##### header

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

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 caregivers 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 through email at education@alzpei.ca.

# SECTION 2: EMERGENCY SERVICES



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

AMBULANCE: Island EMS

902-892-9995

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

FIRE: Fire Departments

9-1-1
<https://www.princeedwardisland.ca/en/information/justice-and-public-safety/fire-services-throughout-pei>

MEDICALERT® SAFELY HOME®

1-855-581-3794

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

\*See section 3 for more details

CITY POLICE

|  |  |  |
| --- | --- | --- |
| Charlottetown City Police | 902-629-4172 | [www.charlottetownpolice.com/](http://www.charlottetownpolice.com/) |
| Summerside City Police | 902-432-1201 | <https://www.summerside.ca/residents/police_services> |
| Kensington Police | 902-836-4499 | [www.townofkensington.com](http://www.townofkensington.com/) |

RCMP





|  |  |
| --- | --- |
| “L” Division Headquarters | 902-566-7112 |
| Charlottetown Detachment | 902-368-9300 |
| West Prince Detachment | 902-853-9300 |
| East Prince Detachment | 902-436-9300 |
| Montague Detachment | 902-838-9300 |
| Souris Detachment | 902-687-9300 |
| <http://www.rcmp-grc.gc.ca/detach/en/find/PE> |

ISLAND HELP LINE (CRISIS)

1-800-218-2885

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

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

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

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

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

|  |  |
| --- | --- |
| **Montague**Perrin’s Marina Villa115 Sackville St., MontagueFacilitator: Sheila MacDonald | **1-866-628-2257**3rd Wednesday of each month, 2:00pm |
| **Charlottetown**Alzheimer Society of PEI166 Fitzroy StreetFacilitator: Sara MacLean | **902-370-3136****1-866-628-2257**1st and 3rd Wednesday of each month, 1:00 pm |
| **Summerside**Summerset Manor15 Frank Mellish StreetFacilitator: Giselle MacKinnon | **1-866-628-2257**3rd Thursday of each month, 2:00pm |
| **O’Leary**O’Leary Community Hospital14 MacKinnon Drive | **1-866-628-2257** This support group is scheduled & facilitated upon request. |
| **Tignish**Tignish Seniors Home116 MacLeod Lane | **1-866-628-2257**This support group is scheduled & facilitated upon request. |

**ALZHEIMER SOCIETY OF PEI EDUCATION, PROGRAMS & SERVICES**

**MedicAlert® 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 MedicAlert 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 supply the first-responders with loved one’s emergency contact information and critical health information.
* Emergency hotline specialists will contact caregivers to alert them regarding location of individual once the hotline is called.
* 24/7 access to loved one’s secure personal online health record for easy updating.

Canadian MedicAlert Foundation

2005 Sheppard Avenue East

Suite 800

Toronto, ON M2J 5B4

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 caregivers. Partnering with physicians, health professionals and 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.

**Support Groups**

 We advocate for the value of mutual support though our caregiver support groups. See the previous page for times and locations. Facilitated by family caregivers, 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.

**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.

**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!

# SECTION 4: PERSONAL SECURITY

|  |  |
| --- | --- |
| **MedicAlert® Safely Home®**Medic Alert Safely Home bracelet | **1-855-581-3794**[www.medicalert.ca/Safely-Home](http://www.medicalert.ca/Safely-Home)  |
| **Canadian Medic Alert** MedicAlert offers paramedics your emergency medical record with a 24 hour emergency hotline service.  | **1-800- 668-1507**[www.medicalert.ca](http://www.medicalert.ca)  |
| **AlarmCare**AlarmCare is a 24 hour [Alarm Monitoring System](http://www.myalarmcare.com/alarmcares-superiorfeatures.php), which consists of a 2-Way Voice communicator unit and a lightweight waterproof personal pendant (help button). | **1-800-267-2001**[www.myalarmcare.com](http://www.myalarmcare.com) |
| **Stewart Security: Health Line**Personal Emergency Response System - a professional health consultant (RN) available 24 hrs. | **902-569-2191**<http://stewartsecurity.ca/html/health-line.html> |
| **Health Alert/Connolly Security Systems Ltd.**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. | **902-892-5276** or **1-800-431-8779**Email Connolly Security Systems |
| **Life Call**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. | **1-800-661-5433**<http://www.lifecall.ca/> **LifeCall** |
| **Philips Lifeline**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. | **1-866-983-3649**<https://www.lifeline.ca/en/>Philips Lifeline |
| **Safelink GPS/Vial of Life**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. | [www.vialoflife.com](http://www.vialoflife.com)Capture2 |
| **Project LifeSaver PEI Inc.** **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.**  | 902-620-8916<https://www.projectlifesaverpei.ca/>  |
| **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**[**http://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 care giving 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-giver, 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) is required to access the following public programs.

Alberton

|  |  |
| --- | --- |
| **Welcome Program**Maplewood Manor 405 Church St | **902-859-8730**<https://www.princeedwardisland.ca/en/information/health-pei/maplewood-manor>Tuesday and Thursday8 am – 3:30 pm  |

**Charlottetown**

|  |  |
| --- | --- |
| **Brecken House Adult Day Health Program**Prince Edward Home75 Maypoint Road | **902-368-4790**<https://www.princeedwardisland.ca/en/information/health-pei/prince-edward-home>Monday - Friday8 am – 4 pm |

**Montague**

|  |  |
| --- | --- |
| **Stay-A-While Day Program**Riverview Manor 14 Rosedale Road | **902-838-0789**<https://www.princeedwardisland.ca/en/information/health-pei/riverview-manor>Monday, Tuesday, Thursday, and Friday9 am – 3 pm |

**Souris**

|  |  |
| --- | --- |
| **Stay-A-While Day Program** Colville Manor 20 MacPhee Avenue | **902-687-7096**<https://www.princeedwardisland.ca/en/information/health-pei/colville-manor>Monday and Thursday9 am – 3 pm  |

**Summerside**

|  |  |
| --- | --- |
| **Chapman Centre**Summerset Manor 15 Frank Mellish St. | **902-888-8440**<https://www.princeedwardisland.ca/en/information/health-pei/summerset-manor>Tuesday – Friday8 am – 4 pm |
| PEI HOME CAREIn-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.**Charlottetown** |
| **PEI Home Care Program** Provides in-home respite care and varied health, social and community support services Hillsborough Hospital,115 Murchison Lane | **902-368-4790** |
| **PEI Provincial Home Care Director**16 Garfield Street | **902-368-6130** |

**Hunter River**

|  |  |
| --- | --- |
| **Rosewood Residence Program**4260 Hopedale Road**Note**: Various kinds of respite available. Ask for Tina when you call. | **902-964-2436**<https://rosewoodresidencedotca.wordpress.com/> |

**Montague**

|  |  |
| --- | --- |
| **PEI Home Care Program**6 Harmony Lane | **902-838-0786** |

**O’Leary**

|  |  |
| --- | --- |
| **PEI Home Care Program**14 MacKinnon Drive | **902-859-8730** |

**Souris**

|  |  |
| --- | --- |
| **PEI Home Care Program**Souris Hospital17 Knights Lane | **902-687-7096** |

**Summerside**

|  |  |
| --- | --- |
| **PEI Home Care Program**Wedgewood Manor310 Brophy Avenue | **902-888-8440** |

**Note**: Community Care facilities (See [Section 6, pg. 20](#S6)) 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

|  |  |
| --- | --- |
| **Bayshore Home Health**8 Mount Edward Road | **902-892-7355** or**1-866-892-7355**[www.bayshore.ca](http://www.bayshore.ca)  |
| **Home Instead Senior Care**4D Walker Drive | **902-367-3868** or**1-866-573-8787**[www.homeinstead.ca](http://www.homeinstead.ca) |
| **Private Help**(Advertisements in Newspapers, etc.) | - Interview several people. - Identify & agree on hours of work and rate of pay.- Be Informed.- Ask Questions- Proceed only when you are comfortable. |

# 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 | **902-368-4790** |
| Montague | **902-838-0786** |
| O’Leary | **902-859-8730** |
| Souris | **902-687-7096** |
| Summerside | **902-888-8440** |

**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 OfficeFact sheets concerning long term nursing care can also be found at: [www.healthpei.ca/longtermcare](http://www.healthpei.ca/longtermcare)  | **1-888-365-5313** |

