15 Brackley Point Road Charlottetown, PE C1A 6Y1	<b>902-367-4474</b>

Dr. Martha Carmichael	Harbourside Health Centre	243 Harbourside Drive Summerside, PE C1N 5R1	<b>902-432-2860</b>
Elaine Campbell, RN MN GNC(C), Provincial Geriatric Program Coordinator	Harbourside Health Centre	243 Heather Moyse Drive, Summerside, PE C1N 5R1	<b>902-432-2860</b>

### PALLIATIVE CARE

<b>Palliative Care:</b>	<b>Clinic:</b>	<b>Mailing Address:</b>	<b>Phone/Fax:</b>
Dr. Mireille Lecours	Provincial Palliative Care Program	93 Murchison Road Charlottetown, PE C1A 0G3	<b>902-368-4781</b>

### NEUROLOGISTS

<b>Neurologist:</b>	<b>Clinic:</b>	<b>Mailing Address:</b>	<b>Phone / Fax:</b>
Dr. David Silverberg	The Polyclinic	199 Grafton Street Suite 407 Charlottetown, PE C1A 1L2	<b>902-629-8852</b>
Dr. Tiffany Townsend	The Polyclinic	199 Grafton Street Suite 407 Charlottetown, PE C1A 1L2	<b>902-629-8806</b>



Dr. Heather Williams	The Polyclinic	199 Grafton Street Suite 407 Charlottetown, PE C1A 1L2	<b>902-629-8872</b>
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## **SECTION 8: SPECIALIZED HEALTHCARE SERVICES**

### **SPEECH LANGUAGE PATHOLOGY/AUDIOLOGY**

Visit [www.peispeechhearing.ca/public](http://www.peispeechhearing.ca/public) for additional information about speech therapy services across PEI.

Health PEI - Audiology Public Services	<b>902-368-5807</b>
O’Leary – Speech Services	<b>902-859-8720</b>
Wellington – Speech Services	<b>902-854-7259</b>
Summerside – Speech Services	<b>902-888-8160</b>
Charlottetown – Speech Services	<b>902-368-4440</b>
Queen Elizabeth Hospital – Speech Services	<b>902-894-2099</b>
Montague – Speech Services	<b>902-838-0762</b>
Souris – Speech Services	<b>902-687-7016</b>

### **HEARING AID SERVICES**

Beltone / Audio Consultants of PEI, Charlottetown <i>Monthly hearing clinic, hearing tests in-home, repairs, free hearing tests for seniors</i>	<b>902-894-8455</b>
Connect Hearing Summerside Connect Hearing Charlottetown	<b>902-432-8154</b> <b>902-892-6989</b>
Horizon Hearing Centre	<b>902-892-4327</b>
Charlottetown	<b>902-432-9152</b>
Summerside	<b>902-838-2279</b>
Montague	

PEI Hearing Consultants, Charlottetown	<b>902-629-8834</b>
PEI Audiology Incorporated, Charlottetown	<b>902-892-8060</b>
Campbell Hearing Inc., Charlottetown	<b>902-569-0101</b>

### VISION CARE

<b>Family Vision Centre</b> 111 Pownal, Charlottetown	<a href="http://www.familyvisioncentre.com">www.familyvisioncentre.com</a> <b>902-566-4418</b>
<b>Rusk JM Optometrists Inc.</b> 119 Kent, Charlottetown	<b>902-566-1663</b>
<b>Charlottetown Vision Care</b> 549 North River Road	<b>902-626-3937</b> <a href="http://www.charlottetownvisioncare.com/">http://www.charlottetownvisioncare.com/</a>
<b>Summerside Vision Clinic</b> 388 Central Street	<b>902-436-8549</b>
<b>Hickey Burke and Associates</b> 15 Ellis Road, Charlottetown	<b>902-368-3001</b> <a href="https://www.drshickeyburke.com/">https://www.drshickeyburke.com/</a>

<p><b>Williams Craig Dr. Optometrist Inc.</b>  505 Granville, Summerside  479 Church, Alberton</p>	<p><b>902-888-2108</b>  <b>902-853-3361</b></p>
<p><b>Belvedere Vision Centre</b>  5 Brackley Point Road  Charlottetown</p>	<p><b>902-566-2015</b></p>
<p><b>Dr. Kelly Bowes</b>  297 Church, Alberton  628B Water St E., Summerside</p>	<p><b>902-853-4516</b>  <b>902-436-3346</b></p>
<p><b>Hunter River Vision Clinic</b>  Rte 13, 4283 Hopedale Rd, Hunter River</p>	<p><b>902-964-2632</b></p>
<p><b>Island Optical &amp; Eyecare Ltd.</b>  207 Queen St, Charlottetown  In-home service provided upon request</p>	<p><b>902-892-1673</b>  <a href="https://www.islandopticalcare.com/">https://www.islandopticalcare.com/</a></p>
<p><b>Dr. LWL Jinks</b>  521 Main St, Montague</p>	<p><b>902-838-3338</b></p>
<p><b>PEIWEAR</b>  237 Water St, Summerside</p>	<p><b>902-888-2444</b>  <a href="http://www.peiwear.ca/">http://www.peiwear.ca/</a></p>

<p><b>Vogue Optical</b>  5 Brackley Point Road,  Charlottetown  134 Kent St., Charlottetown  505 Granville St., Summerside  521 Main St., Montague  479 Church St., Alberton</p>	<p><b>902-566-2020</b>   <b>902-628-2040</b>  <b>902-888-2020</b>  <b>902-838-2020</b>  <b>902-853-4040</b>  <a href="http://www.vogueoptical.com">www.vogueoptical.com</a></p>
<p><b>Matheson Eyewear</b>  6 Mt. Edward Rd, Charlottetown</p>	<p><b>902-892-2020</b>  <a href="http://www.mathesoneyewear.com">www.mathesoneyewear.com</a></p>
<p><b>Boyle's Optical</b>  85 Belvedere, Charlottetown</p>	<p><b>902-894-4346</b>  <a href="http://www.boylesoptical.com">www.boylesoptical.com</a></p>
<p><b>Eye Care Optical</b>  475 Granville St. County Fair Mall  Summerside</p>	<p><b>902-436-4505</b></p>
<p><b>CNIB (Visual Aids &amp; Products)</b>  342 Grafton St. Suite 201  Charlottetown</p>	<p><b>902-566-2580</b></p>
<p><b>Polyclinic Professional Centre</b>  199 Grafton, Charlottetown</p>	<p><b>902-629-8810</b></p>

## CANCER SCREENING PROGRAMS

Colorectal Cancer Screening Program	<b>1-888-561-2233</b>
Breast Cancer Screening	<b>1-888-592-9888</b>
Pap Screening	<b>902-368-5901 or 1-888-561-2233</b>

## DENTAL PUBLIC HEALTH

<p>Charlottetown</p> <p style="padding-left: 40px;">Sherwood Business Centre 161 St. Peter's Road Four Neighbourhoods Health Centre, 2<sup>nd</sup> Floor 152 St. Peter's Road</p>	<p><b>902-368-4918</b></p> <p><b>902-368-4920 or 1-866-368-5460</b></p>
<p>Summerside</p> <p style="padding-left: 40px;">Summerside Health Centre 205 Linden Avenue</p>	<p><b>902-888-8145</b></p>

## DENTURE SERVICES

<p>Creative Esthetics Dental Lab Charlottetown</p>	<p><b>902-566-5313 or 1-866-253-5313</b></p>
<p>Charlottetown Dental Clinic</p>	<p><b>902-566-1515</b></p>
<p>Gateway Dental</p>	<p><b>902-892-4444</b></p>
<p>Rhyno Denture Clinic Charlottetown</p>	<p><b>902-892-3253</b></p>

Summerside Denture Clinic	<b>902-436-3235</b>
Water Street Dental Clinic	<b>902-436-2737</b>
Accu-Bite Denture Clinics Montague Stratford	<b>902-838-2350</b> <b>902-569-5511</b>

### PEI NATURAL HEALTH SOCIETIES & ASSOCIATIONS

PEI Massage Therapy Association	<b>1-866-566-1955</b> <a href="http://www.peimta.com">www.peimta.com</a>
PEI Chiropractic Association	<b>902-894-4400</b> <a href="https://www.peichiropractic.ca/">https://www.peichiropractic.ca/</a>
PEI Association of Naturopathic Doctors	<b>902-894-3868</b> <a href="http://www.peiand.com/index.html">www.peiand.com/index.html</a>
Association of Registered Acupuncturists of PEI	<a href="http://www.acupuncturepei.com">www.acupuncturepei.com</a>
Canadian Physiotherapy Association, PEI Branch	<b>902-566-5212</b> <a href="https://physiotherapy.ca/prince-edward-island-physiotherapy-association">https://physiotherapy.ca/prince-edward-island-physiotherapy-association</a>
PEI Occupational Therapy Society	<b>902-892-1266</b> <a href="http://www.peiot.org">http://www.peiot.org</a>
Sports Centre Physiotherapy Will do in-home visits	<b>902-370-9355</b> <a href="http://www.sportscentrefysio.com">www.sportscentrefysio.com</a>

## MENTAL HEALTH RESOURCES

Seniors Mental Health Resource Teams are multi-disciplinary teams that provide specialized services to seniors experiencing complex mental health problems, as well as support to their families and/or caregivers. Teams are located Island-wide and include psychiatry, nurse practitioners, registered nurses, licensed practical nurses and social workers. However, teams may vary across sites. Seniors Mental Health Resource Teams provide office-based services, as well as community outreach to clients living at home and in community care housing. Contact your local Community Mental Health office for more information.

