

Where to Turn

Helping you find the community services that support you safely in your own home.

Hastings Prince Edward
Ontario Health Team

Disclaimer: The content in this guide is for informational purposes only, compiled as of June, 2026.
The organizations listed are collaboratives of the Hastings Prince Edward Ontario Health Team.

The online version of the Where to Turn navigation guide is available at www.hpeoht.ca.

Welcome!

After a health issue, you may need extra help around your home. This could include bathing, making meals, travelling to an appointment, or even just a friendly phone call to check in.

This handbook provides you with a list of home support services to help you with homemaking, personal care, and more - all within the Hastings Prince Edward area. The goal is to give you peace of mind for when you need a little extra help - including caregiver support.

Communities in Hastings Prince Edward

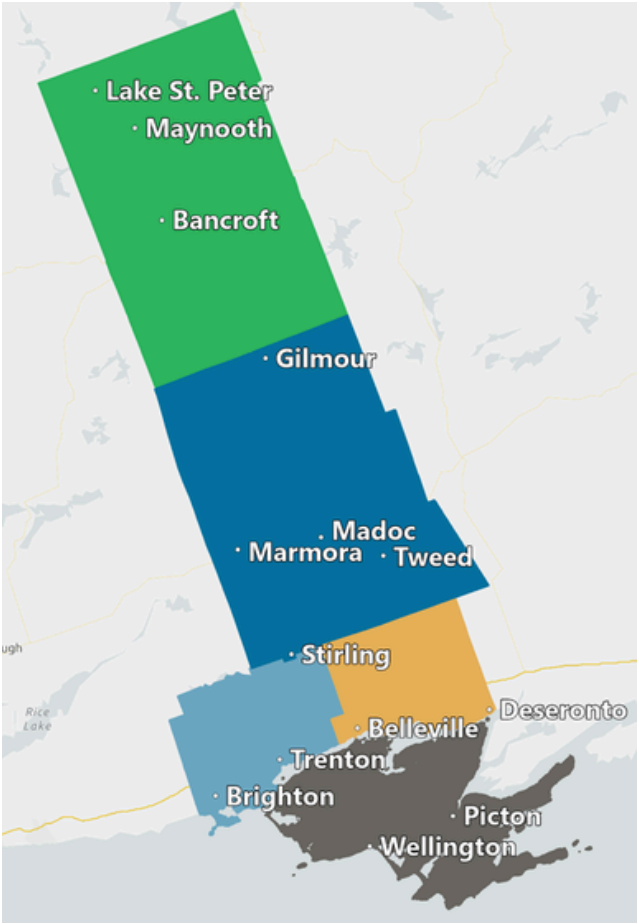


Table of Contents

Supports Available Across the Province.....1

Services in all Hastings Prince Edward Communities.....2

- Hastings-Quinte Community Paramedicine.....2
- Alzheimer Society Hastings-Prince Edward.....2
- Cheshire Supports to Independent Living.....3
- Stroke Support Services.....4

Homemaking & Home Maintenance.....5

Groceries & Shopping Delivery.....6

Meal Delivery.....7

Personal Care.....8

Reassurance Calls.....9

Transportation - escorted.....10

Footcare Services.....11

Palliative Care.....12

Hospice Care.....13

Bereavement Care.....14

Caregiver Respite.....15

Supports Available Across the Province

Ontario Health atHome

Call Ontario Health atHome for in-person and community-based care, such as nursing and PSWs for personal care. They also provide care coordination, equipment rentals, referrals to other community services, and more. Ontario Health atHome Care Coordinators work onsite at hospitals to help you transition safely back to your home after a hospital stay.

1-833-515-1234 ontariohealthathome.ca

Health 811

Free 24/7 non-emergency health advice.

Call 811 or go online to contact a registered nurse. The nurse will assess your health symptoms and provide advice. 811 will also connect you with health supports and even help you find a family doctor!

This is not for emergencies. **For emergencies, call 9-1-1**.

8-1-1 health811.ontario.ca

211 Ontario

Free 24/7 confidential advice.