**GOVERNMENT LONG-TERM CARE HOMES (Alphabetical by community)**

|  |  |
| --- | --- |
| **Alberton** Maplewood Manor405 Church Street | **902-853-8610** |
| **Charlottetown**Beachgrove Home200 Beach Grove Road | **902-368-6750** |
| **Charlottetown**Prince Edward Home75 Maypoint Road | **902-368-4607** |
| **Montague**Riverview Manor14 Rosedale Road | **902-838-0772** |
| **O’Leary**Margaret Stewart Ellis Home | **902-859-8750** |
| **Souris**Colville Manor20 MacPhee Avenue | **902-687-7090** |
| **Summerside**Summerset Manor15 Frank Mellish Street | **902-888-8310** |
| **Summerside**Wedgewood Manor310 Brophy Avenue | **902-888-8340** |
| **Tyne Valley Stewart Memorial Hospital**6926, Route #12 | **902-831-7900** |

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

**Belfast**

|  |  |
| --- | --- |
| **John Gillis Memorial Lodge**Lot 57 | **902-659-2337** [www.gillislodge.com](http://www.gillislodge.com)  |

**Charlottetown**

|  |  |
| --- | --- |
| **Atlantic Baptist Homes**16 Centennial Drive | **506-858-7870**<http://atlanticbaptisthousing.com>  |
| **Garden Home**310 North River Road | **902-892-4131** |
| **MacMillan Lodge**215 Sydney Street | **902-894-7173** |
| **Park West Lodge**22 Richmond  | **902-566-2260** |
| **Whisperwood Villa**160 St. Peters Road | **902-566-5556** |
| **The Mount Continuing Care Community**141 Mount Edward Road | **902-370-8888** |

**Clinton/Kensington**

|  |  |
| --- | --- |
| **Clinton View Lodge** | **902-886-2276** |

**Crapaud**

|  |  |
| --- | --- |
| **South Shore Villa**159 Sherwood Forest Drive | **902-658-2228**[www.southshorevilla.ca](http://www.southshorevilla.ca)  |

**COMMUNITY CARE FACILITIES (Alphabetical by community)**

**Alberton**

|  |  |
| --- | --- |
| Rev. W.J. Phillips Residence | **902-853-3109**  |

**Belfast**

|  |  |
| --- | --- |
| Dr. John Gillis Memorial Lodge\* | **902-659-2337**[www.gillislodge.com](http://www.gillislodge.com)  |

**Charlottetown**

|  |  |
| --- | --- |
| Andrews Lodge | **902-368-2790**[www.andrewsofpei.com](http://www.andrewsofpei.com)  |
| Andrews Park West Lodge | **902-566-2260** |
| Champion Lodge | **902-894-8968** |
| Charlotte Residence | **902-894-8134** |
| Corrigan Home | **902-894-9686** |
| Emerson Lodge | **902-892-0791** |
| Geneva Villa | **902-628-6642**[www.genevavilla.com](http://www.genevavilla.com)  |
| Grafton House Community Care | **902-367-2875** |
| Langille House | **902-628-8228** |
| McQuaid Lodge | **902-892-0791** |
| The Mount Continuing Care Home\* | **902-370-8888** |
| Old Rose Lodge | **902-368-8313** |
| Park West Lodge\* | **902-566-2260** |
| Smith Lodge | **902-892-4220** |
| Stamper Residence | **902-894-3815** |
| Tenderwood Lodge | **902-566-5174** |
| Valley House | **902-628-8268** |
| Whisperwood Villa\* | **902-566-5556** |

**Clinton**

|  |  |
| --- | --- |
| Clinton View Lodge\* | **902-886-2276** |

**Clyde River**

|  |  |
| --- | --- |
| Burnside Community Care | **902-675-2393** |

**Crapaud**

|  |  |
| --- | --- |
| South Shore Villa\* | **902-658-2228**[www.southshorevilla.ca](http://www.southshorevilla.ca/)  |

**Hunter River**

|  |  |
| --- | --- |
| Rosewood Residence | **902-964-2436**<http://www.rosewoodresidence.ca>  |

**Kensington**

|  |  |
| --- | --- |
| Kensington Community Care Home | **902-836-3019** |
| The Mews | **902-836-4678** |

**Miscouche**

|  |  |
| --- | --- |
| Miscouche Villa | **902-436-1946** |

**Montague**

|  |  |
| --- | --- |
| MacKinnon Pines | **902-838-2656** |
| Perrins Marina Villa | **902-838-4075**[www.perrinsmarinavilla.com](http://www.perrinsmarinavilla.com)  |

**O’Leary**

|  |  |
| --- | --- |
| Lady Slipper Villa | **902-859-3544** |

**Sherwood**

|  |  |
| --- | --- |
| Corrigan Home | **902-894-9686** |

**Souris**

|  |  |
| --- | --- |
| Bayview Lodge | **902-687-3122** |
| WoodLand Home | **902-687-3315** |

**Stratford**

|  |  |
| --- | --- |
| Andrews of Stratford | **902-367-4100**[www.andrewsofpei.com](http://www.andrewsofpei.com)  |

**Summerside**

|  |  |
| --- | --- |
| Andrews Lodge | **902-436-0859**[www.andrewsofpei.com](http://www.andrewsofpei.com) |
| MacDonald Community Care Home | **902-436-7359** |
| Park Hill Place | **902-894-5896**[www.parkhillplace.ca](http://www.parkhillplace.ca)  |

**Tignish**

|  |  |
| --- | --- |
| Seniors Home Care Cooperative | **902-882-4663** |

**Wellington**

|  |  |
| --- | --- |
| La Cooperative Le Chez Nous Ltee. | **902-854-3426** |

\*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 invidiuals 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)

|  |  |
| --- | --- |
| Alberton - Western Hospital Switchboard & Emergency Room | 902-853-8650 |
| Charlottetown - Hillsborough  | 902-368-5400 |
| Charlottetown - QEHSwitchboardEmergency Room | 902-894-2111902-894-2200 |
| Montague - Kings County Memorial  | 902-838-0777 |
| O’Leary - O’Leary Community Hospital | 902-859-8700 |
| Souris - Souris Hospital  | 902-687-7150 |
| Summerside - Prince CountySwitchboardEmergency Room | 902-438-4200902-438-4310 |

Note: If you are unsure whether or not your loved one needs to visit the ER, call the Alzheimer Society at 902-628-2257.

FLU VACCINATIONS

Call to book appointments with public health:

|  |  |
| --- | --- |
| Charlottetown | **902-368-4530** |
| East Prince | 902-888-8160 |
| Montague | **902-838-0762** |
| Souris | 902-687-7096  |
| West Prince | **902-859-8720** |

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 | 902-853-0403 |
| Charlottetown - Four Neighbourhoods (Diabetes Care Only) | 902-569-7772 |
| Cornwall Medical Centre | 902-566-2117 |
| Hunter River - Central Queens | 902-621-3050 |
| Kensington Health Care | 902-836-0180 |
| Montague | 902-838-0830 |
| O’Leary Health Centre | 902-859-3929 |
| O’Leary - West Prince Family Health Clinic | 902-701-4455 |
| Rustico - Gulf Shore  | 902-963-7835 |
| Souris - Eastern Kings | 902-687-7033 |
| Summerside - Harbourside | 902-432-2600 |
| Tyne Valley | 902-831-5800 |
| Wellington - Evangeline  | 902-854-7259 |

ABORIGINAL HEALTH AND WELLNESS CENTRES

|  |  |
| --- | --- |
| Abegweit First Nation Mi’kmaq Wellness Centre | 902-676-3007 |
| Lennox Island Health Centre | 902-831-2711 |
| Mi’kmaq Family Resource Centre | 902-892-0928 |