Alberton	<b>902-853-8670</b>
McGill (Charlottetown)	<b>902-368-4911</b>
Richmond Center (Charlottetown)	<b>902-368-4430</b>
Montague	<b>902-838-0960</b>
O’Leary	<b>902-859-8781</b>
Souris	<b>902-687-7110</b>
Summerside	<b>902-888-8180</b> <b>902-888-8380</b>
Mount Herbert	<b>902-368-4120</b> <b>1-888-299-8399</b>



## MENTAL HEALTH WALK-IN CLINICS

Mental health walk-in clinics offer immediate mental health support to help with anxiety, as well as life events causing stress and other mental health issues. No appointment or referral is required. You will be able to see a registered mental health therapist for 45-60 minutes. There is no cost for this service. The walk-in clinic therapist may also refer you to Community Mental Health or to programs such as the Strongest Families Program, ICAN Adult Anxiety Program or to the Behavioural Support Team.

<p><b>Montague</b>  <b>Community Mental Health, 126</b>  <b>Douses Road</b>          Thursday: 4 – 8 p.m.</p>	<p><b>902-838-0960</b></p>
<p><b>Charlottetown</b>  <b>Richmond Centre, 1 Rochford</b>  <b>Street</b>          Tuesday: 10 a.m. – 6 p.m.          Thursday: 10 a.m. – 6 p.m.          Friday: 12 – 4 p.m.</p> <p><b>McGill Centre, 55 McGill Avenue</b>          Saturday: 1 – 5 p.m.          Sunday: 1 – 5 p.m.</p>	<p><b>902-368-4430</b></p> <p><b>902-368-4911</b></p>
<p><b>Summerside</b>  <b>Prince County Hospital</b>  <b>65 Roy Boates Avenue</b>          Monday: 9 a.m. – 5 p.m.          Wednesday: 9 a.m. – 5 p.m.</p>	<p><b>902-888-8180</b></p>

<b>O'Leary</b> <b>O'Leary Health Centre, 14</b> <b>MacKinnon Drive (adjacent to</b> <b>Community Hospital)</b> <b>Wednesday: 9 a.m. – 3 p.m.</b>	<b>902-853-8670</b>
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### PROVINCIAL DIABETES PROGRAM

Charlottetown/Queens East	<b>902-368-4959</b>
Charlottetown/Queens West	<b>902-569-7562</b>
Souris & Montague	<b>902-838-0787</b>
O'Leary/ West Prince	<b>902-859-3929</b>
Summerside/ East Prince	<b>902-432-2600</b>
<b>Canadian Diabetes Association, PEI Branch</b>	<b>902-894-3005 or</b> <b>1-800-226-8464</b>

### HEALTH PEI COMMUNITY DIETITIAN SERVICES

Public can access this program through a referral from social workers, physicians, public health nurses and financial workers, or by contacting a dietitian directly. Clients usually see the dietitian in their office, but in-home visits can be arranged under special circumstances. The service is free to all clients.

<b>Souris Hospital</b> 17 Knights Avenue	<b>902-687-7051</b>
<b>Montague</b> 126 Douses Road	<b>902-838-0719</b>

<b>Charlottetown – Sherwood Business Centre</b> 161 St. Peters Road	<b>902-620-3916</b>
<b>Summerside</b> 205 Linden Avenue	<b>902-888-8160</b>
<b>O’Leary Community Hospital</b> 14 MacKinnon Drive	<b>902-859-8723</b>

### OTHER COMMUNITY MEAL/NUTRITION RESOURCES

<b>Real Meals</b> – deliver healthy meals to your door in chilled microwave-safe containers – all meals are \$5 (taxes and delivery included). Order by 5 pm previous day for delivery by noon the day requested.	<b>902-892-4527</b> <a href="http://www.realmeals.ca">www.realmeals.ca</a> Note: Will deliver to Summerside for at least 10 meals per order (frozen).
<b>Sobey’s Dietitians</b> Charlottetown Summerside	<b>902-566-4399</b> <b>902-436-5795</b>
<b>Meals on Wheels</b> Cost: \$4 Alberton Cornwall Kensington Souris	<a href="http://mealcall.org/canada/">http://mealcall.org/canada/</a> <b>902-853-2794</b> <b>902-892-4257</b> <b>902-887-2858</b> <b>902-357-2629</b>

<p><b>Comfort Food To Go</b> Cost: \$4-\$10</p>	<p><b>902-213-3663</b> <a href="https://comfort-food-to-go-by-janet.business.site/">https://comfort-food-to-go-by-janet.business.site/</a></p>
<p><b>Queen Elizabeth Hospital</b> Referral from physician required</p>	<p><b>902-894-2111</b> (switchboard)</p>
<p><b>Prince County Hospital, Summerside Outpatients Dietitian</b></p>	<p><b>902-432-2547</b></p>
<p><b>Murphy's Health Education Centre</b> includes pharmacy technicians, pharmacists, nurses, registered dietitians, &amp; home health care consultants.</p>	<p><b>902-892-1210</b></p>

## PHYSIOTHERAPY AND OCCUPATIONAL THERAPY

<p><b>The Snoezelen Room</b> is a therapeutic and recreational room beneficial to people with sensory, cognitive and physical disabilities. Kay Reynolds Centre, 30 Woodward Drive, Charlottetown</p>	<p><b>892-9149 ext 221</b> <a href="http://www.peicod.pe.ca/snoezelenroom.php">www.peicod.pe.ca/snoezelenroom.php</a> There is a small fee of \$6 for adults to book the room.</p>
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<b>Beechwood Physiotherapy</b> 446 Main St., O'Leary	<b>902-856-0152</b>
<b>The Physio Center</b> 125 Walker Avenue, Summerside	<b>902-436-5438</b> <a href="http://www.thephysiocenter.com/index.html">http://www.thephysiocenter.com/index.html</a>
<b>MacPherson Physiotherapy and Acupuncture, Summerside</b> 337 Central Street	<b>902-436-4364</b>
<b>Kensington Physiotherapy, Inc., Kensington</b> 55 Victoria Street East	<b>902-836-1021</b> <a href="https://www.kensingtonphysiotherapy.ca/">https://www.kensingtonphysiotherapy.ca/</a>
<b>Keep Moving Physiotherapy</b> 584 Main St., Cornwall	<b>902-370-2137</b> <a href="https://www.keepmovingphysio.com/">https://www.keepmovingphysio.com/</a>
<b>CBI Health Centre</b> Charlottetown-Linden Ave Charlottetown-Grafton St Montague Summerside	<a href="https://www.cbi.ca/home">https://www.cbi.ca/home</a> <b>902-566-5212</b> <b>902-370-5200</b> <b>902-838-4969</b> <b>902-724-3003</b>
<b>Charlottetown Physiotherapy</b> 28 Garfield St.	<b>902-566-2700</b> <a href="http://www.charlottetownphysio.ca/">http://www.charlottetownphysio.ca/</a>