Call 211 or go online to get help with locating community, social, health, and government services. 211 can help with housing, food, mental health, employment, and more. Interpreters are available in over 150 languages.

2-1-1 211ontario.ca

Services in all Hastings Prince Edward Communities

Hastings-Quinte Community Paramedicine

Community Paramedics provide care in your home to help manage ongoing health concerns or sudden medical issues. Referrals can be made by healthcare providers, family members, or caregivers. The program offers support seven days a week and can help people avoid unnecessary trips to the emergency department.

613-771-9366 ext. 300 communityparamedics.ca





Alzheimer Society Hastings-Prince Edward

The Alzheimer Society Hastings-Prince Edward assists people with Alzheimer's disease (and other dementias) and their caregivers. They offer support services, provide education, and advocacy.

1-800-361-8036 alzheimer.ca/hpe

Cheshire Supports to Independent Living

Cheshire Supports to Independent Living provides the following services to adults with physical disabilities and frail older adults:

- Supportive housing
- Outreach
- Assisted living

Some services include access to 24-hour attendant care support. Call for more information.

613-966-2941 cheshirehpe.ca



Stroke Support Services

As strokes increase, support programs for survivors and caregivers continue to grow.

Services include:

- peer-to-peer survivor group
- caregiver support
- aphasia conversation sessions
- social and recreational activities
- younger stroke groups
- seated rehab and cognitive activities
- art or music therapy

These programs aim to help stroke survivors and their families recover, stay connected, and thrive in the community.

613-969-0130 ext. 36507
ccsh.ca/stroke-support-services



In-Person Services

Homemaking & Home Maintenance

As you or your loved one gets older or comes home from the hospital after a long stay, you may need some help with basic chores to keep your home clean and safe.

CARE North Hastings
613-332-4700 carenorthhastings.org

Community Care for Central Hastings
613-478-2224 ccch.ca

Community Care for South Hastings
613-969-0130 ccsh.ca

Mohawks of the Bay of Quinte
613-396-3424 mbq-tmt.org

Tyendinaga Home & Community Care
613-962-9376 mbq-tmt.org

PEC Community Care for Seniors Association
613-476-7493 communitycareforseniors.org

Victoria Order of Nurses (VON)
613-392-4181 von.ca/en/HNPE

Groceries & Shopping Delivery

Healthy food is essential for recovery and living a healthy life. These organizations can help bring the nourishment to you! They can also help with other shopping needs.

CARE North Hastings
613-332-4700 carenorthhastings.org

Community Care for Central Hastings
613-478-2224 ccch.ca

Community Care for South Hastings
613-969-0130 ccsh.ca

Mohawks of the Bay of Quinte
613-3963424 mbq-tmt.org

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613-392-4181 von.ca/en/HNPE

Meal Delivery

Whether it's frozen or fresh, these convenient and delicious meals help nourish your body. This is a good option when cooking is too much or while you transition back home. The delivery drivers check in to make sure you are safe, providing you and your loved ones peace of mind.

CARE North Hastings
613-332-4700 carenorthhastings.org

Community Care for Central Hastings
613-478-2224 ccch.ca

Community Care for South Hastings
613-969-0130 ccsh.ca

Mohawks of the Bay of Quinte
613-396-3424 mbq-tmt.org

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613-476-7493 communitycareforseniors.org

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613-392-4181 von.ca/en/HNPE

Personal Care

These activities may include:

- bathing
- toileting
- transfers
- continence
- eating
- dressing

Ontario Health atHome

1-833-515-1234 ontariohealthathome.ca

Refer to page 1 for details

Mohawks of the Bay of Quinte

613-962-9376 mbq-tmt.org/health/hcc/







Reassurance Calls

Sometimes, all it takes is a phone call and quick chat to ensure you are doing well. These organizations can help!

CARE North Hastings
613-332-4700 carenorthhastings.org

Community Care for Central Hastings
613-478-2224 ccch.ca

Community Care for South Hastings
613-969-0130 ccsh.ca

Mohawks of the Bay of Quinte
613-396-3424 mbq-tmt.org

Tyendinaga Home & Community Care
613-962-9376 mbq-tmt.org

PEC Community Care for Seniors Association
613-476-7493 communitycareforseniors.org

Victoria Order of Nurses (VON)
613-392-4181 von.ca/en/HNPE

Transportation - escorted

Looking for a little more than a taxi service? The following organizations will drive and escort you to appointments.

