

## Seniors Community Services

Central Frontenac Community Services Corporation  
Office Location: Rural Visions Centre, Sydenham  
Phone #: 376-6477 or 1-800-763-9610

Land O'Lakes Community Services  
Office Location: Northbrook  
Phone #: 336-8934

Lennox & Addington Seniors Outreach Services  
Office Location: Napanee  
Phone #: 354-6668 or 1-800-991-0141

Northern Frontenac Community Services  
Office Location: Sharbot Lake  
Phone #: 279-3151

Seniors Association Kingston Region  
Office Location: The Seniors Centre, Kingston  
Phone #: 548-7810

North Kingston Community Health Centre (Offers Falls Prevention Services)  
Office Location: 400 Elliott Avenue (North Kingston)  
Phone #: 542-2813

**If you are unsure which local community agency to call, please contact the Falls Prevention Coalition at 613-549-1232, ext. 181 or 1-800-267-7875 for assistance.**

## Services Available from KFL&A Area Seniors' Community Agencies

	Seniors Association Kingston Region	North Kingston Community Health Centre	Seniors Outreach Services Napanee	Land O'Lakes Community Services, Northbrook	Northern Frontenac Community Services	Central Frontenac Community Services
<b>Health Clinics/Information</b>						
•Blood Pressure Check	✓	✓				
•Footcare	✓	✓	✓		✓	✓
•Hearing Health Care	✓					✓
•Rheumatology & Arthritis	✓	✓				
•Diabetes Education		✓		✓		✓
<b>Support/Counselling</b>						
•Financial Advice	✓					
•Caregiver Counselling & Support		✓		✓	✓	✓
•Client Intervention & Assistance		✓			✓	
•Tenant /Retirement Home Advice	✓					
•Alzheimer Advice				✓	✓	

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•Bereavement Visiting	✓			✓	✓	✓
•Hospice Program				✓		
•Respite						✓
<b>Social Activities / Education</b>						
•Dining Program	✓		✓	✓	✓	✓
•Friendly Visiting	✓		✓	✓		✓
•Adult drop-in	✓	✓		✓		
•Telefriend	✓					
•Information Sessions	✓	✓		✓		✓
•Learn and Linger	✓					
•Library Delivery Services			✓			
•Adult Day Service			✓		✓	
•Monthly Activity Days						✓

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<b>Home Help</b>						
● Maintenance & Repair	✓					✓
● Yard Work	✓					✓
● Housecleaning	✓				✓	✓
● Laundry	✓				✓	✓
● Personal Care	✓					
● Shopping	✓					✓
● Meal Preparation	✓				✓	✓
● Companionship	✓					✓
<b>Physical Activity</b>						
● Exercise & Fitness	✓	✓	✓	✓		
● Tai Chi	✓		✓			✓
● Sittercise	✓	✓				✓

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<b>Transportation</b>						
• Medical Appointments	✓		✓	✓	✓	✓
• Volunteer Transportation			✓	✓	✓	✓
• Community Bus			✓	✓		
• Wheelchair Van Transportation			✓			
<b>Meals</b>						
• Meals On Wheels			✓	✓	✓	
• Dining Program	✓		✓	✓	✓	✓
• Drop-In Cafe	✓					
• Frozen Meals	✓		✓	✓		✓
<b>Medical Alarms/Security Checks</b>						
• Security Checks	✓		✓	✓		
• Medic Aid Emergency Response	✓					
• Lifeline			✓		✓	