

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

Website: 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 society@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

<https://islandems.ca/>



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



CITY POLICE

Charlottetown City Police	902-629-4172	www.charlottetownpolice.com/
Summerside City Police	902-432-1201	www.summerside.ca/residents/police_services
Kensington Police	902-836-4499	www.townofkensington.com

RCMP



Royal Canadian Mounted Police Gendarmerie royale du Canada

“L” Division Headquarters	902-566-7112	English
Queens Detachment	902-368-9300	Bilingual
West Prince Detachment	902-853-9300	Bilingual
East Prince Detachment	902-436-9300	Bilingual
Montague Detachment	902-838-9300	English
Souris Detachment	902-687-9300	English
Stratford Detachment	902-687-9300	English
www.rcmp-grc.gc.ca/detach/en/find/PE		

ISLAND HELPLINE (CRISIS)

1-800-218-2885

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

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/



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, **902-628-2257**; **1-866-628-2257** or visiting www.alzheimer.ca/pei.

Please contact us at society@alzpei.ca or by phone for more information and to register.

Pre-registration is required.

Montague Facilitator: Penni Foresman	2nd and 4th Wednesday of each month, 1:00pm-2:30pm
Charlottetown Facilitator: Laura MacWilliam	1 st and 3 rd Wednesday of each month, 1:00 pm- 2:00pm
Summerside Facilitator: Giselle	2nd and 4th Tuesday of each month, 2:00pm-3:30pm
O’Leary Facilitator: Jaclyn Gallant	1st and 3rd Tuesday of each month, 6:00pm-7:30pm
Young Onset Group (Charlottetown) Facilitator: Laura MacWilliam	4th Thursday of each month, 6:00pm-7:00pm *Virtual option available

ALZHEIMER SOCIETY OF PEI EDUCATION, PROGRAMS & SERVICES

Public Education: Presentations & Workshops

We offer a series of information sessions, each having a unique focus on Alzheimer's disease and other 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 other 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 caregiver support groups. Facilitated by staff and 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. 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/take-action/volunteer>

Volunteer Companion Program

A one-on-one visiting program for individuals with Alzheimer's disease or another dementia. Volunteer companions are matched with a person with the disease and visit once a week to provide socialization. For more information, visit <https://alzheimer.ca/pei/en/take-action/volunteer>

Wellness, Connect & Care

A program that is open to all seniors and provides experiences of healthy active living, social connection, engaging activities and health and wellness education. If you are interested in volunteering to support these programs, or for more information about participating please contact us by calling 902-628-2257 or emailing society@alzpei.ca

SECTION 4: RESPITE CARE, HOME CARE & OTHER

HOUSING SUPPORTS

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 caregiver, 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 www.princeedwardisland.ca/en/information/health-pei/maplewood-manor r Tuesday, Thursday & Friday 8 am – 4 pm
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Charlottetown

Brecken House Adult Day Health Program Prince Edward Home 75 Maypoint Road	902-368-4607 www.princeedwardisland.ca/en/information/health-pei/prince-edward-home Monday to Friday 7:30 am– 5 pm, & Saturday 8 am – 4 pm
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Montague

Stay-A-While Day Program Riverview Manor 14 Rosedale Rd	902-838-0786 www.princeedwardisland.ca/en/information/health-pei/riverview-manor Monday, Tuesday, Thursday, & Friday 8 am – 4 pm
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Souris

Stay-A-While Day Program Colville Manor 20 MacPhee Avenue	902-687-7096 www.princeedwardisland.ca/en/information/health-pei/colville-manor Monday and Thursday 8 am – 4 pm
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St. Peters

Stay-A-While Day Program St. Peters Circle Club, 1917 Cardigan Rd	902-687-7096 Wednesday 8 am - 4 pm
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Summerside

Chapman Centre Summerset Manor 15 Frank Mellish St.	902-888-8440 www.princeedwardisland.ca/en/information/health-pei/summerset-manor Tuesday – Saturday 8 am – 4 pm
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P.E.I. HOME CARE AND SUPPORT PROGRAM

The PEI Home Care Program (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

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	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

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

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.

OTHER HOME SUPPORT SERVICES

<p>Bayshore Home Health 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>902-892-7355 http://www.bayshore.ca/</p>
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<p>Odd Jobbers PEI 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>902-367-4357</p>
<p>We Care Home Health Services offers a full range of home support services including homemaking, meal preparation, personal care, and escort for appointments.</p>	<p>902-894-3025 http://www.cbi.ca/</p>

PRIVATE IN-HOME RESPITE

Charlottetown

<p>Bayshore Home Health 8 Mount Edward Road</p>	<p>902-892-7355 or 1-866-892-7355 www.bayshore.ca</p>
<p>Private Help (Advertisements in Newspapers, etc.)</p>	<ul style="list-style-type: none"> - Interview several people. - Identify & agree on hours of work and rate of pay. - Be Informed. - Ask Questions - Proceed only when you are comfortable.

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 Provincial Housing Offices	Contact Information
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 Islands 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

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

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.