<b>Balance Health Physio</b> 379 Queen St.	<b>902-370-3322</b> <a href="https://balancepei.ca/">https://balancepei.ca/</a>
<b>Body Works, Charlottetown</b> 1 Harbourside Access Rd.	<b>902-894-4400</b> <a href="https://bodyworkspei.ca/">https://bodyworkspei.ca/</a>
<b>Symmetrics Health</b> 143 Mt Edward Rd	<b>902-370-6683</b> <a href="https://symmetricshealth.ca/">https://symmetricshealth.ca/</a>
<b>Sports Centre Physiotherapy, Charlottetown</b> 153 Belvedere Avenue	<b>902-370-9355</b> <a href="https://www.sportscentrephysio.com/">https://www.sportscentrephysio.com/</a>
<b>Aspire Physiotherapy</b> 14 Kinlock Rd., Stratford	<b>902-628-1991</b> <a href="https://www.aspirephysio.ca/">https://www.aspirephysio.ca/</a>
<b>Reactive Health</b> Stratford Charlottetown Cornwall UPEI Summerside	<a href="http://reactivehealth.com/">http://reactivehealth.com/</a> <b>902-370-7322 ext.1</b> <b>902-370-7322 ext. 2</b> <b>902-370-7322 ext.3</b> <b>902-370-7322 ext.4</b> <b>902-436-2151</b>
<b>Physio East</b> Morell Montague	<b>902-739-3050</b> <b>902-361-3150</b> <a href="http://www.physioeast.ca/">http://www.physioeast.ca/</a>

## PHYSIO-THERAPY DEPARTMENTS (HOSPITALS)

Queen Elizabeth Hospital, Charlottetown	<b>902-894-2062</b>
Prince County Hospital, Summerside	<b>902-438-4480</b>
King's County Memorial Hospital, Montague	<b>902-838-0748</b>
Souris Hospital, Souris	<b>902-687-7150</b>
Western Hospital, Alberton	<b>902-853-8650</b>
Stewart Memorial, Tyne Valley	<b>902-831-7900</b>

### **OXYGEN THERAPY**

<b>VitalAire Healthcare</b> Kensington (by appointment only) Charlottetown Stratford	<b>1-877-362-2473</b> <b>902-894-3832</b> <b>902-894-3832</b>
<b>Island Respiratory Specialists</b> Charlottetown Summerside	<b>902-892-2828</b> <b>902-436-9633</b>
<b>Maritime Asthma &amp; Respiratory Care</b> ,North Milton	<b>902-626-3376</b>

## FOOT CARE CLINICS

The foot care providers listed are private practitioners. For information on times, locations, bookings and costs, call the contact person listed. Always ask the qualifications of your foot care provider. Estheticians are not nurses.

### Charlottetown Foot Care Clinics

<b>Family Foot Care Center – LPNs</b>	<b>902-569-8638</b>
<b>Island Wide Foot Care – LPN</b>	<b>902-393-5150</b>
<b>Maritime Foot Care (Murphy’s) – LPN</b>	<b>902-213-0666</b>
<b>Seniors Active Living Centre – RNs/LPNs</b>	<b>902-628-8388</b>
<b>Soothing Soles – Laura Vail, RN</b>	<b>902-620-1097</b>
<b>Medi+Feet – Jill Lamoureaux, LPN</b>	<b>902-213-4535</b>

### Foot Care Clinics Outside of Charlottetown

<b>Island Wide Foot Care (various locations)</b>	<b>902-393-5150</b>
<b>Summerside</b>	
Blossom Footcare	<b>902-724-2330</b>
Lawton’s Pharmacy	<b>902-436-2541</b>
Rosaleen Mahoney	<b>902-436-6135</b>
<b>Tignish- Emily’s Foot Care Clinic</b>	<b>902-960-0035</b>
<b>Montague- Family Foot Care Center – LPNs</b>	<b>902-569-8638</b>



<b>Kinkora- Kanata Club</b>	<b>902-394-7907</b>
<b>New Haven- Kingston Legion</b>	<b>902-394-7907</b>
<b>Hunter River- PharmaChoice Pharmacy</b>	<b>902-964-2218</b>
<b>Crapaud- Southshore Pharmacy</b>	<b>902-658-2212</b>

### Clinicians

<b>Pedorthist</b> John Hooper, Foot Health (Ch'town, PEI) <b>1-833-237-0358</b>
<b>Podiatrists</b> Dr. Brian Johnson <b>902-569-8637</b> Dr. Keith Bettles <b>902-892-7043</b> Dr. Philip Somerfield <b>1-866-865-8185 or 1-902-865-8185</b>

### Queens County Home Foot Care Providers

Arlene Mamy, RN	<b>902-892-6377</b>
<b>Bayshore Home Health,</b> Michelle McKearney, LPN	<b>902-393-5150</b>
Brenda Kennedy, LPN	<b>902-940-0957</b>
<b>Cairns and Neill Foot Care</b> Gwen Cairns, RN, BN Jean Neill, RN, BN	<b>902-314-3153</b> <b>902-626-6647</b>
Christina Currie, RN, BN	<b>902-393-8915</b>
Eileen Carroll, RN	<b>902-940-5567</b>

<b>Family Foot Care, LPNs</b>	<b>902-569-8638</b>
<b>Island Wide Foot Care,</b> Michelle McKearney, LPN	<b>902-393-5150</b>
<b>Jenny's Footcare,</b> Jenny Halliday, LPN	<b>902-218-9715</b>
Kim Stewart, LPN	<b>902-569-4258</b>
Marie McAulay, RN, BN	<b>902-393-2730</b>
<b>Maritime Foot Care, LPN</b>	<b>902-213-0666</b>
Mary Alice McKenna, LPN	<b>902-326-9454</b>
Nadine Paquet, LPN	<b>902-393-6271</b>
Neisha Fisher, RN	<b>902-628-7071</b>
Ruth Pickles, LPN	<b>902-218-4480</b>
<b>Soothing Soles,</b> Laura Vail, RN	<b>902-620-1097</b>

### **King's County Home Foot Care Providers**

Alda Swallow, RN	<b>902-583-3368</b>
Dianne Collins, RN	<b>902-838-2526</b>
Jill Lamoureux, LPN	<b>902-213-4535</b>
Mary Alice McKenna, LPN	<b>902-326-9454</b>
Montague Legion, RN	<b>902-838-2007</b>

### **Prince County Home Foot Care Providers**

Alison Carr, RN	<b>902-888-2404</b>
Dawn O'Brien, LPN	<b>902-436-1958</b>
<b>Island Wide Foot Care</b> Michelle McKearney, LPN	<b>902-393-5150</b>

### MUSIC THERAPY

Music therapy is the use of music by an accredited music therapist to promote, maintain, and restore mental, physical, emotional, and spiritual health. Please see the Canadian Association for Music Therapy (<https://www.musictherapy.ca/>) or Atlantic Music Therapy Association website([www.atlanticmusictherapy.ca/index.php](http://www.atlanticmusictherapy.ca/index.php)) for more information.

Music Therapist	Contact Information
<b>Katherine Lowings</b> , BMT, MTA <b>Hillary Abbott</b> , BMT <b>Daniel Bevan-Baker</b> , BMus, GDip, MA, MTA <b>Megan McIsaac</b> , MMT, NMT, MTA	902-894-3515 <a href="http://www.catholicfamilyservice.ca/">www.catholicfamilyservice.ca/</a>
<b>Shona Pottinger</b> BMT, MTA	902-393-3825 <a href="http://www.singingsandsmt.ca/index.html">http://www.singingsandsmt.ca/index.html</a>

## **SECTION 9: MEDICAL EQUIPMENT AND SUPPLIES**

*To purchase or rent medical supplies or equipment within your community, you can also contact your local pharmacy (see listings below).*

### **MEDICAL EQUIPMENT FOR PURCHASE**

<b>Harding Medical Supplies</b> 17 MacAleer Drive, Charlottetown	<b>902-628-1400</b> <b>1-800-263-1360</b> <a href="http://www.hardingmedical.com">www.hardingmedical.com</a>
<b>Island Orthotics</b> 199 Grafton, Charlottetown Braces, arch supports, orthopedic appliances, wheelchair service/repairs	<b>902-368-8385</b>
<b>Murphy's Home Health Care</b> 24 St. Peters Road, <b>Charlottetown</b> 56 Broadway St, <b>Kensington</b>	<b>902-628-1500</b> <b>902-836-3316</b>
<b>Lawtons Drug, Summerside</b>	<b>902-432-3565</b>
<b>Maritime Medical Supply, Montague</b>	<b>902-838-2964</b>
<b>The Medicine Shoppe, O'Leary</b>	<b>902-859-3800</b>

### **HOME EQUIPMENT LOAN (Alphabetical order)**

Short term loan of specialized equipment is available on a short term basis for a small fee. A referral from specific health care professionals is usually required.