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

|  |  |
| --- | --- |
| Downtown Walk-in Clinic220 Water StreetRegistration begins 1 hour prior to opening hoursHours vary. Call ahead to confirm  | **902-367-4444**<http://www.bpchealth.ca/> Monday to Wednesday: 9 am – 12 pm1 pm – 4 pmThursday: 9 am – 12 pm1 pm – 3 pm4:30 pm – 6 pm Friday:  9 am – 12 pm12:30 – 3:30pm Saturday:  9 am – 12 pmSunday: 10 am – 12 pm |
| Charlottetown Walk-in ClinicParkdale Medical CentreMurphy’s Parkdale Pharmacy20 St. Peter’s Road | 902-892-2111<https://murphyspharmacies.com/walk-in-clinics/>Hours vary.Call ahead to confirm hours.  |
| Sherwood Walk-in Clinic/Medical Centre15 Brackley Point Road | 902-628-8900Monday to Thursday:  10 am – 12 pm1 pm – 3 pm5 pm – 6:30 pmFriday:  10 am – 12 pm1 pm – 3 pm4 pm – 5:30 pmSaturday:  10 am – 12 pmSunday: 1:15 pm – 3 pm |

**Crapaud**

|  |  |
| --- | --- |
| South Shore Health and Wellness Centre 20557 Trans Canada Hwy | 902-658-2212 <https://www.facebook.com/SSHealthWellnessInc/>Hours vary. Call ahead to confirm.  |

**Hunter River**

|  |  |
| --- | --- |
| ****Central Queens Health Centre**4276 Hopedale Road** | ****902-621-3050****Friday: 8:30 am – 11:30 am |

**Morell**

|  |  |
| --- | --- |
| Morell Fire Hall 15 Park Street | 902-620-3260Wednesday: 9:00 am- 12:30pm |

**O’Leary**

|  |  |
| --- | --- |
| O’Leary Health Centre15 MacKinnon Drive (adjacent to hospital) | 902-859-3929Hours vary.Call ahead to confirm hours. |
| ****West Prince Family Health Clinic**536 Main Street (attached to Guardian Drugs)** | ****902-701-4455**Call ahead to confirm hours.** |

**Souris**

|  |  |
| --- | --- |
| Eastern Kings Health Centre7 Green Street | 902-687-7033Call ahead to confirm hours. |
| ****Seaside Medical Center******51 Main Street** | ****902-687-4567******Call ahead to confirm hours.** |

**Stratford**

|  |  |
| --- | --- |
| Stratford Walk-in ClinicStratford Medical Centre13 Stratford Road (above pharmacy)  | 902-892-2111<https://murphyspharmacies.com/walk-in-clinics/>Call ahead to confirm hours.  |

**Summerside**

|  |  |
| --- | --- |
| ****Central Street Walk-in Clinic******Central Street Medical Centre****434 Central Street** | ****902-724-3210****<https://murphyspharmacies.com/walk-in-clinics/>Call ahead to confirm hours.  |

PUBLIC HEALTH NURSING (Alphabetical by community)

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

GENERAL PRACTITIONERS

**Queens County**

|  |  |  |
| --- | --- | --- |
| **Mailing Address:** | **General Practitioner:** | **Phone/ Fax:** |
| 591 North River RoadCharlottetown PE, C1E 1J7 | Dr. W. Stirling Keizer | **902-566-6682** |
| 220 Water StreetCharlottetown PE, C1A 9M5 | Dr. Lana Barkhouse | 902-620-2037 |
| Dr. Stacy Champion | 902-367-4030 |
| Dr. Paul Cusack | 902-367-3704 |
| Dr. Robert Kelley | 902-569-7931 |
| Dr. Christopher Kon Kam King | 902-368-7602 |
| Dr. Jeff MacDougald | 902-368-2304 |
| Dr. Kristi Newson | 902-367-3705 |
| Dr. Laura Heron | 902-368-7604 |
| Dr. Adriana Veer | 902-628-6255 |
| Dr. Andrew Wohlgemut | 902-367-3790 |
| Walk-in Clinic | 902-367-4444 |
| PO Box 9 Hunter River, PE C0A 1N0 | Dr. Carl Friedrich | **902-621-3050** |
| Dr. Paul Jewers | **902-621-3050** |
| 401 Trans Canada Hwy, PO Box 100Cornwall, PEC0A 1H0 | Dr. Padraig Casey | **902-566-2117** |
| PO Box 77 North Rustico, PE C0A 1X0 | Dr. Cian O’Morain | **902-963-7835** |
| 24 Linden Ave, Suite 101Charlottetown, PE C1A 5Y8 | Dr. Christine Hoffman | 902-367-3285 |
| Dr. Jason Thompson | 902-569-8660 |
| 28 Linden AvenueCharlottetown, PE C1A 5Y9 | Dr. Keith Baglole | 902-894-6414 |
| Dr. Jason Chan | 902-894-4785 |
| Dr. Peter Hooley | 902-628-6660 |
| Dr. J. Alfred Morais | 902-368-1991 |
| Dr. George Saunders | 902-894-5271 |
| Dr. Kris Saunders | 902-367-3650 |
| Dr. Mitchell Stewart | 902-368-1991 |
| Dr. Nicole Murphy | 902-894-5985 |
| 418 Queen St. Suite 1 Charlottetown, PEC1A 4E7 | Dr. Randy MacKinnonTracey Norris (RN) | 902-566-1229 |
| Dr. George Carruthers | 902-894-7087 |
| Dr. Paul Corney | 902-629-8806 |
| 15 Brackley Point RoadCharlottetown, PE C1A 6Y1 | Dr. Jennifer Ashby | 902-367-4474 |
| Dr. M. Shannon Curtis | 902-367-3747 |
| Dr. Ambrose Kennedy | 902-628-8266 |
| Dr. Katherine McNally | 902-894-2111 |
| Dr. Donald Neily | 902-894-2111 |
| Dr. Edith Peacock | 902-367-4025 |
| Dr. David Reid | 902-566-9730 |
| Dr. Dawn Shea | 902-566-4448 |
| Dr. Billy Scantlebury | 902-892-9881 |
| Dr. Garth Slysz | 902-566-4734 |
| Dr. Jenni Zelin | 902-628-3800 |
| Dr. Megan Armstrong | 902-628-8910 |
| Dr. Angela MacLaren | 902-628-8266 |
| Dr. Jaclyn O’Brien | 902-628-2009 |
| Dr. James Johnstone |  |
| Dr. Joanne Reid | 902-566-4734 |
| Dr. Laura O’Connor | 902-628-8907 |
| Dr. Stephanie Bell | 902-628-1405 |
| Dr. Stephen Scales | 902-628-2009 |
| 199 Grafton StreetCharlottetown, PE C1A 1L2 | Dr. Raymond Cooke | 902-629-8844 |
| Dr. Rachel Kassner | 902-629-8842 |
| Dr. David MacKenzie | 902-629-8841 |
| Dr. Douglas Tweel | 902-629-8843 |
| Dr. A. Christine Veale | 902-629-8818 |

**Prince County**

|  |  |  |  |
| --- | --- | --- | --- |
| **Clinic:** | **Mailing Address:** | **General Practitioner:** | **Phone/ Fax:** |
|  | 500 Granville StreetSummerside, PEC1N 5Y1 | Dr. Jonathan Sharpe | **902-436-7210** |
| Dr. Trina Stewart | 902-888-2213 |
| Dr. Tyler McDonell | 902-436-1283 |
| 54 Central StreetSummerside, PEC1N 3L1 | Dr. Harold Molyneaux | **902-436-7207** |
| P. O. Box 399Alberton, PEC0B 1B0 | Dr. Philip Hansen | 902-853-3309 |
| Bedeque Clinic | 1272 Callbeck Street P.O. Box 4005Bedeque, PECOB 1CO | Dr. Lloyd Molyneaux | 902-887-2119 |
| Harbourside Family Health Centre | 243 Harbour DriveSummerside, PEC1N 5R1 | Dr. Ishtiaq Muhammad | 902-432-2600 |
| Dr. Paul Kelly | 902-432-2600 |
| Dr. Matthew Kutcher | 902-432-2600 |
| Dr. Richard Wedge | 902-432-2647 |
| Dr. Andre Celliers | 902-432-4518 |
|  | 107-516 MacEwen Raod Summerside, PEC1N 3N9 | Dr. Heather Austin | 902-724-3425 |
| Dr. Julie Johnston | 902-724-3422 |
| Hove Family Physician Clinic | P.O. Box 99, 555 Main StreetAlberton, PEC0B 1B0 | Dr. Eunice Hove | 902-231-3100 |
| Dr. Lindani Hove | 902-231-3100 |
|  | 434 Central StreetSummerside, PEC1N 3N7 | Dr. Paul Phelan | **902-724-4300** |
| Dr. Syed Naqvi | **902-724-3210** |
| Kensington Health Centre | P. O. Box 70, 55 Victoria StreetKensington, PEC0B 1M0 | Dr. Peter MacKean | 902-836-0180 |
| Dr. P. Christine MacNearney | 902-836-0180 |
| Dr. Helga Reisch | 902-836-0180 |
| O'Leary Health Centre | P.O. Box 550O'Leary, PEC0B 1V0 | Dr. Adnan Bajelan | **902-859-3929** |
| Dr. Hala Alsalih | **902-859-3929** |
|  | P.O. Box 78Tyne Valley, PEC0B 2C0 | Dr. W. Roy Montgomery | **902-831-5800** |
| Summerside Medical Centre | 475 Granville Street NorthSummerside, PEC1N 3N9 | Dr. J.Roland Chiasson | 902-432-8181 |
| Dr. John Morash | 902-432-8181 |
| Dr. Frank Estey | 902-432-8181 |
| Dr. Harold McRae | 902-432-8181 |
| Dr. Cyril Moyse | 902-432-8181 |
| Dr. Steven O'Neil | 902-432-8181 |
| Dr. Ronald Nicholson | 902-432-8181 |
| Dr. Monica McNeill | 902-432-8181 |
| Dr. Nadine Arsenault-Samson | 902-432-8181 |
|  | P.O. Box 81Summerside, PEC0B 1V0 | Dr. Donald Vickerson | 902-436-0968 |
| West Prince Family Health Clinic | 536 Main Street P.O. Box 637O'Leary, PECOB 1VO | Dr. Gil Grimes | 902-701-4455Ext. 41-888-275-5356  |