SECTION 5: 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 Office Fact sheets concerning long term nursing care can also be found at: www.healthpei.ca/longtermcare	1-888-365-5313
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GOVERNMENT LONG-TERM CARE HOMES (Alphabetical by community)

Alberton Maplewood Manor 405 Church Street	902-853-8610 www.princeedwardisland.ca/en/information/health-pei/maplewood-manor
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<p>Charlottetown Beach Grove Home 200 Beach Grove Road</p>	<p>902-368-6750 www.princeedwardisland.ca/en/information/health-pei/beach-grove-home</p>
<p>Charlottetown Prince Edward Home 75 Maypoint Road</p>	<p>902-368-4607 www.princeedwardisland.ca/en/information/health-pei/prince-edward-home</p>
<p>Montague Riverview Manor 142 Fraser St</p>	<p>902-838-0772 www.princeedwardisland.ca/en/information/health-pei/riverview-manor</p>
<p>O’Leary Margaret Stewart Ellis Home</p>	<p>902-859-8750 www.princeedwardisland.ca/en/information/health-pei/margaret-stewart-ellis-home</p>
<p>Souris Colville Manor 20 MacPhee Avenue</p>	<p>902-687-7090 www.princeedwardisland.ca/en/information/health-pei/colville-manor</p>
<p>Summerside Summerset Manor 15 Frank Mellish Street</p>	<p>902-888-8310 www.princeedwardisland.ca/en/information/health-pei/summerset-manor</p>

Summerside Wedgewood Manor 310 Brophy Avenue	902-888-8340 www.princeedwardisland.ca/en/information/health-pei/wedgewood-manor
Tyne Valley Stewart Memorial Home 18 Bideford Road	902-831-7900 www.princeedwardisland.ca/en/information/health-pei/stewart-memorial-home

PRIVATE LONG-TERM CARE HOMES (Alphabetical by community)

Belfast

John Gillis Memorial Lodge 3134 Garfield Rd.	902-659-2337 www.gillislodge.ca
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Charlottetown

Atlantic Baptist Home: Centennial Court 16 Centennial Drive	506-858-7870 atlanticbaptisthousing.com/our-communities/centennial-court-nursing-home
Garden Home 310 North River Road	902-892-4131 peiseniorshomes.com/garden-home/
MacMillan Lodge 215 Sydney Street	902-894-7173
Park West Lodge 22 Richmond Street	902-566-2260

	andrewsseniorcare.com/park-west/
Whisperwood Villa 160 St. Peters Road	902-566-5556 peiseniorshomes.com/whisperwood-villa/
The Mount Continuing Care Community 141 Mount Edward Road	902-370-8888 www.themountcommunity.ca/

Clinton/Kensington

Clinton View Lodge 30 Clinton View Ct	902-886-2276 macleodcares.com/facility/kensington/
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Crapaud

South Shore Villa 159 Sherwood Forest Drive	902-658-2228 https://macleodcares.com/facility/crapaud/
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Stratford

Andrews of Stratford 355 Shakespeare Drive	902-367-4100 andrewsseniorcare.com/stratford/
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COMMUNITY CARE FACILITIES (Alphabetical by community)

Alberton

Rev. W.J. Phillips Residence 120 Dufferin St	902-853-3109 http://www.revwjphillipsresidence.ca/home.html
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Belfast

Dr. John Gillis Memorial Lodge* 3134 Garfield Rd	902-659-2337 https://www.gillislodge.ca
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Charlottetown

Andrew's Lodge 73 Malpeque Road	902-368-2790 https://andrewseniorcare.com/charlottetown/
Andrews Park West Lodge* 22 Richmond Street	902-566-2260 https://andrewseniorcare.com/park-west/
Champion Lodge 48 Green St	902-894-8968
Charlotte Residence 39 All Souls Ln	902-894-8134
Corrigan Home 22 Hemlock Court	902-894-9686
Emerson Lodge 36 Kent St.	902-892-0791 emersonlodge.com/index.htm
Geneva Villa	902-628-6642

78 Walthen Drive	www.genevavilla.com
Grafton House Community Care 37 Grafton St	902-367-2875
Langille House 214 Kent Street	902-628-8228 http://langillehouse.ca/
McQuaid Lodge 36 Kent Street	902-892-0791
The Mount Continuing Care Home* 141 Mt Edward Rd	902-370-8888 www.themountcommunity.ca/
Old Rose Lodge 319 Queen St	902-368-8313
Smith Lodge 35 Weymouth St	902-892-4220
Stamper Residence 9 Fitzroy St	902-894-3815 www.seniorcareaccess.com/residence/4843/
Tenderwood Lodge 15 Hawthorne Ave	902-566-5174
Valley House 92 Longworth Ave	902-628-8268 valleyhouse.ca/
Whisperwood Villa* 160 St. Peters Rd	902-566-5556 peiseniorshomes.com/whisperwood-villa/

Clinton

Clinton View Lodge* 30 Clinton View Ct	902-886-2276 macleodcares.com/facility/kensington/
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Clyde River

Burnside Community Care 902-675-2393	902-675-2393 burnsidecommunitycare.com/
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Crapaud

South Shore Villa 159 Sherwood Forest Drive	902-658-2228 macleodcares.com/facility/crapaud/
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Hunter River

Rosewood Residence Program 4260 Hopedale Road	902-964-2436 rosewoodresidencedotca.worpress.com/
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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
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	www.facebook.com/themisouchevilla/
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Montague