Canadian Red Cross Health Equipment Loan Program (HELP)	<b>902-628-6262</b> <a href="http://www.redcross.ca/how-we-help/community-health-services-in-canada/health-equipment-loan-program">http://www.redcross.ca/how-we-help/community-health-services-in-canada/health-equipment-loan-program</a>
East Prince Equipment Pool	<b>902-888-8440</b>
Souris Home Equipment Loan Program (Souris Hospital)	<b>902-687-7150</b>
Stewart Memorial Hospital Foundation Equipment Loan Service, Tyne Valley Area	<b>902-831-7900</b>
West Prince Equipment Loan Cupboard (Western Hospital)	<b>902-859-8650</b>

### PHARMACIES (Alphabetical order)

<b>Alberton Pharmacy</b> Alberton, 483 Main St.	<b>902-853-2808</b>
<b>Atlantic Superstore –Loblaw Pharmacy</b> Free blood pressure testing machine Charlottetown, 465 University Charlottetown, 680 University Montague, 509 Main Street Summerside, 535 Granville Street	<b>902-569-2850</b> <b>902-368-8163</b> <b>902-838-5421</b> <b>902-888-1581</b>

<b>Bob's Pharmacy</b> Tignish, 248 Phillips St.	<b>902-882-2580</b>
<b>Hunter River Pharmacy Ltd.</b> Hunter River, 4276 Hopedale Rd.	<b>902-964-2218</b>
<b>Lawton's Drugs</b> Charlottetown, 199 Grafton St Charlottetown, 161 St. Peter's Rd Charlottetown, 220 Water St Summerside, 475 Granville Street Montague, 407 MacIntyre Ave	<b>902-566-5771</b> <b>902-628-6611</b> <b>902-368-2004</b> <b>902-432-3565</b> <b>902-838-8888</b>
<b>The Medicine Shoppe</b> Alberton, 152 Poplar St Summerside, 54 Central St O'Leary, 504 Main St	<b>902-853-4600</b> <b>902-436-4436</b> <b>902-859-3800</b>
<b>Murphy's Pharmacy</b> Charlottetown, Parkdale, 24 St. Peters Rd Charlottetown, East Royalty, 266 St Peters Rd Charlottetown, West Royalty, 591 N. River Rd Charlottetown, Queen St, 418 Queen St Stratford, 13 Stratford Rd Stratford, Kinlock, 14 Kinlock Rd Morell, 25 Sunset Crescent Summerside, 434 Central St Summerside, 243 Heather Moyse Dr Cornwall, 401 Trans Canada Hwy Kensington, 56 Broadway Wellington, 16 Pond Drive Tyne Valley, 703 Route 12 North Rustico, 7379 Cavendish Rd	<b>902-894-8553</b> <b>902-566-2266</b> <b>902-628-8899</b> <b>902-892-7633</b> <b>902-569-3006</b> <b>902-370-7770</b> <b>902-961-3240</b> <b>902-724-4900</b> <b>902-888-2211</b> <b>902-566-2292</b> <b>902-836-3316</b> <b>902-854-5000</b> <b>902-831-2444</b> <b>902-963-2899</b>

<b>Pharmasave</b> Souris, 175 Main St.	<b>902-687-4104</b>
<b>Sherwood Drug Mart</b> Charlottetown, 19 Brackley Pt. Rd	<b>902-628-8900</b>
<b>Shoppers Drug Mart</b> Free blood pressure testing machine Charlottetown, University Ave Charlottetown, West Royalty Charlottetown, Queen Street Summerside, County Fair Mall	<b>902-892-3433</b> <b>902-566-3211</b> <b>902-566-1200</b> <b>902-436-2218</b>
<b>Sobey's Pharmacy</b> Free blood pressure testing machine Charlottetown, 39 Babineau Ave. Montague, 76-87 Main St. Charlottetown, University Avenue Summerside, 475 Granville Stratford, 9 Kinlock Rd.	<b>902-566-4055</b> <b>902-838-4961</b> <b>902-626-3302</b> <b>902-436-5795</b> <b>902-894-3400</b>
<b>South Shore Pharmacy</b> Crapaud, 20557 Trans Canada Hwy	<b>902-658-2212</b>
<b>Walmart</b> Free blood pressure testing machine Charlottetown, 80 Buchanan Drive Summerside, 511 Granville St	<b>902-628-4600</b> <b>902-432-3570</b>
<b>Wally's Pharmasave Cornwall</b> 17-25 Meadowbank Road, Cornwall Plaza	<b>902-629-6870</b>

## PROVINCIAL PROGRAMS

<p><b>PEI Pharma-Care Programs</b> For a full listing of all Provincial programs see: <a href="http://www.healthpei.ca/drugprograms">www.healthpei.ca/drugprograms</a></p>	<p><b>902-368-4947</b> <b>1-877-577-3737</b> <a href="http://www.healthpei.ca/pharmacare">www.healthpei.ca/pharmacare</a></p>
<p><b>PEI Seniors' Drug Program</b> Assists residents of PEI, 65 years and older, with purchase of approved drugs.</p>	<p><b>902-368-4947</b> <b>1-877-577-3737</b></p>
<p><b>Provincial Pharmacy</b> <b>For patients with diseases only</b> <b>(Cystic Fibrosis, AIDS, etc.)</b></p>	<p><b>902-368-4947</b> <b>1-877-577-3737</b> <a href="http://healthpei.ca/pharmacare">healthpei.ca/pharmacare</a></p>
<p><b>Catastrophic Drug Program</b> provides assistance to Islanders whose eligible prescription drug costs are affecting their household's ability to maintain life essentials.</p>	<p><b>902-368-4947</b> <b>1-877-577-3737</b> <a href="http://www.healthpei.ca/catastrophic">www.healthpei.ca/catastrophic</a></p>
<p><b>Generic Drug Program</b> Provides assistance to Islanders under the age of 65 who do not have insurance, eligible generic prescription drugs cost a maximum of \$19.95.</p>	<p><b>Apply online or in person at Access PEI locations</b> <a href="https://www.princeedwardisland.ca/en/service/apply-for-the-generic-drug-program">https://www.princeedwardisland.ca/en/service/apply-for-the-generic-drug-program</a></p>



## SECTION 10: HEALTHY LIVING

### ACTIVE LIVING PROGRAMS FOR SENIORS

<b>Government of PEI</b>	<a href="http://www.princeedwardisland.ca/en/topic/health">http://www.princeedwardisland.ca/en/topic/health</a>
<b>Go!PEI</b> Offers programs, education and events that help spread the message of healthy living.	<b>902-892-5323</b> <a href="http://www.gopei.ca">www.gopei.ca</a>
<b>PEI 55 Plus Games Society</b> For Islanders 55 years of age and over. Activities such as swimming, curling, bowling.	<b>902-368-6570</b> <a href="http://www.pei55plusgamessociety.ca">www.pei55plusgamessociety.ca</a>
<b>Seniors Active Living Centre</b> Programs include cards, choir, crafts, dancing, fitness, foot clinics and musical events.	<b>902-628-8388</b>

## FITNESS CLUBS & GYMS

### Charlottetown

Charlottetown Fitness Club at the Delta Prince Edward	<b>902-566-2222</b>
GoodLife Fitness	<b>902-569-5616</b>
UPEI Sports Centre	<b>902-566-0368</b> <a href="http://www.ar.upei.ca/facilities/chi-wan-young-sports-centre">www.ar.upei.ca/facilities/chi-wan-young-sports-centre</a>
Atlantic Fitness Centre – iMotion Fitness 18 Garfield Street 119 Kent Street	<b>902-892-1999</b> <b>902-368-3622</b> <a href="http://www.atlanticfitness.ca">www.atlanticfitness.ca</a> <a href="http://www.imotionfitness.ca">www.imotionfitness.ca</a>
Murphy’s Community Centre	<b>902-892-1719</b> <a href="http://www.murphyscommunitycentre.com/">www.murphyscommunitycentre.com/</a>
The Whole Way Health & Fitness Studio	<b>902-894-8943</b> <a href="http://www.thewholeway.ca/">http://www.thewholeway.ca/</a>
Infrared Fitness	<b>902-892-5504</b>
Naturally Fit PEI	<b>902-367-7224</b> <a href="http://www.nfpei.ca">www.nfpei.ca</a>
SPA Total Fitness Centre, Charlottetown Mall	<b>902-566-1400</b> <a href="http://spatotalfitness.com">http://spatotalfitness.com</a>
Modo Yoga/Yoga Room,	<b>902-894-9642</b> <a href="https://charlottetown.modoyoga.com/">https://charlottetown.modoyoga.com/</a>