CARE North Hastings
613-332-4700 carenorthhastings.org

Community Care for Central Hastings
613-478-2224 ccch.ca

Community Care for South Hastings
613-969-0130 ccsh.ca

Mohawks of the Bay of Quinte
613-396-3424 mbq-tmt.org

Tyendinaga Home & Community Care
613-962-9376 mbq-tmt.org

PEC Community Care for Seniors Association
613-476-7493 communitycareforseniors.org

Victoria Order of Nurses (VON)
613-392-4181 von.ca/en/HNPE

Footcare Services

Footcare services are important. This is especially true for older adults. The health of your feet directly impacts your mobility, independence, and safety.

CARE North Hastings
613-332-4700 carenorthhastings.org

Community Care for Central Hastings
613-478-2224 ccch.ca

Tyendinaga Foot Care Program
613-962-9376 mbq-tmt.org

PEC Community Care for Seniors Association
613-476-7493 communitycareforseniors.org

Community Care Northumberland - Brighton
1-866-514-5774 commcare.ca

Palliative Care

Palliative care helps people feel more comfortable when they have a serious illness. It focuses on easing pain, managing symptoms, and supporting the person and their family. The goal is to improve quality of life, not to cure the illness.

These organizations can help you with a palliative approach. Services are available in home or in hospice. Caregiver support is also available.

Ontario Health atHome
1-833-515-1234 ontariohealthathome.ca
Refer to page 1 for details

Hospice North Hastings
613-332-0765 hospicenorthhasting.ca

Heart of Hastings Hospice
613-473-1880 heartofhastingshospice.ca

Hospice Quinte
613-966-6610 hospicequinte.ca

Hospice Prince Edward
613-645-4040 hospiceprinceedward.ca

Hospice Care

Hospice care focuses on enhancing the quality of life for individuals with terminal illnesses. These organizations offer a multitude of free programs and support.

Ontario Health atHome

1-833-515-1234 ontariohealthathome.ca

Refer to page 1 for details

Hospice North Hastings

613-332-0765 hospicenorthhasting.ca

Heart of Hastings Hospice

613-473-1880 heartofhastingshospice.ca

Hospice Quinte

613-966-6610 hospicequinte.ca

Hospice Prince Edward

613-645-4040 hospiceprinceedward.ca

Bereavement Care

Bereavement supports help you cope with the death of a loved one. Talk with these organizations about the programs and supports available to you.

Hospice North Hastings
613-332-0765 hospicenorthhasting.ca

Heart of Hastings Hospice
613-473-1880 heartofhastingshospice.ca

Hospice Quinte
613-966-6610 hospicequinte.ca

Tyendinaga Home & Community Care
613-962-9376

Mohawks of the Bay of Quinte
613-967-3606 mbq-tmt.org

Hospice Prince Edward
613-645-4040 hospiceprinceedward.ca

Caregiver Respite

To continue providing the best care possible to your loved one, you need to ensure you also care for yourself. Respite care prevents caregiver burnout, depression, and health issues.

Victoria Order of Nurses (VON)
Caregiver Respite & Adult Day Program
1-888-866-6647 von.ca/en/HNPE

CARE North Hastings - Respite
613-332-4700 carenorthhastings.org

PEC Community Care for Seniors Association
613-476-7493 communitycareforseniors.org



Notes:

Notes:

Community Partners

VON

CCSH CommunityCare for South Hastings

CARE North Hastings
rooted in respect, kindness and integrity

Hastings Quinte Paramedic

Community Care for Central Hastings
Helping to Maintain Independence

The Prince Edward County Community Care for Seniors Association

Alzheimer Society
Hastings - Prince Edward

Cheshire
Supports to Independent Living

Ontario Health atHome

Quinte Health

Hastings Prince Edward Ontario Health Team

Caring for our communities together.
Partnering for better health and wellness, within, and across our communities.