**Kings County**

|  |  |  |  |
| --- | --- | --- | --- |
| **Clinic:** | **Mailing Address:** | **General Practitioner:** | **Phone/ Fax:** |
| King’s County Medical Centre | PO Box 817 Queen’s RoadMontague, PE C0A 1R0 | Dr. J. David Hambly | 902-838-3680 |
| Dr. Geraldine Johnston | 902-838-4672 |
| Dr. W. Terrence Magennis | 902-838-4673 |
| Montague Family Medical  | 407 MacIntyre AvenueMontague, PE C0A 1R0 | Dr. Carl Bradley | **902-838-0830** |
| Dr. Andrew MacLeod | 902-838-0830 |
| Dr. Nicole Fancy | 902-838-0830 |
| Dr. Bernard Holland | 902-838-0830 |
| Dr. D. Scott Campbell | 902-838-0830 |
| Dr. Thor Christensen | 902-838-0830 |
| Dr. Penny Thomson | 902-838-0830 |
| Seaside Medical Center | PO Box 490Souris, PE C0A 2B0 | Dr. Paul Berrow | 902-687-4567 |

**VETERANS AFFAIRS PRACTITIONERS**

|  |  |  |  |
| --- | --- | --- | --- |
| **Doctor** | **Department** | **Mailing Address** | **Phone / Fax** |
| Dr. Margaret Boswall | Veterans Affairs Canada | 161 Grafton StreetCharlottetown PE, C1A 8M9 | 902-566-8610 |
| Dr. Barry Clark | Veterans Affairs Canada | PO Box 7700Charlottetown PE, C1A 8M9 |  |
| Dr. Shelly Molyneaux | Veterans Affairs Canada | 161 Grafton StreetCharlottetown PE, C1A 8M9 | 902-566-8888 |
| Dr. G. Marie O'Hanley | Veterans Affairs Canada | 161 Grafton StreetCharlottetown PE, C1A 8M9 | **902-626-4988** |
| Dr. Suzanne O’Hanley | Veterans Affairs Canada | 161 Grafton StreetCharlottetown, PE, C1A 8M9  | **902-566-6967** |
| Dr. James Thompson | Veterans Affairs Canada | PO Box 7700Charlottetown PE, C1A 8M9 | 902-370-4753 |
| David Forsythe | Veterans Affairs(PEI Office) |  | **866-522-2122** |

**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, two geriatricians, a geriatric nurse specialist, and administrative support. The program uses a team approach to provide support to patients, families, caregivers, 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 caregivers, staff, and community groups is also an integral component of the service.

|  |  |  |  |
| --- | --- | --- | --- |
| **Geriatrician:** | **Clinic:** | **Mailing Address:** | **Phone/Fax:** |
| Dr. Timothy Stultz | Harbourside Health Centre | 243 Habourside DriveSummerside, PE C1N 5R1 | **902-432-2860** |
| Dr. Huy Nguyen | Sherwood Medical Centre | 15 Brackley Point RoadCharlottetown, PE C1A 6Y1 | 902-367-4474 |
| Dr. Martha Carmichael | Harbourside Health Centre | 243 Harbourside DriveSummerside, PEC1N 5R1 | **902-432-2860** |
| Elaine Campbell, RN MN GNC(C),Provincial Geriatric Program Coordinator |  | 243 Heather Moyse Drive, Summerside, PE C1N 5R1 | **902-432-2861** |

**PALLIATIVE CARE**

|  |  |  |  |
| --- | --- | --- | --- |
| **Palliative Care:** | **Clinic:** | **Mailing Address:** | **Phone/Fax:** |
| Dr. Mireille Lecours | Provincial Palliative Care Program | 93 Murchison Road Charlottetown, PEC1A 0G3 | **902-368-4781** |

**NEUROLOGISTS**

|  |  |  |  |
| --- | --- | --- | --- |
| **Neurologist:** | **Clinic:** | **Mailing Address:** | **Phone / Fax:** |
| Dr. David Silverberg | The Polyclinic | 199 Grafton Street Suite 407 Charlottetown, PE C1A 1L2 | 902-629-8852 |
| Dr. Tiffany Townsend | The Polyclinic | 199 Grafton StreetSuite 407Charlottetown, PEC1A 1L2 | 902-629-8806 |
| Dr. Heather Williams | The Polyclinic | 199 Grafton StreetSuite 407Charlottetown, PEC1A 1L2 | 902-629-8872 |

#

# 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 | **902-368-5807** |
| O’Leary – Speech Services | **902-859-8720** |
| Wellington – Speech Services | **902-854-7259** |
| Summerside – Speech Services | **902-888-8160** |
| Charlottetown – Speech Services | **902-368-4440** |
| Queen Elizabeth Hospital – Speech Services | **902-894-2099** |
| Montague – Speech Services | **902-838-0762** |
| Souris – Speech Services | **902-687-7016** |

**HEARING AID SERVICES**

|  |  |
| --- | --- |
| Beltone / Audio Consultants of PEI, Charlottetown*Monthly hearing clinic, hearing tests in-home, repairs, free hearing tests for seniors* | **902-894-8455** |
| Connect Hearing SummersideConnect Hearing Charlottetown | **902-432-8154****902-892-6989** |
| Horizon Hearing Centre Charlottetown Summerside Montague | **902-892-4327** |
| **902-432-9152** |
| **902-838-2279** |
| PEI Hearing Consultants, Charlottetown | **902-629-8834** |
| PEI Audiology Incorporated, Charlottetown | **902-892-8060** |
| Campbell Hearing Inc., Charlottetown | **902-569-0101** |