Yoga for Life,	902-620-8337 <a href="http://www.Yogapei.com">www.Yogapei.com</a>
Soul Play, Bedeque	902-314-2428

### Summerside

Iron Haven Gym Water Street	902-888-3499
Credit Union Place 511 Notre Dame St.	902-432-1234
Kensington Fitplex	902-836-3509
Danspirations (Yoga & Dance)	902-439-9897 902-886-2503 <a href="https://www.danspirations.ca/">https://www.danspirations.ca/</a>
Stretch Fitness	902-724-3550 <a href="http://www.stretchfitness.ca">www.stretchfitness.ca</a>
Historic Walking Tours	902-432-1327

### Other Locations (Alphabetical by community)

Abrams Village - Evangeline Fitness Centre	902-854-2592
Alberton - Iron Haven Gym	902-853-3421
Cornwall - APM Centre	902-628-8513 <a href="http://www.apmcentre.com">www.apmcentre.com</a>
Cornwall - Daytime Curling	902-566-4427

Crapaud - South Shore Actiplex	<b>902-658-2885</b>
Mill River - Rodd Mill River Resort & Aquaplex	<b>902-859-3555</b> <a href="http://www.roddvacations.com/rodd-mill-river">www.roddvacations.com/rodd-mill-river</a>
O'Leary - Western Fitness	<b>902-206-3888</b>
Montague - Atlantic Fitness East	<b>902-838-3047</b>
Morell - Full Throttle Fitness	<b>902-626-9179</b>
Souris Striders Ski Club	<b>902-687-1321</b>
Stratford Town Hall	<b>902-569-2535</b> <a href="http://www.townofstratford.ca/">http://www.townofstratford.ca/</a>
Stratford - The Mayflower Seniors' Club	<b>902-569-2732</b>

## **SECTION 11: HOME SUPPORT SERVICES**

### **SENIORS HOUSING PROGRAM**

The federal and provincial governments provide funding for building and maintaining Seniors' Housing projects. There are seniors' housing apartment-style rental units in 34 communities across the province. Islanders aged 60 and older are eligible for assistance. Islanders who are 55 and older who have a disability are eligible to apply and will be given consideration based on the availability of seniors units. Tenants are selected based on their level of need. Staff consider their income, assets, health, age, present housing and the length of time the application has been on file. Rent is 25 per cent of the tenant's income.

<b>Seniors Provincial Housing Offices</b>	<b>Contact Information</b>
Charlottetown	161 St. Peters Road PO Box 2000, Charlottetown, PE, C1A 7N8 902-368-5770
Summerside	120 Heather Moyse Drive Summerside, PE C1N 5L2 902-888-8436
Montague	41 Wood Island Road PO Box 1500, Montague, PE, COA 1R0 902-838-0796
Souris	15 Green Street PO Box 550, Souris, PE, COA 2B0 902-687-7098

**See Appendix for Application Form or download form at:**  
[www.gov.pe.ca/sss/index.php3?number=1037028&lang=E](http://www.gov.pe.ca/sss/index.php3?number=1037028&lang=E)

### **SENIORS HOME REPAIR PROGRAM**

This program provides assistance for repairs to a senior's principle residence. This program is available to people, 60 years of age or older, whose combined net income (including income of spouse) is less than \$35,000 per year (Line 236 on the Canada Revenue Agency Notice of Assessment). The program provides 50 per cent of the cost of eligible repairs (roof, windows, doors, furnace) up to a maximum grant of \$2,000. For more detailed information or to get a registration form, please call: **902-368-4889** or email: [shrp@gov.pe.ca](mailto:shrp@gov.pe.ca)

### **SENIORS SAFE @ HOME PROGRAM**

This program helps Islanders, who own their own home, to access a grant of up to \$5,000 to assist with necessary repairs that improve home safety, accessibility and the ability to remain independent. This program is available to people, 60 years of age or older, whose combined net income (including income of spouse) is less than \$50,000 per year (Line 236 on the Canada Revenue Agency Notice of Assessment). For more information or to obtain a registration form, please contact the PEI Home Renovation Programs Office:  
<https://www.princeedwardisland.ca/en/news/safe-home-helps-seniors-stay-safely-home>

### **PEI HOME RENOVATION PROGRAMS**

This program provides grants to support renovations (structural, heating, plumbing, electrical systems) to assist eligible low income Islanders, families or persons living with a permanent disability to stay in their homes or with family members. Note: The PEI Home Renovation Programs operate on a first come, first served basis until available funds are spent. For more information, call: 1-855-374-7366 or email: [homereno@gov.pe.ca](mailto:homereno@gov.pe.ca).

## OTHER HOME SUPPORT SERVICES

<p><b>Bayshore Home Health</b> offers home support services including light housekeeping, meal preparation, laundry, personal care, and escort for shopping and errands. Bayshore caregivers are screened, trained, bonded and insured and nurse-supervised.</p>	<p><b>902-892-7355</b>  <a href="http://www.bayshore.ca/">http://www.bayshore.ca/</a></p>
<p><b>Go-For Services</b> offers services to seniors in the Charlottetown and surrounding area. Services include: household chores, personal shopping and running errands. Services are offered on a one-time and on-going basis. Go-For Services is bonded and insured.</p>	<p><b>902-626-9815</b>  <a href="http://www.goforservices.ca/">http://www.goforservices.ca/</a></p>
<p><b>Odd Jobbers PEI</b> offers cleaning services (inside and outside the home), carpentry, property maintenance, snow removal, down sizing, painting, gardening, garbage removal and help with moving. Services are registered and insured.</p>	<p><b>902-367-4357</b>  <a href="http://www.oddjobberspei.com/">http://www.oddjobberspei.com/</a></p>

<p><b>Home Instead Senior Care</b> offers services including, but not limited to, housekeeping, laundry, meal preparation, medication reminders, grocery shopping and errands, help with bathing, dressing and mobility as well as Alzheimer’s and dementia care. Home Instead CAREGivers are screened, regularly trained, bonded, insured and make a personal connection to their clients.</p>	<p><b>1-866-573-8787</b>  <a href="http://www.homeinstead.ca/pei">http://www.homeinstead.ca/pei</a></p>
<p><b>We Care Home Health Services</b> offers a full range of home support services including homemaking, meal preparation, personal care, and escort for appointments.</p>	<p><b>902-894-3025</b>  <a href="http://www.cbi.ca/">http://www.cbi.ca/</a></p>

### **P.E.I. HOME CARE AND SUPPORT PROGRAM**

The PEI Home Care Program ([www.healthpei.ca/homecare](http://www.healthpei.ca/homecare)) provides care and services to maintain or improve health, independence and quality of life for clients and their care partners. Home Care offers short-term care to clients recovering from surgery or acute medical conditions; long-term care and support to allow people living with chronic conditions to continue living in the community; and palliative care to provide comfort and support to individuals living with a life-threatening illness.



Home Care offers a wide range of services, including:

- Assessment
- Care coordination
- Nursing
- Personal care and support – assistance with activities of daily living, including bathing, walking, transporting, feeding and personal care, which allows the individual living with dementia to remain in their home safely. Tasks may also include meal preparation, laundry and essential household tasks.
- Respite – provides relief for the care partner.
- Occupational therapy and physiotherapy
- Social work
- Assessment for long-term care (nursing home) admission
- Community support services – assists families and the community in identifying, developing and/or maintaining necessary services/supports.
- Transition support
- Adult Day Programs
- Adult Protection
- Dietitian Service
- Integrated Palliative Care Program
- Provincial Renal Program (Renal Clinic, peritoneal and hemodialysis) [www.healthpei.ca/dialysis](http://www.healthpei.ca/dialysis)

Home Care services supplement the care provided by a client’s family, friends and other community based services. Services are provided based on assessed need for a defined period of time. For further information, please contact the Home Care office in your community:

Charlottetown	<b>902-368-4790</b>
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Paramedics Providing Palliative Care at Home Program	<b>902-620-3045</b>
Montague	<b>902-838-0786</b>
O’Leary	<b>902-859-8730</b>
Souris	<b>902-687-7096</b>
Summerside	<b>902-888-8440</b>