MacKinnon Pines 505 Campbellton St	902-838-2656 www.facebook.com/pages/category/Senior-Center/MacKinnon-Pines-Lodge-1508114632633494/
Perrin's Marina Villa 115 Sackville St	1-866-628-2257 www.perrinsmarinavilla.com/

O'Leary

Lady Slipper Villa 490 Main Street	902-859-3544 https://peiseniorshomes.com/lady-slipper-villa/
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Sherwood

Corrigan Home 22 Hemlock Ct	902-894-9686 peicommunitycare.ca/facilities/corrigan-home/
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Souris

Bayview Lodge 22 Washington St	902-687-3122
WoodLand Home	902-687-3315

Stratford

Andrews of Stratford 355 Shakespeare Drive	902-367-4100 andrewsseniorcare.com/stratford/
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Summerside

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

Tignish

Seniors Home Care Cooperative 116 Macleod Ln	902-882-4663 peicommunitycare.ca/facilities/tignish-seniors-home-care-co-operative-ltd/
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Wellington

La Cooperative Le Chez Nous Ltee. 64 Sunset Dr	902-854-3426 peicommunitycare.ca/facilities/la-cooperative-de-chez-nous-ltee/
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*provide both community care and nursing care (Dual Facilities)

SECTION 6: PHYSICIANS, WALK-IN CLINICS, HOSPITALS

HealthPEI's 811 Service (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)

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

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	902-368-4530
East Prince	902-888-8160
Montague	902-838-0762
Souris	902-687-7049
West Prince	902-368-4530

For further inquiries, contact your local Health Centre:

HEALTH CENTRES (Alphabetical by community)

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

Alberton Health Services – Western Hospital	902-853-8650
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

INDIGENOUS 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 Clinic Boardwalk Professional Centre 220 Water Street Hours vary. Call ahead to confirm	902-367-4444 http://www.bpchealth.ca/ Visit https://pe.skipthewaitingroom.com/walk-in-clinic/charlottetown/boardwalk-professional-centre/down
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	town-walk-in-clinic to book and to view clinic hours.
Sherwood Walk-in Clinic/Medical Centre 15 Brackley Point Road	902-628-8900 www.sherwooddrugmart.ca/clinics.php Monday: 8-11:30am Tuesday-Friday: 10am-12pm Saturday: 8-11:30am Sunday: 1-3pm

Crapaud

South Shore Health and Wellness Centre 20557 Trans Canada Hwy Hours vary. Call ahead to confirm.	902-730-3603 Monday: 9 am – 12 pm Wednesday: 10 am – 12 pm Visit https://pe.skipthewaitingroom.com/walk-in-clinic/crapaud/south-shore-pharmacy/south-shore-pharmacy for clinic hours
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Morell

Welcome Centre 25 Sunset Crescent	Wednesday: 9am- 12pm
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Stratford

Stratford Walk-in Clinic Stratford Medical Centre 13 Stratford Road (above pharmacy)	902-892-2111 https://murphyspharmacies.com/walk-in-clinics/ Tuesday-Thursday: 5:30-7:30pm
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Summerside

Central Street Walk-in Clinic Central Street Medical Centre 434 Central Street	902-724-3210 Monday-Friday: 10am-4pm Sunday: 12-5pm
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Wellington

Evangeline Health Centre - Same Day Clinic 48 Mill Road	902-854-7259 Wednesday: 9am-3pm
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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

How to Find a Family Doctor or Nurse Practitioner

Complete the Patient Registry Online Application Form or call 1-855-563-2101 (toll-free). You will need your PEI Health Card number to register. If you are registering a household, you will need PEI Health Card numbers for all members.

After you complete the form Health PEI will send you a letter or email confirming your name has been added to the registry. The Patient Registry will contact you when a family doctor or nurse practitioner is accepting new patients in your area. Patients are assigned in chronological order, so those on the registry the longest are assigned first.

Once you have registered for the Patient Registry, you will be eligible to see a doctor online through Maple. Within a month, you will receive a separate email from Health PEI Maple inviting you to register for Maple for Islanders with a primary care provider. After you receive this email, follow the steps to sign up with Maple to request to see a doctor online.

<https://www.princeedwardisland.ca/en/service/find-a-family-doctor-or-nurse-practitioner>

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.

Geriatrician:	Clinic:	Mailing Address:	Phone/Fax:
Dr. Timothy Stultz	Harbourside Health Centre	243 Heather Moyse Dr Summerside, PE C1N 5R1	902-432-2860
Dr. Huy Nguyen	Sherwood Medical Centre	19 Brackley Point Road Charlottetown, PE C1A 6Y1	902-367-4474
Dr. Martha Carmichael	Harbourside Health Centre	243 Heather Moyse Drive Summerside, PE C1N 5R1	902-432-2860

Dr. Katriena McKay	Harbourside Health Centre	243 Heather Moyse Drive Summerside, PE C1N 5R1	902-432-2860
Megan Smallwood, NP	Harbourside Health Centre	243 Heather Moyse Drive Summerside, PE C1N 5R1	902-432-2860
Kirsten Mallard, NP	Eastern Kings Family Health Centre	7 Green St, Souris PE COA 2B0	902-432-2860
Amy Garrett, NP	Harbourside Health Centre	243 Heather Moyse Drive Summerside, PE C1N 5R1	902-432-2860
Elaine Campbell RN, MN, GNC, Provincial Geriatric Program Coordinator	Harbourside Health Centre	243 Heather Moyse Drive Summerside, PE C1N 5R1	902-432-2860