**VISION CARE**

|  |  |
| --- | --- |
| **Family Vision Centre**111 Pownal, Charlottetown | [www.familyvisioncentre.com](http://www.familyvisioncentre.com) **902-566-4418** |
| **Rusk JM Optometrists Inc.**119 Kent, Charlottetown | **902-566-1663** |
| **Charlottetown Vision Care**549 North River Road | **902-626-3937**[**http://www.charlottetownvisioncare.com/**](http://www.charlottetownvisioncare.com/) |
| **Summerside Vision Clinic**388 Central Street | **902-436-8549** |
| **Hickey Burke and Associates**15 Ellis Road, Charlottetown | **902-368-3001**[**https://www.drshickeyburke.com/**](https://www.drshickeyburke.com/) |
| **Williams Craig Dr. Optometrist Inc.**505 Granville, Summerside479 Church, Alberton | **902-888-2108****902-853-3361** |
| **Belvedere Vision Centre**5 Brackley Point RoadCharlottetown | **902-566-2015** |
| **Dr. Kelly Bowes**297 Church, Alberton628B Water St E., Summerside | **902-853-4516****902-436-3346** |
| **Hunter River Vision Clinic** | **902-964-2632** |
| **Island Optical & Eyecare Ltd.**207 Queen St, CharlottetownIn-home service provided upon request | **902-892-1673**[**https://www.islandopticaleyecare.com/**](https://www.islandopticaleyecare.com/) |
| **Dr. LWL Jinks**Montague/Souris | **902-838-3338** |
| **PEIWEAR**237 Water St, Summerside | **902-888-2444**<http://www.peiwear.ca/> |
| **Vogue Optical** 5 Brackley Point Road, Charlottetown134 Kent St., Charlottetown505 Granville St., Summerside521 Main St., Montague479 Church St., Alberton | **902-566-2020****902-628-2040****902-888-2020****902-838-2020****902-853-4040**[www.vogueoptical.com](http://www.vogueoptical.com)  |
| **Matheson Eyewear**6 Mt. Edward Rd, Charlottetown | **902-892-2020**[www.mathesoneyewear.com](http://www.mathesoneyewear.com)  |
| **Boyle’s Optical**85 Belvedere, Charlottetown | **902-894-3937**[www.boylesoptical.com](http://www.boylesoptical.com)  |
| **Eye Care Optical**475 Granville St. County Fair MallSummerside | **902-436-4505** |
| **CNIB (Visual Aids & Products)**342 Grafton St. Suite 201Charlottetown | **902-566-2580** |
| **Polyclinic Professional Centre**199 Grafton, Charlottetown | **902-629-8810** |

CANCER SCREENING PROGRAMS

|  |  |
| --- | --- |
| Colorectal Cancer Screening Program | 1-888-561-2233 |
| Breast Cancer Screening | 1-888-592-9888 |
| Pap Screening | 902-368-5901 or1-888-561-2233 |

DENTAL PUBLIC HEALTH

|  |  |
| --- | --- |
| Charlottetown  Sherwood Business Centre  161 St. Peter’s Road Four Neighbourhoods Health Centre, 2nd Floor 152 St. Peter’s Road | 902-368-4918902-368-4920 or1-866-368-5460 |
| Summerside Summerside Health Centre 205 Linden Avenue | 902-888-8145 |

DENTURE SERVICES

|  |  |
| --- | --- |
| A1 Denture Clinic Charlottetown | **902-892-8334** |
| Creative Esthetics Dental Lab Charlottetown | **902-566-5313 or****1-866-253-5313** |
| Charlottetown Dental Clinic | **902-566-1515** |
| Gateway Dental | **902-892-4444** |
| Rhyno Denture Clinic Charlottetown | **902-892-3253** |
| Summerside Denture Clinic | **902-436-3235** |
| Water Street Dental Clinic | **902-918-0638** |
| Accu-Bite Denture Clinics Montague Stratford | **902-838-2350****902-569-5511** |

**PEI NATURAL HEALTH SOCIETIES & ASSOCIATIONS**

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

MENTAL HEALTH AND ADDICTION SERVICES

|  |  |
| --- | --- |
| Alberton | 902-853-8670 |
| McGill (Charlottetown) | 902-368-4911 |
| Richmond Center (Charlottetown) | 902-368-4430 |
| Montague | 902-838-0960 |
| O’Leary | 902-859-8781 |
| Souris | 902-687-7110 |
| Summerside | 902-888-8180902-888-8380 |
| Mount Herbert | 902-368-41201-888-299-8399 |

**PROVINCIAL DIABETES PROGRAM**

|  |  |
| --- | --- |
| Charlottetown/Queens East | 902-368-4959 |
| Charlottetown/Queens West | 902-569-7562 |
| Souris & Montague | 902-838-0787 |
| O’Leary/ West Prince | 902-859-8781 |
| Summerside/ East Prince | 902-432-2600 |
| Canadian Diabetes Association, PEI Branch | 902-894-3005 or 1-800-226-8464 |

**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.

|  |  |
| --- | --- |
| **Souris Hospital**17 Knights Avenue | **902-687-7051** |
| **Montague**126 Douses Road | **902-838-0719** |
| **Charlottetown – Sherwood Business Centre**161 St. Peters Road | **902-620-3916** |
| **Summerside**205 Linden Avenue | **902-888-8160** |
| **O’Leary Community Hospital**14 MacKinnon Drive | **902-859-8723** |

**OTHER COMMUNITY MEAL/NUTRITION RESOURCES**

|  |  |
| --- | --- |
| **Real Meals** – 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.  | **902-892-4527**[www.realmeals.ca](http://www.realmeals.ca)Note: Will deliver to Summerside for at least 10 meals per order (frozen).  |
| **Sobey’s Dietitians**Charlottetown  Summerside | **902-566-4399****902-436-5795** |
| **Meals on Wheels**Cost: $4AlbertonCornwallKensingtonSouris | <http://mealcall.org/canada/> **902-853-2794****902-892-4257****902-887-2858****902-357-2629** |
| **Comfort Food To Go**Cost: $4-$10 | **902-213-3663**<https://comfort-food-to-go-by-janet.business.site/> |
| **Queen Elizabeth Hospital** Referral from physician required | **902-894-2111** (switchboard) |
| **Prince County Hospital, Summerside Outpatients Dietitian** | **902-432-2547** |
| **Murphy’s Health Education Centre**includes pharmacy technicians, pharmacists, nurses, registered dietitians, & home health care consultants. | **902-892-1210** |

PHYSIOTHERAPY AND OCCUPATIONAL THERAPY

|  |  |
| --- | --- |
| **The Snoezelen Room** is a therapeutic and recreational room beneficial to people with sensory, cognitive and physical disabilities.Kay Reynolds Centre, 30 Woodward Drive, Charlottetown | **902-892-9149 ext. 0 or** **1-888-473-4263**[www.peicod.pe.ca/snoezelenroom.php](http://www.peicod.pe.ca/snoezelenroom.php)There is a small fee $3 for children and $6 for adults to book the room.  |
| **Beechwood Physiotherapy**446 Main St., O’Leary | **902-856-0152** |
| **CBI Health Centre, Physiotherapy, Acupuncture, Massage Therapy-Linden Avenue Medical Centre**24 Linden AvenueSuite 301, Charlottetown | **902-566-5212**[**https://www.cbi.ca/home**](https://www.cbi.ca/home) |
| **CBI Health Centre, Physiotherapy and Pain Management**199 Grafton St. Suite 105, Charlottetown | **902-370-5200** [**https://www.cbi.ca/home**](https://www.cbi.ca/home) |
| **Charlottetown Physiotherapy**28 Garfield St. | **902-566-2700**[**http://www.charlottetownphysio.ca/**](http://www.charlottetownphysio.ca/) |
| **Body Works, Charlottetown**1 Harbourside Access Rd. | **902-894-4400**[**https://bodyworkspei.ca/**](https://bodyworkspei.ca/) |
| **Kensington Physiotherapy, Inc., Kensington****55 Victoria Street East** | **902-836-1021**[**https://www.kensingtonphysiotherapy.ca/**](https://www.kensingtonphysiotherapy.ca/) |
| **MacPherson Physiotherapy and Acupuncture, Summerside**337 Central Street | **902-436-4364** |
| **Reactive Health**  Stratford Charlottetown  Cornwall UPEI Summerside | [**http://reactivehealth.com/**](http://reactivehealth.com/)**902-370-7322 ext.1****902-370-7322 ext. 2****902-370-7322 ext.3****902-370-7322 ext.4****902-436-2151** |
| **Physio East**  Morell Montague | **902-739-3050****902-361-3150**[**http://www.physioeast.ca/**](http://www.physioeast.ca/) |
| **CBI Power Physiotherapy**, Montague | **902-838-4969** |
| **Sports Centre Physiotherapy, Charlottetown**153 Belvedere Avenue | **902-370-9355**[**https://www.sportscentrephysio.com/**](https://www.sportscentrephysio.com/) |
| **The Physio Center, Summerside**125 Walker Avenue | **902-436-5438**[**http://www.thephysiocenter.com/index.html**](http://www.thephysiocenter.com/index.html) |

PHYSIO-THERAPY DEPARTMENTS (HOSPITALS)

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

OXYGEN THERAPY

|  |  |
| --- | --- |
| VitalAire Healthcare Kensington (by appointment only) Charlottetown | 1-877-362-2473902-894-3832 |
| Island Respiratory Specialists Charlottetown Summerside | 902-892-2828902-436-9633 |
| Maritime Asthma & Repiratory Care ,North Milton | 902-626-3376 or 902-836-3376 |

