



Connecting you with care  
Votre lien aux soins

South West  
**CCAC CASC**

Community  
Care Access  
Centre  
Centre d'accès  
aux soins  
communautaires  
*du Sud-Ouest*

356 Oxford Street West  
London, ON N6H 1T3  
Tel: 519-473-2222  
Fax: 519-472-4045

# HOME SUPPORT SERVICES

## For London and Middlesex County

Home Support Services help seniors and adults with disabilities maintain their independence and remain at home. Most services charge a fee, but may have reduced fees for those on fixed incomes. Inquire with the individual organization.

\*An asterisk beside a service indicates the organization provides services to homes in all or part of Middlesex County.

Hiring someone to provide services or care is an important decision. The Ontario Ministry of Health and Long-Term Care has created a **Home and Community Services Checklist** to help with this decision: [http://www.health.gov.on.ca/english/public/program/ltc/22\\_hcs\\_checklist.html](http://www.health.gov.on.ca/english/public/program/ltc/22_hcs_checklist.html).

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The **South West Community Care Access Centre (CCAC)** coordinates publicly funded in-home health services, including nursing, therapies, personal support and medical supplies. The CCAC can refer you to community services to help you stay safely and comfortably in your own home.

**London Office**  
356 Oxford St W  
London, ON N6H 1T3

Tel: 519-473-2222  
Toll Free: 1-800-811-5146  
TTY: 519-473-9626  
TTY: 1-800-811-5147

**Strathroy Office**  
395 Carrie St, Suite 311  
Strathroy, ON N7G 3C9

Tel: 519-245-3233  
Toll Free: 1-800-265-6235

[www.sw.ccac-ont.ca](http://www.sw.ccac-ont.ca)

<b>NURSING AND THERAPY SERVICES</b> Services may also include personal support, respite care, foot care, companionship, homemaking, errands and shopping.	Bayshore Health Care*	519-438-6313
	Comcare Health Services*	519-432-3726
	Nurse Next Door Home Healthcare Services	519-859-5070
	ParaMed Home Health Care*	519-439-2222
	Physical Relief Health Care*	519-663-9504
	Saint Elizabeth Health Care*	519-668-2997
	Shalom Health Care*	519-438-1777
	Victorian Order of Nurses (VON)*	1-866-865-6711
We Care Home Health Services*	519-642-1208	
<b>PERSONAL SUPPORT SERVICES</b> Personal support provides bathing, dressing, grooming, medication assistance, etc. Services may also include companionship, homemaking, errands and shopping.	Bayshore Health Care*	519-438-6313
	Comcare Health Services*	519-432-3726
	Care-A-Lot Senior Care	519-860-5565 or 519-451-5565
	Dynamic Personal Support Inc*	519-878-0263
	Helping Hands Plus	519-472-1446
	Medical Priorities*	519-432-1510
	Nurse Next Door Home Healthcare Services	519-859-5070
	ParaMed Home Health Care*	519-439-2222
	Physical Relief Health Care*	519-663-9504
	QC Home Support Services*	519-679-2805
	Rapid Response Homecare & Nanny Agency*	519-694-8700
	Saint Elizabeth Health Care*	519-668-2997
	Senior Homecare by Angels*	519-649-2273
	Seniors for Seniors*	519-433-5000
	Shalom Health Care*	519-438-1777
	Silver Lining Home Care*	519-472-8047
St Lawrence Home Health Care Services	519-641-6825	
Tender Loving Care*	519-663-5445	
Victorian Order of Nurses (VON)*	1-866-865-6711	
We Care Home Health Services*	519-642-1208	
<b>HOME HOSPICE CARE</b> Care by trained volunteers during life threatening illness.	Hospice of London	519-438-2102
	VON Hospice Volunteer Program* (Middlesex)	519-245-3170