PALLIATIVE CARE

Palliative Care:	Clinic:	Mailing Address:	Phone/Fax:
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Dr. Mireille Lecours	Provincial Palliative Care Program	93 Murchison Ln, Charlottetown PEI C1A 0G3	902-368-4781
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NEUROLOGISTS

Neurologist:	Clinic:	Mailing Address:	Phone/Fax:
Dr. Tiffany Townsend	The Polyclinic	199 Grafton Street Suite 407 Charlottetown, PE C1A 1L2	902-629-8806
Dr. Heather Williams	The Polyclinic	199 Grafton Street Suite 407 Charlottetown, PE C1A 1L2	902-629-8872
Dr. Kurt Kimpinski	The Polyclinic	199 Grafton Street Suite 407 Charlottetown, PE C1A 1L2	902-629-8821

SECTION 7: SPECIALIZED HEALTHCARE SERVICES

SPEECH LANGUAGE PATHOLOGY/AUDIOLOGY

Visit 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 <i>Monthly hearing clinic, hearing tests in-home, repairs, free hearing tests for seniors</i>	902-894-8455
Connect Hearing Summerside Connect 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

Alberton

Williams Craig Dr. Optometrist Inc. 479 Church Street, Alberton	902-853-3361
Dr. Kelly Bowes 297 Church St, Alberton	902-853-4516
Vogue Optical 479 Church St., Alberton	902-853-4040

Charlottetown

<p>Family Vision Centre 111 Pownal St, Charlottetown</p>	<p>www.familyvisioncentre.com 902-566-4418</p>
<p>Rusk JM Optometrists Inc. 119 Kent, Charlottetown</p>	<p>902-566-1663</p>
<p>Hickey Burke and Associates 15 Ellis Road, Charlottetown</p>	<p>902-368-3001 https://www.drshickeyburke.com/</p>
<p>Charlottetown Vision Care 549 North River Road, Charlottetown</p>	<p>902-626-3937 http://www.charlottetownvisioncare.com/</p>
<p>Matheson Eyewear 6 Mt. Edward Rd, Charlottetown</p>	<p>902-892-2020 www.mathesoneyewear.com</p>
<p>Boyle's Optical 85 Belvedere, Charlottetown</p>	<p>902-894-3937 www.boylesoptical.com</p>
<p>CNIB (Visual Aids & Products) 342 Grafton St. Suite 201 Charlottetown</p>	<p>902-566-2580</p>

Polyclinic Professional Centre 199 Grafton, Charlottetown	902-629-8810
Belvedere Vision Centre 5 Brackley Point Road Charlottetown	902-566-2015
Island Optical & Eyecare Ltd. 207 Queen St, Charlottetown In-home service provided upon request	902-892-1673 https://www.islandopticalcare.com/
Vogue Optical 5 Brackley Point Road, Charlottetown 134 Kent St., Charlottetown	902-566-2020 902-628-2040

Montague

Dr. LWL Jinks 521 Main St, Montague	902-838-3338
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Vogue Optical 521 Main St., Montague	902-838-2020

Summerside

Dr. Kelly Bowes 628B Water St E., Summerside	902-436-3346
PEiwear 237 Water St, Summerside	902-888-2444 http://www.peiwear.ca/
Vogue Optical 505 Granville St., Summerside	902-888-2020

CANCER SCREENING PROGRAMS

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

DENTAL PUBLIC HEALTH

<p>Charlottetown</p> <p>Four Neighbourhoods Health Centre, 2nd Floor 152 St. Peter's Road</p>	<p>902-368-4918</p> <p>902-368-5460 1-866-368-5460</p>
<p>Summerside</p> <p style="text-align: right;">Summerside Health Centre 205 Linden Avenue</p>	<p>902-888-8145</p>

DENTURE SERVICES

Charlottetown Dental Clinic	902-566-1515
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Gateway Dental	902-892-4444
Rhyno Denture Clinic Charlottetown	902-892-3253
Summerside Denture Clinic	902-436-3235
Water Street Dental Clinic	902-436-2737
Accu-Bite Denture Clinics Montague Stratford	902-838-2350 902-569-5511

PEI NATURAL HEALTH SOCIETIES & ASSOCIATIONS

PEI Massage Therapy Association	www.peimta.com
PEI Chiropractic Association	https://www.peichiropractic.ca/
PEI Association of Naturopathic Doctors	902-894-3868 www.peiand.com/index.html
Association of Registered Acupuncturists of PEI	www.acupuncturepei.com
Canadian Physiotherapy Association, PEI Branch	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.sportscentrefysio.com

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	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	902-888-8180 902-888-8380
Mount Herbert	902-368-4120 1-888-299-8399