## SECTION 12: OTHER GOVERNMENT SERVICES

### ISLAND INFORMATION SERVICES

<p><b>Island Information Services</b>          Provides information on government programs and operates a bookstore.          11 Kent St, Charlottetown</p>	<p><b>902-368-4000</b>  <b>1-800-236-5196</b>  <a href="https://www.princeedwardisland.ca/en">https://www.princeedwardisland.ca/en</a></p>
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### CANADA PENSION/SERVICE CANADA

Allowance Program	<p><b>1-800-277-9914</b> (English)  <b>1-800-277-9915</b> (French)  <b>1-800-255-4786</b> (TTY)</p>
Allowance for the Survivor Program	<p><b>1-800-277-9914</b> (English)  <b>1-800-277-9915</b> (French)  <b>1-800-255-4786</b> (TTY)</p>
Canada Pension Plan Retirement Pension (CPP)	<p><b>1-800-277-9914</b> (English)  <b>1-800-277-9915</b> (French)  <b>1-800-255-4786</b> (TTY)</p>
Canadian Government Annuities	<p><b>1-800-561-7922</b>  <b>506-548-7972</b></p>
International Benefits	<p><b>Inside Canada and the US:</b>          1-800-454-8731 (English &amp; French)          1-800-255-4786 (TTY)</p>

	<b>Outside Canada and the US:</b> 613-957-1954 (collect calls accepted)
Old Age Security (OAS) 8:30 am - 4:30 pm	<b>1-800-277-9914</b> (English) <b>1-800-277-9915</b> (French) <b>1-800-255-4786</b> (TTY)

### DEPARTMENT OF ENVIRONMENT, LABOUR AND JUSTICE

Consumer Services	<b>902-368-4000</b> <b>1-800-236-5196</b>
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### PEI SOCIAL ASSISTANCE PROGRAM (Alphabetical by community)

Charlottetown	<b>902-368-5338</b>
Montague	<b>902-838-0728</b>
O'Leary	<b>902-859-8835</b>
Souris	<b>902-687-7170</b>
Summerside	<b>902-888-8397</b>

### HEALTH & SOCIAL SERVICES

Department of Health and Wellness	<b>902-368-5250</b> <a href="https://www.princeedwardisland.ca/en/topic/health-and-wellness">https://www.princeedwardisland.ca/en/topic/health-and-wellness</a>
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Department of Social Development and Housing	<b>902-620-3777 or 1-866-594-3777</b> <a href="https://www.princeedwardisland.ca/en/topic/social-development-and-housing">https://www.princeedwardisland.ca/en/topic/social-development-and-housing</a>
Department of Transportation, Infrastructure and Energy	<b>902-368-5100</b> <a href="https://www.princeedwardisland.ca/en/topic/transportation-infrastructure-and-energy">https://www.princeedwardisland.ca/en/topic/transportation-infrastructure-and-energy</a>

### SERVICE CANADA

Information on Federal Programs and Services	<b>1-800-622-6232</b> <b>1-800-926-9105 (TTY)</b>
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### VETERANS AFFAIRS

Provides services to veterans, also provides the Veterans Independence Program which enables veterans to remain independent in their homes and communities.	<b>1-866-522-2122 (English)</b> <b>1-866-522-2022 (French)</b> <a href="http://www.veterans.gc.ca">www.veterans.gc.ca</a>
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### TAXATION SERVICES

Canada and Revenue Canada (CRA) website	<a href="http://www.cra-arc.gc.ca/tso">www.cra-arc.gc.ca/tso</a>
Order CRA forms and publications	<b>1-800-959-2221</b>

Electronic copies of forms	<a href="http://www.cra-arc.gc.ca/formspubs/menu-eng.html">www.cra-arc.gc.ca/formspubs/menu-eng.html</a>
Individual income tax and Trust enquiries	<b>1-800-959-8281</b>

### REVENUE CANADA VOLUNTEER PROGRAM

Charlottetown	<b>902-516-4405 or 902-218-9733</b>
Montague	<b>902-838-4437</b>

### CANADA BENEFITS FINDER

Provides information about available Federal and Provincial benefits based on responses to a variety of questions.

[www.canadabenefits.gc.ca/f.1.2cw.3zardq.5esti.4ns@.jsp](http://www.canadabenefits.gc.ca/f.1.2cw.3zardq.5esti.4ns@.jsp)

## **SECTION 13: LEGAL & FINANCIAL SERVICES**

### **COMMUNITY LEGAL INFORMATION ASSOCIATION OF PEI (CLIA PEI)**

Provides understandable, useful information about laws and the justice system. Legal information available on all subjects. Free.

<b>Lawyer Referral Services/Legal Information</b> Royalty Centre, Room 111, 40 Enman Crescent, Charlottetown, PEI, C1A 7K4	<b>902-892-0853</b> <b>1-800-240-9798</b> <a href="http://www.cliapei.ca">www.cliapei.ca</a> <i>clia@cliapei.ca</i>
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### **LEGAL AID**

Provide representation in family and criminal law to clients who, for financial reasons, would be unable to obtain essential legal services from the private sector.

Charlottetown	<b>902-368-6043</b> (General Inquiries) <b>902-368-6016</b> (Administration) <b>902-368-6656</b> (Family Law) <b>902-368-6043</b> (Criminal Law)
Summerside	<b>902-888-8066</b> (Family Law) <b>902-888-8219</b> (Criminal Law)

## CONSUMER INFORMATION AND COMPLAINTS

Consumer Services Section of the Department of Justice and Public Safety	<b>902-368-4580</b> <a href="https://www.princeedwardisland.ca/en/to-pic/consumer-services">https://www.princeedwardisland.ca/en/to-pic/consumer-services</a>
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## BANKING SERVICES

To inquire if services such as direct deposit, bill payments, or discounts for seniors are offered, contact your local branch.

### **POWER OF ATTORNEY/PUBLIC TRUSTEE/PUBLIC GUARDIAN**

You give a power of attorney to someone you trust to look after your affairs. You may also give a power of attorney to the Public Trustee if you have no other person to act on your behalf. Similarly, the Public Guardian is a substitute decision maker for those who are incapable of making their own decisions in regards to personal matters. For more information please see the “Powers of Attorney” document released by CLIA PEI:

[www.cliapei.ca/sitefiles/File/publications/PLA7.pdf](http://www.cliapei.ca/sitefiles/File/publications/PLA7.pdf)

Office of the Public Trustee, Public and Official Guardian	1 Harbourside Access Road, PO Box 2000, Charlottetown, PE, C1A 7N8 902-368-6281
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## HEALTHCARE DIRECTIVES (LIVING WILL)

Health care directives, sometimes called living wills, are documents that state your wishes in case you become unable to make your own health care decisions. The living will allows you to consider potential health conditions and treatment options and indicate your values with regard to requesting or refusing treatment. When you are no longer able to make these decisions for yourself, you give another person the right to make these health care decisions. This will be carried out according to your stated wishes. Copies of your directive or living will are given to your doctor, your clergy and your closest relatives and friends. For more information, please call: **902-569-0588/902-368-6717.**

## PEI HUMAN RIGHTS COMMISSION

PEI Human Rights Commission	<b>902-368-4180</b> <b>1-800-237-5031</b> <a href="http://www.gov.pe.ca/humanrights">www.gov.pe.ca/humanrights</a>
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## LAW SOCIETY/LAWYERS

Law Society of Prince Edward Island	<b>902-566-1666</b> <a href="http://lawsocietypei.ca/home">http://lawsocietypei.ca/home</a>
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## VICTIM SERVICES

Queens and Kings Counties	902-368-4582
Prince County	902-888-8218

## ADULT PROTECTION PROGRAM(Service of Home Care PEI)

O'Leary	902-859-8730
Summerside	902-888-8440
Charlottetown	902-368-4790
Montague	902-838-0786
Souris	902-687-7096

## **SECTION 14: TRANSPORTATION SERVICES**

### **ACCESSIBLE PARKING PERMITS**

The Designated Parking Permit Program is offered by the PEI Council of People with Disabilities. A designated parking permit allows eligible permit holders to park in specially designated parking spots. These permits are for those unable to walk more than 75 metres without serious difficulty or risk to safety or health. Applying for the permit requires the written approval of your doctor. There is a fee for parking permits; valid for one calendar year. Temporary permits are also available. To access an application form please see: [www.peicod.pe.ca/programs\\_parking.php](http://www.peicod.pe.ca/programs_parking.php)