**FOOT CARE CLINICS**

**Charlottetown**

|  |  |
| --- | --- |
| 17 Hemlock Foot Care Clinic | **Alena Stewart** **902-894-8610** |
| Medi + Feet | **Jill 902-213-4535** |
| Charlotte Court  | **Colleen – 902-892-0456** |
| Andrews Lodge Foot Care Clinic | **902-368-2790** |
| Brecken House Foot Care Clinic | **902-368-4611** |
| Certified Advanced & Diabetic Foot Care (Murphy’s Health Services) | **902-892-1210** |
| Club 64 Foot Care Clinic | **902-368-9008** |
| Corrigan Lodge Foot Care Clinic | **902-894-9686** |
| Seniors Active Living Centre Foot Care Clinic | **902-628-8388** |
| We Care Home Health Foot Care Clinic | **902-894-3025** |

**Queens County Area**

|  |  |
| --- | --- |
| Rustico Foot Care Clinic | **902-963-2240** |
| New Haven Foot Care Clinic | **902-675-3345** |
| Crapaud Foot Care Clinic | **902-658-2773** |
| Cornwall Seniors Unit Foot Care Clinic | **902-368-7542** |

**East Prince Area**

|  |  |
| --- | --- |
| Crapaud Foot Care Clinic | **902-658-2773** |
| Kensington Foot Care Clinic | **902-836-5400****902-836-3362** |
| Summerside Foot Care Clinic | **902-436-6135****902-436-3565** |
| Tyne Valley Foot Care Clinic | **902-831-7900** |
| Wellington Foot Care Clinic | **902-854-2723** |

**West Prince Area**

|  |  |
| --- | --- |
| Tignish and Area | **902-882-2260** |
| Alberton and Area | **902-853-2234** |

**Eastern Kings Area**

|  |  |
| --- | --- |
| Morell Foot Care Clinic | **902-961-2244** |
| Souris Foot Care Clinic | **902-687-2396** |
| St. Peters Foot Care Clinic | **902-357-2189** |

**Southern Kings Area**

|  |  |
| --- | --- |
| Montague Foot Care Clinic | **902-838-2351** |

**IN-HOME FOOT CARE**

|  |  |
| --- | --- |
| VON PEI Professional Foot Care | **902-888-3338** |
| Hillsborough Hospital | **902-368-4790** |
| IslandWide Footcare | **902-393-5150** |

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 Assocation website([www.atlanticmusictherapy.ca/index.php](http://www.atlanticmusictherapy.ca/index.php)) for more information.

|  |  |
| --- | --- |
| Music Therapist | Contact Information |
| Katherine Lowings, BMT, MTAHillary Abbott, BMTDaniel Bevan-Baker, BMus, GDip, MA, MTAMegan McIsaac, MMT, NMT, MTA | 902-894-3515[www.catholicfamilyservice.ca/](http://www.catholicfamilyservice.ca/) |
| Shona Pottinger BMT, MTA | 902-393-3825[*http://www.singingsandsmt.ca/index.html*](http://www.singingsandsmt.ca/index.html) |

# 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**

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

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

PHARMACIES (Alphabetical order)

|  |  |
| --- | --- |
| Alberton PharmacyAlberton, 483 Main St. | 902-853-2808 |
| Atlantic Superstore –Loblaw PharmacyFree blood pressure testing machineCharlottetown, 465 UniversityCharlottetown, 680 UniversityMontague, 509 Main Street**Summerside,** 535 Granville Street | 902-569-2850902-368-8163902-838-5421902-888-1581 |
| Bob’s PharmacyTignish, 248 Phillips St. | 902-882-2580 |
| Hunter River Pharmacy Ltd.Hunter River, 4276 Hopedale Rd. | 902-964-2218 |
| Lawton’s DrugsCharlottetown, 199 Grafton StCharlottetown, 161 St. Peter’s RdCharlottetown, 220 Water StSummerside, 475 Granville StreetMontague, 407 MacIntyre Ave | 902-566-5771902-628-6611902-368-2004902-432-3565902-838-8888 |
| The Medicine Shoppe Alberton, 152 Poplar St**Summerside**, 54 Central St**O’Leary**, 504 Main St | 902-853-4600902-436-4436902-859-3800 |
| **Murphy’s Pharmacy** **Charlottetown**, Parkdale, 24 St. PetersRd **Charlottetown,** East Royalty, 266 St PetersRd**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 | 902-894-8553902-566-2266902-628-8899902-892-7633902-569-3006902-370-7770902-961-3240902-724-4900902-888-2211902-566-2292902-836-3316902-854-5000902-831-2444902-963-2899 |
| Pharmasave Souris, 175 Main St. | 902-687-4104 |
| Sherwood Drug MartCharlottetown, 19 Brackley Pt. Rd | 902-628-8900 |
| Shoppers Drug MartFree blood pressure testing machineCharlottetown, University AveCharlottetown, West RoyaltyCharlottetown, Queen StreetSummerside, County Fair Mall | 902-892-3433902-566-3211902-566-1200902-436-2218 |
| Sobey’s PharmacyFree blood pressure testing machineCharlottetown, 39 Babineau Ave.Montague, 76-87 Main St.Charlottetown, University AvenueSummerside, 475 GranvilleStratford, 9 Kinlock Rd. | 902-566-4055902-838-4961902-626-3302902-436-5795902-894-3400 |
| South Shore Pharmacy Crapaud, 20557 Trans Canada Hwy  | 902-658-2212 |
| WalmartFree blood pressure testing machineCharlottetown, 80 Buchanan DriveSummerside, 511 Granville St | 902-628-4600902-432-3570 |
| Wally’s Pharmasave Cornwall17-25 Meadowbank Raod, Cornwall Plaza | 902-629-6870 |

**PROVINCIAL PROGRAMS**

|  |  |
| --- | --- |
| PEI Pharma-Care ProgramsFor a full listing of all Provinical programs see: [www.healthpei.ca/drugprograms](http://www.healthpei.ca/drugprograms) | 902-368-4947**1-877-577-3737**[www.healthpei.ca/pharmacare](http://www.healthpei.ca/pharmacare) |
| **PEI Seniors’ Drug Program**Assists residents of PEI, 65 years and older, with purchase of approved drugs. | **902-368-4947****1-877-577-3737** |
| Provincial Pharmacy**For patients with diseases only (Cystic Fibrosis, AIDS, etc.)** | 902-368-4947**1-877-577-3737**[healthpei.ca/pharmacare](http://healthpei.ca/pharmacare) |
| Catastrophic Drug Programprovides assistance to Islanders whose eligible prescription drug costs are affecting their household’s ability to maintain life essentials. | 902-368-49471-877-577-3737[www.healthpei.ca/catastrophic](http://www.healthpei.ca/catastrophic) |
| Generic Drug ProgramProvides assistance to Islanders under the age of 65 who do not have insurance, eligible generic prescription drugs cast a maximum of $19.95. | Apply online or in person at Access PEI locations<https://www.princeedwardisland.ca/en/service/apply-for-the-generic-drug-program> |

# SECTION 10: HEALTHY LIVING

ACTIVE LIVING PROGRAMS FOR SENIORS

|  |  |
| --- | --- |
| Government of PEI  | <http://www.princeedwardisland.ca/en/topic/health> |
| Go!PEIOffers programs, education and events that help spread the message of healthy living. | 902-368-5930[www.gopei.ca](http://www.gopei.ca)  |
| PEI 55 Plus Games SocietyFor Islanders 55 years of age and over. Activities such as swimming, curling, bowling. | 902-368-6570[www.pei55plusgamessociety.ca](http://www.pei55plusgamessociety.ca)  |
| Seniors Active Living CentrePrograms include cards, choir, crafts, dancing, fitness, foot clinics and musical events.  | 902-628-8388  |