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

<p>Lennox Island Lennox Island Health Centre, 5 Eagle Feather Trail (for Lennox Island residents only) Monday: 1 - 4 p.m.</p>	
<p>O'Leary O'Leary Health Centre, 14 MacKinnon Drive (adjacent to Community Hospital) Wednesday: 9 a.m. – 3 p.m.</p>	<p>902-853-8670</p>

PROVINCIAL DIABETES PROGRAM

Charlottetown/Queens East	902-368-4959
Charlottetown/Queens West	902-569-7562
Souris & Montague	902-838-0787
O'Leary/ West Prince	902-859-3929
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.	902-892-4257 www.realmeals.ca Note: Will deliver to Summerside for at least 10 meals per order (frozen).
Sobeys Dietitians Charlottetown Summerside	902-566-4399 902-436-5795

<p>Meals on Wheels Cost: \$4</p> <p style="text-align: right;"> Alberton Charlottetown Evangeline Kensington Montague O’Leary Souris Stratford Summerside Tyne Valley </p>	<p>902-853-3115 902-368-7337 902-439-3100 902-439-4365 902-326-1440 902-859-0250 902-627-7096 or 902-215-0269 902-368-7337 902-888-8335 902-831-2525</p>
<p>Comfort Food To Go Cost: \$4-\$10</p>	<p>902-213-3663 https://comfort-food-to-go-by-janet.business.site/</p>
<p>Queen Elizabeth Hospital Referral from physician required</p>	<p>902-894-2111 (switchboard)</p>
<p>Prince County Hospital, Summerside Outpatients Dietitian</p>	<p>902-432-2547</p>
<p>Murphy’s Health Education Centre includes pharmacy technicians, pharmacists, nurses, registered dietitians, & home health care consultants.</p>	<p>902-892-1210</p>

PHYSIOTHERAPY AND OCCUPATIONAL THERAPY

Charlottetown

<p>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</p>	<p>892-9149 ext 221 www.peicod.pe.ca/snoezelenroom.php There is a small fee of \$6 for adults to book the room.</p>
<p>Sports Centre Physiotherapy 153 Belvedere Avenue, Charlottetown</p>	<p>902-370-9355 https://www.sportscentrephysio.com/</p>
<p>Charlottetown Physiotherapy 28 Garfield St., Charlottetown</p>	<p>902-566-2700 http://www.charlottetownphysio.ca/</p>
<p>Balance Health Physio 379 Queen St., Charlottetown</p>	<p>902-370-3322 https://balancepei.ca/</p>
<p>Body Works 1 Harbourside Access Rd, Charlottetown</p>	<p>902-894-4400 https://bodyworkspei.ca/</p>

Symmetrics Health 143 Mt Edward Rd, Charlottetown	902-370-6683 https://symmetricshealth.ca/
CBI Health Centre Charlottetown-Linden Ave Charlottetown-Grafton St	https://www.cbi.ca/home 902-566-5212 902-370-5200
Reactive Health Charlottetown UPEI	http://reactivehealth.com/ 902-370-7322 ext. 2 902-370-7322 ext. 4

Cornwall

Keep Moving Physiotherapy 584 Main St., Cornwall	902-370-2137 https://www.keepmovingphysio.com/
Reactive Health 638 Main Street, Cornwall	http://reactivehealth.com/ 902-370-7322 ext.3

Kensington

Kensington Physiotherapy, Inc 55 Victoria Street East, Kensington	903-836-1021
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Montague

Physio East 541 Main Street, Montague	http://www.physioeast.ca/ 902-361-3150
CBI Health Centre 169 Queens Road, Montague	https://www.cbi.ca/home 902-838-4969

Morell

Physio East 25 Sunset Crescent, Morell	902-739-3050 http://www.physioeast.ca/
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Summerside

Reactive Health 243 Heather Moyse Drive, Summerside	http://reactivehealth.com/ 902-436-2151
CBI Health Centre 454 Granville St, Summerside	https://www.cbi.ca/home 902-724-3003

Stratford

Aspire Physiotherapy 14 Kinlock Rd., Stratford	902-628-1991 https://www.aspirephysio.ca/
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Reactive Health 175 Shakespeare Drive, Stratford	http://reactivehealth.com/ 902-370-7322 ext.1
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HOSPITAL PHYSIOTHERAPY DEPARTMENTS

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 Stratford	1-877-362-2473 902-894-3832 902-894-3832
Island Respiratory Specialists Charlottetown Summerside	902-892-2828 902-436-9633
Maritime Asthma & Respiratory Care , North Milton	902-626-3376

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

Family Foot Care Center – LPNs	902-569-8638
Island Wide Foot Care – LPN	902-393-5150
Maritime Foot Care (Murphy’s) – LPN	902-213-0666
Seniors Active Living Centre – RNs/LPNs	902-628-8388
Soothing Soles – Laura Vail, RN	902-620-1097
Medi+Feet – Jill Lamoureaux, LPN	902-566-5774

Foot Care Clinics Outside of Charlottetown

Island Wide Foot Care (various locations)	902-393-5150
Summerside Blossom Footcare Lawton's Pharmacy Rosaleen Mahoney	902-724-2330 902-436-2541 902-436-6135
Tignish- Emily's Foot Care Clinic	902-960-0035
Montague- Family Foot Care Center – LPNs	902-569-8638
Kinkora- Kanata Club	902-394-7907
New Haven- Kingston Legion	902-394-7907
Hunter River- PharmaChoice Pharmacy	902-964-2218
Crapaud- Southshore Pharmacy	902-658-2212