<b>MEAL DELIVERY</b> Meals on Wheels programs deliver cooked nutritious meals to your home by caring volunteers.	Chateau Gardens (Parkhill)*	<b>519-294-6342</b>
	Meals on Wheels London	<b>519-660-1430</b>
	VON Dorchester*	<b>519-268-7028</b>
	VON Lucan*	<b>519-227-4546</b>
	VON Strathroy*	<b>519-245-3170</b>
<b>HOMEMAKING SERVICES</b> Homemaking provides light housekeeping, meal preparation, laundry, home management, etc. Services may also include companionship, errands, shopping and odd jobs.	At Your Service for Seniors	<b>519-872-0875 or 519-672-0875</b>
	Bayshore Health Care*	<b>519-438-6313</b>
	Care-A-Lot Senior Care	<b>519-860-5565 or 519-451-5565</b>
	Comcare Health Services*	<b>519-432-3726</b>
	Daytime Domestic Services	<b>519-641-6590</b>
	Dearness Services - Homemaking Program	<b>519-661-0400</b>
	Dial a Daughter (London)	<b>519-675-9903</b> (Strathroy)
	Dynamic Personal Support Inc*	<b>519-878-0263</b>
	Helping Hands Plus	<b>519-472-1446</b>
	Just Like Family 2	<b>519-452-1444</b>
	Kelly's Companionship	<b>519-476-3510</b>
	Lisa's Home Care Service	<b>519-317-0017 or 519-264-3305</b>
	Lori's House and Home Care (Appin and area)*	<b>519-902-1380</b>
	Medical Priorities*	<b>519-432-1510</b>
	Nurse Next Door Home Healthcare Services	<b>519-859-5070</b>
	Over 55 London*	<b>519-680-1464</b>
	ParaMed Home Health Care*	<b>519-439-2222</b>
	Physical Relief Health Care*	<b>519-663-9504</b>
	QC Home Support Services*	<b>519-679-2805</b>
	Rapid Response Homecare & Nanny Agency*	<b>519-694-8700</b>
	Saint Elizabeth Health Care*	<b>519-668-2997</b>
	Senior Homecare by Angels*	<b>519-649-2273</b>
	Seniors for Seniors*	<b>519-433-5000</b>
	Shalom Health Care*	<b>519-438-1777</b>
	Silver Lining Home Care*	<b>519-472-8047</b>
	St Lawrence Home Health Care Services	<b>519-641-6825</b>
	Supportive Hands*	<b>519-659-0761</b>
	Tender Loving Care*	<b>519-663-5445</b>
Victorian Order of Nurses (VON)*	<b>1-866-865-6711</b>	
We Care Home Health Services*	<b>519-642-1208</b>	

<p><b>PERSONAL EMERGENCY RESPONSE SYSTEMS</b> Personal emergency response systems allow seniors and people with disabilities to quickly and easily call for assistance using a help button.</p>	<p>ConnectCare* 519-685-4550 Guardian Alarm Canada* 1-800-782-9622 Georgian Bay Fire &amp; Safety Ltd* 519-686-1301 LifeCall* 1-800-661-5433 Lifeline Systems Canada* 1-800-543-3546 Security ONE Alarms Systems Ltd* 519-434-5050</p>	
<p><b>FRIENDLY VISITING / COMPANIONSHIP</b> Many services listed under NURSING AND THERAPY SERVICES, PERSONAL SUPPORT SERVICES and HOMEMAKING SERVICES also provide companionship.</p>	<p>Seniors for Seniors* 519-433-5000 VON - London 519-675-1355 VON Senior Support Services (Dorchester)* 519-268-7028 VON Senior Support Services (Lucan)* 519-227-4546 VON Senior Support Services (Strathroy)* 519-245-3170</p>	
<p><b>GROCERY DELIVERY / SHOPPING / ERRANDS</b> Many pharmacies deliver food and health care products. Call first to confirm details.  Many services listed under NURSING AND THERAPY SERVICES, PERSONAL SUPPORT SERVICES and HOMEMAKING SERVICES also provide shopping and errands for clients receiving other services.</p>	<p>Grocery Checkout grocerycheckout.com Grocery Galz 519-681-9721 or 519-668-7744 Izzy's Dry Cleaning* 519-681-1532 Loblaw - Masonville 519-673-6111 Orr Cleaners* 519-471-5050 Robert Graham Grocery Delivery 519-649-6764 Sarah and Stu's Delivery Service 519-495-4787 William J.'s Spectacular Services 519-451-8498 Your Pet's Pantry 519-641-6611</p>	
<p><b>HOUSEKEEPING / MAINTENANCE / ODD JOBS</b> A selection of senior-friendly services that provide housekeeping, yard work, snow removal, repairs and maintenance. For others see the yellow pages under "Home Improvements", "House &amp; Apartment Cleaning" and "Lawn Maintenance".</p>	<p>A Scrub Above* 519-432-3273 The Cleaning Lady Team 519-868-7179 or 519 229 6799 Deliverence (Mini-mover)* 519-777-7067 Dust Bunnies Away* 519-488-6643 Home Sweet Home 226-448-8404 Jacob's Crystal Clear Window Cleaning (Odd Jobs) 226-663-0329 Job Squad (Crouch Resource Centre) 519-642-7630 Over 55 London* 519-680-1464 Practical Hands 519-457-0732 Seniors for Seniors* 519-433-5000 Supurbia* 519-668-0011 Yes We Care 519-686-8804</p>	