FITNESS CLUBS & GYMS

Charlottetown

|  |  |
| --- | --- |
| Charlottetown Fitness Club at the Delta Prince Edward | **902-566-2222** |
| GoodLife Fitness | **902-569-5616** |
| UPEI Sports Centre | **902-566-0368**[www.ar.upei.ca/facilities/chi-wan-young-sports-centre](http://www.ar.upei.ca/facilities/chi-wan-young-sports-centre) |
| Atlantic Fitness Centre – iMotion Fitness18 Garfield Street119 Kent Street  | **902-892-1999902-368-3622**[www.atlanticfitness.ca](http://www.atlanticfitness.ca) [www.imotionfitness.ca](http://www.imotionfitness.ca) |
| Murphy’s Community Centre | **902-892-1719**[www.murphyscommunitycentre.com/](http://www.murphyscommunitycentre.com/)  |
| The Whole Way Health & Fitness Studio | **902-894-8943** <http://www.thewholeway.ca/>  |
| Infrared Fitness | **902-892-5504** |
| Naturally Fit PEI | **902-367-7224**[www.nfpei.ca](http://www.nfpei.ca)  |
| SPA Total Fitness Centre, Charlottetown Mall | **902-566-1400**<http://spatotalfitness.com>  |
| Modo Yoga/Yoga Room,  | **902-894-9642**<https://charlottetown.modoyoga.com/> |
| Yoga for Life,  | **902-620-8337**[www.Yogapei.com](http://www.Yogapei.com)  |
| Soul Play, Bedeque | **902-314-2428** |

**Summerside**

|  |  |
| --- | --- |
| Iron Haven GymWater Street | **902-888-3499** |
| Credit Union Place511 Notre Dame St.  | **902-432-1234** |
| Kensington Fitplex | **902-836-3509** |
| Danspirations (Yoga & Dance) | **902-439-9897****902-886-2503**[**https://www.danspirations.ca/**](https://www.danspirations.ca/) |
| Stretch Fitness | **902-724-3550**[www.stretchfitness.ca](http://www.stretchfitness.ca)  |

**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**[www.apmcentre.com](http://www.apmcentre.com)  |
| Crapaud - South Shore Actiplex | **902-658-2885** |
| Mill River - Rodd Mill River Resort & Aquaplex | **902-859-3555**[www.roddvacations.com/rodd-mill-river](http://www.roddvacations.com/rodd-mill-river) |
| O’Leary - Western Fitness | **902-206-3888** |
| Montague - Atlantic Fitness East | **902-838-3047** |
| Morell - Full Throttle Fitness | **902-626-9179** |
| Souris Striders Ski Club | **902-687-1321** |

# SECTION 11: OTHER GOVERNMENT 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.

|  |  |
| --- | --- |
| **Seniors Provinical Housing Offices** | **Contact Information** |
| Charlottetown | 161 St. Peters RoadPO Box 2000, Charlottetown, PE, C1A 7N8902-368-5770 |
| Summerside | 120 Heather Moyse DriveSummerside, PE C1N 5L2902-888-8436 |
| Montague | 41 Wood Island RoadPO Box 1500, Montague, PE, C0A 1R0902-838-0796 |
| Souris | 15 Green StreetPO Box 550, Souris, PE, C0A 2B0902-687-7098 |

**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)

**ISLAND INFORMATION SERVICES**

|  |  |
| --- | --- |
| **Island Information Services**Provides information on government programs and operates a bookstore.11 Kent St, Charlottetown | **902-368-4000****1-800-236-5196**<https://www.princeedwardisland.ca/en> |

##### **CANADA PENSION/SERVICE CANADA**

|  |  |
| --- | --- |
| Allowance Program | **1-800-277-9914** (English)**1-800-277-9915** (French)**1-800-255-4786** (TTY) |
| Allowance for the Survivor Program | **1-800-277-9914** (English)**1-800-277-9915** (French)**1-800-255-4786** (TTY) |
| Canada Pension Plan Retirement Pension (CPP) | **1-800-277-9914** (English)**1-800-277-9915** (French)**1-800-255-4786** (TTY) |
| Canadian Government Annuities | **1-800-561-7922506-548-7972** |
| International Benefits | Inside Canada and the US:**1‑800‑454‑8731** (English & French)**1-800-255-4786** (TTY)Outside Canada and the US:**613‑957‑1954 (collect calls accepted)** |
| Old Age Security (OAS)8:30 am - 4:30 pm | **1-800-277-9914** (English)**1-800-277-9915** (French)**1-800-255-4786** (TTY) |

 **DEPARTMENT OF ENVIRONMENT, LABOUR AND JUSTICE**

|  |  |
| --- | --- |
| Consumer Services | **902-368-4000****1-800-236-5196** |

PEI SOCIAL ASSISTANCE PROGRAM (Alphabetical by community)

|  |  |
| --- | --- |
| Charlottetown | **902-368-5338** |
| Montague | **902-838-0728** |
| O’Leary | **902-859-8835** |
| Souris | **902-687-7170** |
| Summerside | **902-888-8397** |

**HEALTH & SOCIAL SERVICES**

|  |  |
| --- | --- |
| Department of Health and Wellness | **902-368-5250**<https://www.princeedwardisland.ca/en/topic/health-and-wellness> |
| Department of Social Development and Housing | **902-620-3777 or****1-866-594-3777**[**https://www.princeedwardisland.ca/en/topic/social-development-and-housing**](https://www.princeedwardisland.ca/en/topic/social-development-and-housing) |
| Department of Transportation, Infrastructure and Energy | **902-368-5100**<https://www.princeedwardisland.ca/en/topic/transportation-infrastructure-and-energy> |

**SERVICE CANADA**

|  |  |
| --- | --- |
| Information on Federal Programs and Services | **1-800-622-6232****1-800-926-9105** (TTY) |

**VETERAN’S AFFAIRS**

|  |  |
| --- | --- |
| Provides services to veterans, also provides the Veterans Independence Program which enables veterans to remain independent in their homes and communities. | **1-866-522-2122** (English)**1-866-522-2022** (French)[www.veterans.gc.ca](http://www.veterans.gc.ca)  |

**TAXATION SERVICES**

|  |  |
| --- | --- |
| Canada and Revenue Canada (CRA) website | [www.cra-arc.gc.ca/tso](http://www.cra-arc.gc.ca/tso) |
| Order CRA forms and publications | **1-800-959-2221** |
| Electronic copies of forms | [www.cra-arc.gc.ca/formspubs/menu-eng.html](http://www.cra-arc.gc.ca/formspubs/menu-eng.html) |
| **Individual income tax and Trust enquiries** | **1-800-959-8281** |

**REVENUE CANADA VOLUNTEER PROGRAM (Tax Year:2019)**

|  |  |
| --- | --- |
| Charlottetown | **902-516-4405 or****902-218-9733**  |
| Montague | **902-838-4437** |

**CANADA BENEFITS FINDER**

Provides information about available Federal and Provinical 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%40.jsp)

# SECTION 12: 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.

|  |  |
| --- | --- |
| **Lawyer Referral Services/Legal Information**Royalty Centre, Room 111,40 Enman Crescent, Charlottetown, PEI, C1A 7K4 | **902-892-0853****1-800-240-9798**[www.cliapei.ca](http://www.cliapei.ca)*clia@cliapei.ca*  |

**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  | **902-368-6043** (General Inquiries)**902-368-6016** (Administration)**902-368-6656** (Family Law)**902-368-6043** (Criminal Law) |
| Summerside | **902-888-8066** (Family Law)**902-888-8219** (Criminal Law) |

**CONSUMER INFORMATION AND COMPLAINTS**

|  |  |
| --- | --- |
| Consumer Services Section of the Department of Justice and Public Safety | **902-368-4580**<https://www.princeedwardisland.ca/en/topic/consumer-services> |

**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 7N8902-368-6281 |

**PEI HUMAN RIGHTS COMMISSION**

|  |  |
| --- | --- |
| PEI Human Rights Commission | **902-368-4180****1-800-237-5031**[www.gov.pe.ca/humanrights](http://www.gov.pe.ca/humanrights)  |

**LAW SOCIETY/LAWYERS**

|  |  |
| --- | --- |
| Law Society of Prince Edward Island  | **902-566-1666**<http://lawsocietypei.ca/home>  |

**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 13: HOME CARE

P.E.I. HOME CARE AND SUPPORT PROGRAM

The PEI Home Care Program[(www.healthpei.ca/homecare)](http://(www.healthpei.ca/homecare%29)provides care and services to maintain or improve health, independence and quality of life for clients and their caregivers.   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 individuals to remain in their home safely. Tasks may also include meal preparation, laundry and essential household tasks.
* Respite – provides relief for the caregiver.
* 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. See appendix for Health PEI’s “Home Care Referral” Form or visit: [www.healthpei.ca/homecare](http://www.healthpei.ca/homecare) to download a copy.