Clinicians

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

Queens County Home Foot Care Providers

Arlene Mamy, RN	902-892-6377
Bayshore Home Health, Michelle McKearney, LPN	902-393-5150
Brenda Kennedy, LPN	902-940-0957
Cairns and Neill Foot Care Gwen Cairns, RN, BN Jean Neill, RN, BN	902-314-3153 902-626-6647
Christina Currie, RN, BN	902-393-8915
Family Foot Care, LPNs	902-569-8638
Island Wide Foot Care, Michelle McKearney, LPN	902-393-5150
Kim Stewart, LPN	902-569-4258
Marie McAulay, RN, BN	902-393-2730
Mary Alice McKenna, LPN	902-326-9454
Nadine Paquet, LPN	902-393-6271
Neisha Fisher, RN	902-628-7071
Ruth Pickles, LPN	902-218-4480
Soothing Soles, Laura Vail, RN	902-620-1097

King's County Home Foot Care Providers

Family Foot Care, LPNs	902-569-8638
Jill Lamoureux, LPN (Medi+Feet)	902-213-4535
Mary Alice McKenna, LPN	902-326-9454

Prince County Home Foot Care Providers

Alison Carr, RN	902-888-2404
Family Foot Care, LPNs	902-569-8638
Island Wide Foot Care Michelle McKearney, LPN	902-393-5150
Kara Jamieson, LPN	902-969-9648
Karen MacFarlane, LPN	902-855-2689
Leona Norton, LPN	902-439-7156 (cell) or 902-886-3257 (home)
Shirley Bryce, RN	902-439-6037

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) for more information.

Music Therapist	Contact Information
Katherine Lowings , BMT, MTA	https://www.katherinelowings.com/
Daniel Bevan-Baker BMus, GDip, MA, MTA	https://www.danbevan-baker.com/ or daniel.bevan-baker@mail.mcgill.ca
Hillary Abbott , BMT	
Shona Pottinger BMT, MTA, NMT Bingyi Pan (Bing) MA, MTA, C.Hyp Megan Mollins BMT, MTA	902-393-3825 http://www.singingsandsmt.ca/index.html

SECTION 8: 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
Island Orthotics 199 Grafton, Charlottetown Braces, 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	902-724-2724
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

Alberton

Alberton PharmaChoice 483 Main Street, Alberton	902-853-2808
The Medicine Shoppe Pharmacy 152 Poplar Street, Alberton	902-853-4600

Charlottetown

Atlantic Superstore Pharmacy Charlottetown 465 University Ave, Charlottetown	902-569-2850 or 902-629-2788
Atlantic Superstore Pharmacy West Royalty 680 University Ave, Charlottetown	902-368-8163 or 902-628-6522
Pardale Murphy's Canada Post Corporation 20-24 St. Peter's Road, Charlottetown	902-628-6899
Lawtons Drugs- The Friendly Pharmacy 220 Water Street, Charlottetown	902-368-2004
Lawtons Drugs - Grafton Street 199 Grafton Street, Charlottetown	902-566-5771
Lawtons Drugs - Sherwood 161 St. Peter's Road	902-628-6611
Murphy's East Royalty Pharmacy 266 St. Peter's Road, Charlottetown	902-566-2266
Murphy's Parkdale Pharmacy 24 St. Peter's Road, Charlottetown	902-894-8553
Murphy's West Royalty Pharmacy 591 North River Road, Charlottetown	902-628-8899

Sherwood Drug Mart PharmaChoice Pharmacy 15 Brackley Point Road, Charlottetown	902-628-8900
Shoppers Drug Mart - University Avenue 403 University Ave, Charlottetown	902-892-3433
Shoppers Drug Mart - West Royalty 675 University Ave, Charlottetown	902-566-3211
Shoppers Drug Mart - Confederation Court Mall 172 Queen St, Charlottetown	902-566-1200
Sobeys Pharmacy - University Avenue 400 University Ave, Charlottetown	902-626-3334
Sobeys Pharmacy West Royalty 39 Babineau Ave, Charlottetown	902-566-3218
Walmart Pharmacy 80 Buchanan Drive, Charlottetown	902-628-4604

Cornwall

Murphy's Cornwall Pharmacy 4 Meadowbank Road, Cornwall	902-566-2292
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Crapaud

South Shore PharmaChoice 20424 Trans Canada Hwy, Crapaud	902-658-2212
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Hunter River

Hunter River PharmaChoice 4276 Hopedale Road, Hunter River	902-964-2218
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Kensington

Murphy's Kensington Pharmacy 56 Broadway Street, Kensington	902-836-3316
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Montague

Lawtons Drugs 407 MacIntyre Ave, Montague	902-838-8888
Pharmasave 521 Main Street, Montague	902-838-2561
Sobeys Pharmacy 531 Main Street, Montague	902-838-4961
Atlantic Superstore Pharmacy 509 Main Street, Montague	902-838-3478
McKenna's PharmaChoice 50 Queen's Road, Montague	902-361-5050

Morell

Murphy's Pharmacy 25 Sunset Crescent, Morell	902-961-3240
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North Rustico