<b>PEI Council of People with Disabilities Office Locations</b>	<b>Contact Information</b>
Charlottetown 5 lower Malpeque Road, Unit #2, Landmark Plaza, C1E 1R4	<b>902-892-9149 or 1-888-473-4263</b> <a href="mailto:info@peicod.pe.ca">info@peicod.pe.ca</a>
Montague Brudnell Mini-Mall, 2 Crescent Ln, Unit C, COA 1R0	<b>902-838-5878 or 902-838-5879</b> <a href="mailto:montague@peicod.pe.ca">montague@peicod.pe.ca</a>
Summerside 201 Wyatt Cres., C1N 0B5	<b>902-436-9259 or 902-436-1296</b> <a href="mailto:summerside@peicod.pe.ca">summerside@peicod.pe.ca</a>

## PRIVATE TRANSPORTATION OPTIONS

<p><b>Brian McVicar’s Transport</b> services are available for people with special needs. The service is offered from Monday to Friday 7:30 a.m. to 4:30 p.m. Call ahead to book this service.</p>	<p><b>902-626-7296</b></p>
<p><b>Bud’s Transport</b> transports seniors as well as mentally and physically challenged individuals to hospital, functions and day programs. This service is offered within a fifteen mile radius of Charlottetown, but will make exceptions with proper notice. They will also respond when a senior has fallen in their own home and needs assistance.</p>	<p><b>902-628-5379</b></p>
<p><b>Donna’s Transport Ltd.</b> transports seniors as well as people with mental and/or physical disabilities between Charlottetown &amp; Summerside for medical appointments.</p>	<p><b>902-436-3394</b> 345 First Street, Summerside, PE, C1N 1G5</p>
<p><b>Island Emergency Medical Service (EMS) for non-Emergencies</b> offers non-emergency ambulance services across the province and within the Atlantic region. The provincial user fee for non-emergency transport is \$150 for a one way transfer.</p>	<p><b>1-877-660-6644</b></p>

<p><b>Montague Rotary Bus Service</b> transports seniors to church, doctor's appointments and shopping. Call ahead to book this service.</p>	<p><b>902-838-2412</b></p>
<p><b>Pat and the Elephant</b> offers specialized transportation anywhere in the province or the mainland. The service is provided for persons with any mobility impairments (visual, physical, etc.). Non-emergency stretcher service available.</p>	<p><b>902-894-3339</b>  <a href="mailto:Pat.e@pei.sympatico.ca">Pat.e@pei.sympatico.ca</a>  <a href="http://www.patandtheelephant.org/">www.patandtheelephant.org/</a></p>
<p><b>Transportation West Inc.</b> provides transportation in the West Prince area and is available for seniors. All buses are wheelchair accessible making this service available for persons with disabilities.</p>	<p><b>902-853-6010</b>  116 Dufferin St., Alberton, PE  COB 1B0</p>

### **OUT-OF-PROVINCE MEDICAL TRANSPORT PROGRAM**

PEI residents requiring medical care outside of the province, who are deemed medically to require transportation by ambulance and attendance by a paramedic, are not charged a user fee. The following requirements apply: The patient must be under the care of an attending physician as an admitted patient or from the ER of a PEI hospital. The attending physician has arranged for the transfer of care to an attending physician at a facility outside PEI. The ambulance trip originates from a hospital in PEI.

## **PUBLIC TRANSPORTATION**

**Trius Transit** provides public transit bus ([www.triustransit.ca/](http://www.triustransit.ca/)) service within the city of Charlottetown (Bus 1, 2, and 3 run on a reduced schedule on Saturday, and Bus 1 runs on a reduced schedule on Sunday), within the city of Summerside (Monday to Friday), connections between Cornwall, Stratford, and Charlottetown (Monday to Friday), and areas between Summerside and Charlottetown (Monday to Friday).

Currently, the fare for Charlottetown, Summerside, Cornwall, and Stratford transit systems is \$2.25 with special rates available for frequent travelers, seniors, and students. The one way fare between Summerside and Charlottetown is \$9, to Hunter River is \$7, and to Kensington is \$5. There is no transit service on major holidays including: New Year's Day, Islander Day, Good Friday, Canada Day, Labour Day, Thanksgiving Day, Remembrance Day, Christmas Day, and Boxing Day. For up-to-date transit schedules, or for more information please visit the Trius Transit website at [www.triustransit.ca/](http://www.triustransit.ca/) or call **902-566-9962**.

**Maritime Bus** provides public transportation within the maritimes, traveling between PEI, Nova Scotia, and New Brunswick (<http://maritimebus.com/>).

**Out-of-Province Travel Support Program** provides assistance to eligible Island residents for travel on Maritime Bus to and from Nova Scotia or New Brunswick for approved medical appointments. Those eligible will have their bus ticket subsidized by 50% or 100% depending on income. Maritime Bus has also secured special rates at certain accommodations. For more information call **(902) 368-5918** or visit [healthpei.ca/ooptravelsupportprogram](http://healthpei.ca/ooptravelsupportprogram).

## SECTION 15: OTHER COMMUNITY SUPPORT GROUPS

### SUPPORT GROUPS/FOUNDATIONS/SOCIETIES (Alphabetical Order)

<p><b>ALS Society (Lou Gehrig's disease)</b></p>	<p><b>902-439-1600</b>  <a href="http://www.alspei.ca">www.alspei.ca</a></p>
<p><b>Arthritis Society of PEI</b>                      Leisure World Building                      95 Capital Drive                      Charlottetown</p>	<p><b>1-800-321-1433</b>  <b>902-628-2288</b>  <a href="http://www.arthritis.ca/PEI">www.arthritis.ca/PEI</a></p>
<p><b>Bereavement Volunteer Support Groups</b></p> <p style="text-align: center;"><b>East Prince</b></p> <p style="padding-left: 40px;">Fundamental Baptist Church</p> <p style="padding-left: 80px;">Trinity United Church</p> <p style="padding-left: 40px;">Summerside Presbyterian</p> <p style="padding-left: 80px;">St. Paul's Parish</p> <p style="padding-left: 40px;">Bedeque Pastoral Charge</p> <p style="padding-left: 80px;">Tyron Baptist Church</p> <p style="padding-left: 40px;">St. Mary's Anglican Church</p> <p style="text-align: center;"><b>Queens County</b></p> <p style="padding-left: 40px;">Grief Support Group for Women</p> <p style="padding-left: 80px;">Bereavement Support Group</p> <p style="padding-left: 40px;">Grief Support One on One/Group</p> <p style="padding-left: 80px;">St. Francis of Assisi</p> <p style="padding-left: 40px;">Take a Break/Women's Outreach</p>	<p><b>902-436-6250</b> Rev. Ian Kurylyk</p> <p><b>902-436-3155</b> Rev. Arthur Davies</p> <p><b>902-436-2557</b> Rev. Vicki Holmes</p> <p><b>902-436-5112</b> Rev. Brian MacDougall</p> <p><b>902-887-2003</b> Rev. Gloria Churchill</p> <p><b>902-658-2822</b> Pastor Annette Wells</p> <p><b>902-888-2234</b> Rev. Karen Quirk</p> <p><b>902-367-9292</b> Shirley Gormley</p> <p><b>902-894-7385</b> Betty Doucette</p> <p><b>902-658-2156</b> Linda Gowing-Burke</p> <p><b>902-566-3876</b> Joan Smith</p> <p><b>902-892-4613</b> Anita Matheson</p>

<b>Bereavement Volunteer Support Groups Con't</b> <b>West Prince</b> Grief Support Group	<b>902-882-3344</b> Richard & Elaine Shea
<b>Brain Injury Association of PEI</b> 81 Prince Street, Suite 5 Charlottetown	<b>902-314-4228</b> <a href="https://www.braininjurypei.info/">https://www.braininjurypei.info/</a>
<b>Canadian Cancer Society of PEI</b> 220 Water St., Charlottetown	<b>902-566-4007</b> <b>1-888-939-3333</b> <a href="http://www.cancer.ca">www.cancer.ca</a>
<b>Canadian Diabetes Association</b> Mailing Address Only PO Box 188, Charlottetown PE, C1A 7K4	<b>902-894-3195</b> <b>902-894-3205</b> <a href="http://www.diabetes.ca">www.diabetes.ca</a>
<b>Canadian Hard of Hearing Association PEI Chapter</b> 881 RR1 Augustine Cove Borden-Carleton	<b>902-855-2382</b> <a href="http://www.chha.ca">www.chha.ca</a>
<b>Canadian Liver Foundation</b>	<b>902-423-8538</b> <b>1-866-423-8538</b> <a href="http://www.liver.ca/">www.liver.ca/</a>
<b>Canadian Mental Health Association of PEI / Self-Help Groups</b> 178 Fitzroy St, PO Box 785 Charlottetown	<b>902-566-3034</b> <a href="https://pei.cmha.ca/">https://pei.cmha.ca/</a>