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

# SECTION 14: TRANSPORTATION SERVICES

**ACCESIBLE 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)

|  |  |
| --- | --- |
| **PEI Council of People with Disabilities Office Locations** | **Contact Information** |
| Charlottetown5 lower Malpequ Road, Unit #2, Landmark Plaza, C1E 1R4 | 902-892-9149 or 1-888-473-4263*info@peicod.pe.ca* |
| MontagueBrudnell Mini-Mall, 2 Crescent Ln, Unit C, C0A 1R0 | 902-838-5878 or 902-838-5879*montague@peicod.pe.ca* |
| Summerside201 Wyatt Cres., C1N 0B5 | 902-436-9259 or 902-436-1296[*summerside@peicod.pe.ca*](file:///C%3A%5CUsers%5CEducation%5CDocuments%5CNathan%5Csummerside%40peicod.pe.ca) |

**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.

**PRIVATE TRANSPORTATION OPTIONS**

|  |  |
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| **Donna’s Transport Ltd.** transports seniors as well as people with mental and/or physical disabilities between Charlottetown & Summerside for medical appointments. | **902-436-3394**345 First Street, Summerside, PE, C1N 1G5 |
| **Pat and the Elephant** 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. | **902-894-3339***Pat.e@pei.sympatico.ca*[www.patandtheelephant.org/](http://www.patandtheelephant.org/) |
| **Transportation West Inc.** 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. | **902-853-6010**116 Dufferin St., Alberton, PEC0B 1B0 |

**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, Rememberance 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/)](http://maritimebus.com/%29).

# SECTION 15: OTHER COMMUNITY SUPPORT GROUPS

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

|  |  |
| --- | --- |
| **ALS Society (Lou Gehrig’s disease)** | **902-439-1600**[www.alspei.ca](http://www.alspei.ca)  |
| **Arthritis Society of PEI**Leisure World Building95 Capital Drive Charlottetown | **1-800-321-1433****902-628-2288**[www.arthritis.ca/PEI](http://www.arthritis.ca/PEI)  |
| **Bereavement Volunteer Support Groups** **East Prince**Fundamental Baptist ChurchTrinity United ChurchSummerside PresbyterianSt. Paul’s ParishBedeque Pastoral ChargeTyron Baptist ChurchSt. Mary’s Anglican Church**Queens County**Grief Support Group for WomenBereavement Support GroupGrief Support One on One/GroupSt. Francis of AssissiTake a Break/Womens Outreach | **902-436-6250** Rev. Ian Kurylyk**902-436-3155** Rev. Arthur Davies**902-436-2557** Rev. Vicki Holmes**902-436-5112** Rev. Brian MacDougall**902-887-2003** Rev. Gloria Churchill**902-658-2822** Pastor Annette Wells**902-888-2234** Rev. Karen Quirk**902-367-9292** Shirley Gormley**902-894-7385** Betty Doucette**902-658-2156** Linda Gowing-Burke**902-566-3876** Joan Smith**902-892-4613** Anita Matheson |
| Bereavement Volunteer Support Groups Con’t**West Prince**Grief Support Group | **902-882-3344** Richard & Elaine Shea |
| **Brain Injury Association of PEI**81 Prince Street, Suite 5Charlottetown | **902-314-4228**[**https://www.braininjurypei.info/**](https://www.braininjurypei.info/) |
| **Canadian Cancer Society of PEI**220 Water St., Charlottetown | **902-566-4007****1-888-939-3333**[www.cancer.ca](http://www.cancer.ca)  |
| **Canadian Diabetes Association**Mailing Address OnlyPO Box 188, CharlottetownPE, C1A 7K4 | **902-894-3195****902-894-3205**[www.diabetes.ca](http://www.diabetes.ca) |
| **Canadian Hard of Hearing Association PEI Chapter**881 RR1 Augustine CoveBorden-Carleton | **902-855-2382**[www.chha.ca](http://www.chha.ca)  |
| **Canadian Liver Foundation** | **902-423-8538****1-866-423-8538**[www.liver.ca/](http://www.liver.ca/)https://www.liver.ca/how-you-help/prince-edward-island/ |
| **Canadian Mental Health Association of PEI / Self-Help Groups**178 Fitzroy St, PO Box 785 Charlottetown | **902-566-3034**<https://pei.cmha.ca/> |
| **Seniors’ Mental Health Resource Team** | **902-368-4911** |
| **Cancer Information Services** | **1-888-939-3333**[www.cancer.ca](http://www.cancer.ca) |
| **Catholic Family Service Bureau**129 Pownel St, Charlottetown | **902-894-3515**[www.catholicfamilyservice.ca](http://www.catholicfamilyservice.ca)  |
| **CNIB**342 Grafton, Suite 201 Charlottetown | **902-566-2580**[www.cnib.ca](http://www.cnib.ca)  |
| **Crohn’s and Colitis Canada** | **1-800-387-1479**<https://crohnsandcolitis.ca/Location/Maritimes/Prince-Edward-Island?region=&category=&page=7> |
| **East Prince Seniors Initiative:** Committed to enhancing healthy opportunities to individuals over 50 | **902-888-2177**[www.eastprinceseniorsinitiative.blogspot.ca](http://www.eastprinceseniorsinitiative.blogspot.ca)  |
| **Emotions Anonymous**Charlottetown Wellington Summerside | **902-439-6543** -- Annie**902-854-2974 –** Angele**902-436-4106 –** Morris [www.emotionsanonymous.org](http://www.emotionsanonymous.org) |
| **Family Service PEI**155 Belvedere, Charlottetown109 Water St, Summerside | **902-892-2441****902-436-9171**[www.familyservice.pe.ca](http://www.familyservice.pe.ca)  |
| **Health PEI** | **902-368-6130**[www.healthpei.ca](http://www.healthpei.ca) |
| **Heart and Stroke Foundation of PEI**180 Kent Street Charlottetown | **902-892-7441****1-888-473-4636** |
| **Hospice Palliative Care Association of PEI****ProvincialWest Prince****East Prince****Queens** | [www.hospicepei.ca](http://www.hospicepei.ca) **902-368-4498****902-786-3991****902-438-4231** **902-368-4095** |
| Hospice Palliative Care Bereavement ServicesA Seniors’ Support Group for people over 50 who are grieving. **East PrinceQueens CountyWest Prince****Provincial** | **902-438-4231** **902-368-4064****902-859-2870****902-368-4498** |
| **Huntington Society of Canada** | **1-800-998-7398**[www.huntingtonsociety.ca](http://www.huntingtonsociety.ca)  |
| **Kidney Foundation of Canada** | **1-800-361-7494**[www.kidney.ca](http://www.kidney.ca)  |
| **Multiple Sclerosis Society of Canada** | **902-468-5328****1-800-268-7582**<https://mssociety.ca/> |
| **Muscular Dystrophy Canada** | **1-800-567-2873**[www.muscle.ca](http://www.muscle.ca)  |
| **Parkinson Society Maritime Region**Halifax, NS | **902-422-3656****1-800-565-3000**<https://www.parkinson.ca/local-offices/parkinson-canada-atlantic-office/> |
| **Pastoral Care****Queen Elizabeth Hospital -** **Spiritual Care Department** | **902-894-2094** |
| **PEI Lung Association** | **902-892-5957****1-888-566-5864**[www.pei.lung.ca](http://www.pei.lung.ca) |
| **PEI Senior Citizens’ Federation Inc.**Consists of over 50 clubs and seniors' organizations across the Island. Many programs offered, such as Friendly Visitor Program, Driving Refresher Courses, Computing for Seniors, Island Family Trees Program, LEAP (Learning Elders Arts Program) | **902-368-9008**[www.peiscf.com](http://www.peiscf.com)  |
| **Recreation PEI** | **902-368-5964**<http://www.recreationpei.ca/index.php?page=home> |

# 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 caregivers of Alzheimer's patients as it enables you to coordinate care among multiple caregivers 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 Austrailia 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)](https://apps.apple.com/us/app/brainyapp/id1084632021%29) 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 loved ones when you forget ot take your 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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