Murphy's Pharmacy 7379 Route 6 Cavendish Road, North Rustico	902-963-2899
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O'Leary

O'Leary Guardian Drugs 536 Main Street, O'Leary	902-859-2606
The Medicine Shoppe Pharmacy 500 Main Street, O'Leary	902-859-3800

Souris

Souris Pharmasave 175 Main Street, Souris	902-687-4104
Souris Remedy's Rx Pharmacy 51 Main Street, Souris	902-687-2013

Stratford

Murphy's Stratford Pharmacy 13 Stratford Road, Stratford	902-569-3006
Sobeys Pharmacy 9 Kinlock Road, Stratford	902-894-3800

Summerside

Atlantic Superstore Pharmacy 535 Granville Street, Summerside	902-888-1584
Lawtons Drugs 475 Granville Street, Summerside	902-432-3565
Murphy's Pharmacy 243 Heather Moyse Dr, Summerside	902-888-2211
Shoppers Drug Mart 454 Granville Street, Summerside Mall	902-436-2218
Sobeys Pharmacy 475 Granville Street, Summerside	902-436-6675
The Medicine Pharmacy 54 Central Street, Summerside	902-436-4436
Walmart Pharmacy 511 Granville Street, Summerside	902-432-3573

Tignish

Bob's Pharmacy Guardian Drugs 254 Philip Street, Tignish	902-882-2580
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Tyne Valley

Murphy's Pharmacy 7033 Route 12, Tyne Valley	902-831-2444
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Wellington

Murphy's Pharmacy 16 Pond Drive, Wellington	902-854-5000
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PROVINCIAL DRUG PROGRAMS

PEI Pharma-Care Programs For a full listing of all Provincial programs see: www.healthpei.ca/drugprograms	902-368-4947 1-877-577-3737 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

<p>Catastrophic Drug Program provides assistance to Islanders whose eligible prescription drug costs are affecting their household's ability to maintain life essentials.</p>	<p>902-368-4947 1-877-577-3737 www.healthpei.ca/catastrophic</p>
<p>Generic Drug Program 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>Apply online or in person at Access PEI locations https://www.princeedwardisland.ca/en/service/apply-for-the-generic-drug-program</p>

SECTION 9: HEALTHY LIVING

ACTIVE LIVING PROGRAMS FOR SENIORS

Government of PEI	http://www.princeedwardisland.ca/en/topic/health
Go!PEI Offers programs, education and events that help spread the message of healthy living.	902-892-5323 www.gopei.ca
PEI 55 Plus Games Society For Islanders 55 years of age and over. Activities such as swimming, curling, bowling.	902-368-6570 www.pei55plusgamesociety.ca
Seniors Active Living Centre Programs 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 https://www.upei.ca/ar/fitness-centre
Atlantic Fitness Centre – iMotion Fitness 18 Garfield Street 119 Kent Street	902-892-1999 902-368-3622 www.atlanticfitness.ca www.imotionfitness.ca
Murphy’s Community Centre	902-892-1719 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
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
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 https://www.danspirations.ca/
Stretch Fitness	902-724-3550 www.stretchfitness.ca
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 www.apmcentre.com
Cornwall - Daytime Curling	902-566-4427

Crapaud - South Shore Actiplex	902-658-2885
Mill River - Rodd Mill River Resort & Aquaplex	902-859-3555 www.roddvacations.com/rodd-mill-river
O'Leary - Western Fitness	902-206-3888
Montague - Atlantic Fitness East	902-838-3047
Montague - TCAP Family Aquatic and Fitness Center	902-838-3429
Morell - Full Throttle Fitness	902-626-9179
Souris Striders Ski Club	902-687-1321
Stratford Town Hall	902-569-2535 http://www.townofstratford.ca/
Stratford - The Mayflower Seniors' Club	902-569-2732

SECTION 10: OTHER GOVERNMENT SERVICES

ISLAND INFORMATION SERVICES

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

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

	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
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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
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Department of Social Development and Housing	902-620-3777 or 1-866-594-3777 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)
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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.	1-866-522-2122 (English) 1-866-522-2022 (French) www.veterans.gc.ca
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TAXATION SERVICES

Canada and Revenue Canada (CRA) website	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
Individual income tax and Trust enquiries	1-800-959-8281

REVENUE CANADA VOLUNTEER PROGRAM

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

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

SECTION 11: 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 <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	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/to-pic/consumer-services
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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

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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PEI HUMAN RIGHTS COMMISSION

PEI Human Rights Commission	902-368-4180 1-800-237-5031 www.gov.pe.ca/humanrights
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LAW SOCIETY/LAWYERS

Law Society of Prince Edward Island	902-566-1666 http://lawsocietypei.ca/home
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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 12: 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

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

PRIVATE TRANSPORTATION OPTIONS

<p>Brian McVicar’s Transport 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 style="text-align: center;">902-626-7296</p>
<p>Bud’s Transport 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 style="text-align: center;">902-628-5379</p>
<p>Donna’s Transport Ltd. transports seniors as well as people with mental and/or physical disabilities between Charlottetown & Summerside for medical appointments.</p>	<p style="text-align: center;">902-436-3394 345 First Street, Summerside, PE, C1N 1G5</p>
<p>Island Emergency Medical Service (EMS) for non-Emergencies 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 style="text-align: center;">1-877-660-6644</p>

<p>Montague Rotary Bus Service transports seniors to church, doctor's appointments and shopping. Call ahead to book this service.</p>	<p>902-838-2412</p>
<p>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.</p>	<p>902-894-3339 Pat.e@pei.sympatico.ca www.patandtheelephant.org/</p>
<p>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.</p>	<p>902-853-6010 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

T3 City Transit offers municipal transit on town & city streets in Cornwall, Charlottetown, Stratford and Summerside.