<b>Seniors' Mental Health Resource Team</b>	<b>902-368-4911</b>
<b>Cancer Information Services</b>	<b>1-888-939-3333</b> <a href="http://www.cancer.ca">www.cancer.ca</a>
<b>Catholic Family Service Bureau</b> 129 Pownel St, Charlottetown	<b>902-894-3515</b> <a href="http://www.catholicfamilyservice.ca">www.catholicfamilyservice.ca</a>
<b>CNIB</b> 342 Grafton, Suite 201 Charlottetown	<b>902-566-2580</b> <a href="http://www.cnib.ca">www.cnib.ca</a>
<b>Crohn's and Colitis Canada</b>	<b>1-800-387-1479</b> <a href="https://crohnsandcolitis.ca/Location/Maritimes/Prince-Edward-Island?region=&amp;category=&amp;page=7">https://crohnsandcolitis.ca/Location/Maritimes/Prince-Edward-Island?region=&amp;category=&amp;page=7</a>
<b>East Prince Seniors Initiative:</b> Committed to enhancing healthy opportunities to individuals over 50	<b>902-888-2177</b> <a href="http://www.eastprinceseniorsinitiative.blogspot.ca">www.eastprinceseniorsinitiative.blogspot.ca</a>
<b>Emotions Anonymous</b> Charlottetown Wellington Summerside	<b>902-439-6543</b> -- Annie <b>902-854-2974</b> – Angele <b>902-436-4106</b> – Morris <a href="http://www.emotionsanonymous.org">www.emotionsanonymous.org</a>

<p><b>Family Service PEI</b>  155 Belvedere,  Charlottetown</p> <p>109 Water St, Summerside</p>	<p><b>902-892-2441</b></p> <p><b>902-436-9171</b>  <a href="http://www.familyservice.pe.ca">www.familyservice.pe.ca</a></p>
<p><b>Health PEI</b></p>	<p><b>902-368-6130</b>  <a href="http://www.healthpei.ca">www.healthpei.ca</a></p>
<p><b>Heart and Stroke Foundation of PEI</b>  180 Kent Street  Charlottetown</p>	<p><b>902-892-7441</b>  <b>1-888-473-4636</b></p>
<p><b>Hospice Palliative Care Association of PEI</b></p> <p><b>Provincial</b>  <b>West Prince</b>  <b>East Prince</b>  <b>Queens</b></p>	<p><a href="http://www.hospicepei.ca">www.hospicepei.ca</a></p> <p><b>902-368-4498</b>  <b>902-786-3991</b>  <b>902-438-4231</b>  <b>902-368-4095</b></p>
<p><b>Hospice Palliative Care Bereavement Services</b>  A Seniors' Support Group for people over 50 who are grieving.</p> <p><b>East Prince</b>  <b>Queens County</b>  <b>West Prince</b>  <b>Provincial</b></p>	<p><b>902-438-4231</b>  <b>902-368-4064</b>  <b>902-859-2870</b>  <b>902-368-4498</b></p>

<b>Huntington Society of Canada</b>	<b>1-800-998-7398</b> <a href="http://www.huntingtonsociety.ca">www.huntingtonsociety.ca</a>
<b>Kidney Foundation of Canada</b>	<b>1-800-361-7494</b> <a href="http://www.kidney.ca">www.kidney.ca</a>
<b>Multiple Sclerosis Society of Canada</b>	<b>902-468-5328</b> <b>1-800-268-7582</b> <a href="https://mssociety.ca/">https://mssociety.ca/</a>
<b>Muscular Dystrophy Canada</b>	<b>1-800-567-2873</b> <a href="http://www.muscle.ca">www.muscle.ca</a>
<b>Parkinson Society Maritime Region</b> Halifax, NS	<b>902-422-3656</b> <b>1-800-565-3000</b> <a href="https://www.parkinson.ca/local-offices/parkinson-canada-atlantic-office/">https://www.parkinson.ca/local-offices/parkinson-canada-atlantic-office/</a>
<b>Pastoral Care</b> <b>Queen Elizabeth Hospital -</b> <b>Spiritual Care Department</b>	<b>902-894-2094</b>
<b>PEI Lung Association</b>	<b>902-892-5957</b> <b>1-888-566-5864</b> <a href="http://www.pei.lung.ca">www.pei.lung.ca</a>
<b>PEI Senior Citizens' Federation Inc.</b> Consists of over 50 clubs and seniors' organizations across the Island. Many programs offered, such as Friendly Visitor Program, Driving Refresher Courses,	<b>902-368-9008</b> <a href="http://www.peiscf.com">www.peiscf.com</a>

Computing for Seniors, Island Family Trees Program, LEAP (Learning Elders Arts Program)	
<b>Recreation PEI</b>	<b>902-368-5964</b> <a href="http://www.recreationpei.ca/index.php?page=home">http://www.recreationpei.ca/index.php?page=home</a>

## **SECTION 16: MOBILE/WEB APPS**

**Brain Tour** is a web application developed by the Alzheimer Society of Canada with the intent of highlighting the importance of the brain by showing its many different functions. The app also illustrates the effects of dementia in a concise and helpful manner. The web application can be accessed on the Alzheimer's Canada website [braintour.alzheimer.ca/](http://braintour.alzheimer.ca/).

**Balance App** is a mobile application developed by the National Alzheimer Center Inc. Balance is a tool for care partners of Alzheimer's patients as it enables you to coordinate care among multiple care partners in real-time. To learn more or to download the app please visit the developer's iTunes Store page at <https://apps.apple.com/us/app/balance-alzheimers-caregiving/id1238058941>

**Brainy App** is a mobile application developed by Alzheimer's Australia as a way to rate and track your brain health. For more information on how to lead a brain healthy life and reduce your risk of developing dementia, visit Alzheimer's Australia's Your Brain Matters website at [yourbrainmatters.org.au](http://yourbrainmatters.org.au). This app can be downloaded from both the iTunes Store (<https://apps.apple.com/us/app/brainyapp/id1084632021>) and the Google Play Store (<https://play.google.com/store/apps/details?id=com.hitori.brainyappmobile&hl=en>).

**CareZone Alzheimer's** is a mobile application developed by Care Zone Inc. This application helps organize important information, from medications and pharmacies, to observation journals, care calendars and emergency contacts. This app can be downloaded

from the iTunes Store

(<https://apps.apple.com/us/app/carezone/id829841726> )

**Mindfulness Daily** is a mobile application that aims to give users a sense of calm, clarity, and contentment. This app guides you through quick, effective practices to reduce stress, improve performance, and enhance sleep. To learn more or to download the app please visit the developer's iTunes Store page at ([itunes.apple.com/ca/app/mindfulness-daily/id701112447?mt=8](https://itunes.apple.com/ca/app/mindfulness-daily/id701112447?mt=8)).

**Lumosity** is a mobile application that combines 25 + cognitive games into a daily training program that challenges your brain. Games adapt to your unique performances, helping you to stay challenged. To learn more or to download the app please visit the developer's iTunes Store page at (<https://itunes.apple.com/us/app/lumosity-mobile/id577232024>)

**Elevate Brain Training** is a mobile application that is designed for anyone interested in promoting brain health. Each person is provided with his or her own personalized training program that adjusts over time to maximize results. To learn more or to download the app please visit the developer's iTunes Store page at ([itunes.apple.com/ca/app/elevate-brain-training/id875063456?mt=8](https://itunes.apple.com/ca/app/elevate-brain-training/id875063456?mt=8)).

**AXS Map** (<http://www.axsmap.com>) is a mobile application that allows people with disabilities to find accessible places in their city. This includes restaurants, stores, tourist attractions etc. AXS Map allows users to let others know the accessibility at the places they visit by including a rating feature.

**Pillbox App** sends reminders to take medications and notifies the individual living with dementia when they forget to take their pills. To learn more or to download the app please visit the developer's iTunes Store page at

(<https://apps.apple.com/us/app/pillbox-by-tricella/id1084948496> )

**Oscar Senior** is an easy to use communication app for seniors who want to stay connected to family and friends (<http://www.oscarsenior.com/>)

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