Currently, the fare for Charlottetown, Summerside, Cornwall, and Stratford transit systems is \$2.00 with a special monthly rate of \$10 for seniors. 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 <https://www.t3transit.ca/> or call **902-566-9962**. Transit buses are wheelchair accessible.

T3 Rural Transit offers island-wide transit on provincial highways connecting Georgetown, Montague, Souris, St.Peter's, Summerside, Borden, O'Leary, Tignish & Charlottetown. For up-to-date transit schedules, or for more information please visit the Trius Transit website at <https://www.t3transit.ca/> or call **902-566-9962**. Transit buses are wheelchair accessible.

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.

SECTION 13: OTHER COMMUNITY SUPPORT GROUPS

SUPPORT GROUPS/FOUNDATIONS/SOCIETIES (Alphabetical Order)

<p>ALS Society (Lou Gehrig's disease)</p>	<p>902-439-1600 www.alspei.ca</p>
<p>Arthritis Society of PEI Leisure World Building 95 Capital Drive Charlottetown</p>	<p>1-800-321-1433 902-628-2288 www.arthritis.ca/PEI</p>
<p>Brain Injury Association of PEI 81 Prince Street, Suite 5 Charlottetown</p>	<p>902-314-4228 https://www.braininjurypei.info/</p>
<p>Canadian Cancer Society of PEI 220 Water St., Charlottetown</p>	<p>902-566-4007 1-888-939-3333 www.cancer.ca</p>
<p>Canadian Diabetes Association Mailing Address Only PO Box 188, Charlottetown PE, C1A 7K4</p>	<p>902-894-3195 902-894-3205 www.diabetes.ca</p>
<p>Canadian Hard of Hearing Association PEI Chapter 881 RR1 Augustine Cove Borden-Carleton</p>	<p>902-855-2382 www.chha.ca</p>

Canadian Liver Foundation	902-423-8538 1-866-423-8538 www.liver.ca/
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
Catholic Family Service Bureau 129 Pownal St, Charlottetown	902-894-3515 www.catholicfamilyservice.ca
CNIB 342 Grafton, Suite 201 Charlottetown	902-566-2580 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
Emotions Anonymous	

<p>Charlottetown Wellington Summerside</p>	<p>902-439-6543 -- Annie 902-854-2974 – Angele 902-436-4106 – Morris www.emotionsanonymous.org</p>
<p>Family Service PEI 155 Belvedere, Charlottetown</p> <p>109 Water St, Summerside</p>	<p>902-892-2441</p> <p>902-436-9171 www.familyservice.pe.ca</p>
<p>Health PEI</p>	<p>902-368-6130 www.healthpei.ca</p>
<p>Heart and Stroke Foundation of PEI 180 Kent Street Charlottetown</p>	<p>902-892-7441 1-888-473-4636</p>
<p>Hospice Palliative Care Association of PEI</p> <p>Provincial West Prince East Prince Queens</p>	<p>www.hospicepei.ca</p> <p>902-368-4498 902-786-3991 902-438-4231 902-368-4095</p>
<p>Hospice Palliative Care Bereavement Services A Seniors' Support Group for people over 50 who are grieving.</p>	<p>902-438-4231</p>

<p style="text-align: center;">East Prince Queens County West Prince Provincial</p>	<p>902-368-4064 902-859-2870 902-368-4498</p>
<p>Huntington Society of Canada</p>	<p>1-800-998-7398 www.huntingtonsociety.ca</p>
<p>Kidney Foundation of Canada</p>	<p>1-800-361-7494 www.kidney.ca</p>
<p>Multiple Sclerosis Society of Canada</p>	<p>902-468-5328 1-800-268-7582 https://mssociety.ca/</p>
<p>Muscular Dystrophy Canada</p>	<p>1-800-567-2873 www.muscle.ca</p>
<p>Parkinson Society Maritime Region Halifax, NS</p>	<p>902-422-3656 1-800-565-3000 https://www.parkinson.ca/local-offices/parkinson-canada-atlantic-office/</p>
<p>Pastoral Care Queen Elizabeth Hospital - Spiritual Care Department</p>	<p>902-894-2094</p>
<p>PEI Lung Association</p>	<p>902-892-5957 1-888-566-5864 www.pei.lung.ca</p>
<p>PEI Senior Citizens' Federation Inc. Consists of over 50 clubs and seniors' organizations</p>	<p>902-368-9008 www.peiscf.com</p>

<p>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)</p>	
<p>Recreation PEI</p>	<p>902-368-5964 http://www.recreationpei.ca/index.php?page=home</p>

SECTION 14: 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/.

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. 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).

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).

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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