<b>MAINTENANCE REFERRAL SERVICES</b> These services offer referrals for home repairs, maintenance and remodeling with trades people and service companies.	Over 55 London*	<b>519-680-1464</b>
	VON Senior Support Services (Dorchester)*	<b>519-268-7028</b>
	VON Senior Support Services (Lucan)*	<b>519-227-4546</b>
	VON Senior Support Services (Strathroy)*	<b>519-245-6279</b>
<b>ORGANIZERS</b>	Clutter Busters	<b>519-668-0597</b>
	Lighten Up!*	<b>519-878-0544</b>
<b>TRANSITION SERVICES</b>	Quality Life Solutions for Seniors	<b>519-642-7027</b>
	Seniors in Transition*	<b>519-433-9549</b>
	Trouble Free Transitions*	<b>519-719-2054</b>
	Turnbull's Helping Hand (Packing Services)*	<b>519-851-2252</b>
<b>FOOT CARE</b>	<b>Community-based:</b>	
	VON Public Clinics (RNs and RPNs)	<b>519-659-2273</b>
	<b>In-home:</b>	
	Anita Giesen, RPN	<b>519-227-1444 or 519-318-2779 (Cell)</b>
	Ann Sullivan, RPN	<b>519-474-1292 or 519-851-2375 (Cell)</b>
	Bayshore Health Care*	<b>519-438-6313</b>
	Cheryl White, RPN*	<b>519-902-0325</b>
	Cindy Armer, RPN	<b>519-471-5012 or 519-280-1914 (Cell)</b>
	Comfort Your Soles (Elia Machado, RPN)*	<b>519-697-1515</b>
	Comcare Health Services*	<b>519-432-3726</b>
	Danielle Boyle	<b>519-641-7065</b>
	Irene Cooper, RN	<b>519-645-1571</b>
	Jackie Vanderheyden*	<b>519-264-1574</b>
	Joanne Thompson, RN	<b>519-453-5512</b>
	Kay Casler, RN	<b>519-439-3426</b>
	ParaMed Home Health Care*	<b>519-439-2222</b>
	Physical Relief Health Care*	<b>519-663-9504</b>
	Saint Elizabeth Health Care*	<b>519-668-2997</b>
Strathroy Footcare (Vicky Berube, RPN)*	<b>519-876-3806</b>	
Theresa Warner, Nail Technician	<b>519-686-2003</b>	
Victorian Order of Nurses (VON)*	<b>1-800-561-1222</b>	
We Care Home Health Services*	<b>519-642-1208</b>	

<b>IN-HOME HAIR CARE</b>	Bonnie Hodgson (West of Adelaide)	519-694-4247
	Chantal Ngyen	519-455-5933
	Colleen Grant (East London)	519-453-5651
	Fieny McDougell (Strathroy)*	519-247-3692
	Linda Warren	519-668-7069 or 519-872-7069 (Cell)
	Marion Korn	519-660-4629 or 519-668-8063 (Cell)
	Mobile Home Hair Care (Karen)	519-204-4347 or 519-694-3172 (Cell)
	Rosemary Fleming	519-434-3012
Sally's Hairdressing Service (North London)	519-433-3740	
<b>IN-HOME DENTAL SERVICES</b>	Natural Smiles Denture Clinic* (and hygiene services)	519-660-3555
	LifeSmile (hygiene services)* (Appin)	519-494-6858
	Preferred Dental Hygiene Services*	519-671-7288
<b>IN-HOME HEARING SERVICES</b>	Beck Hearing Aid Centre*	519-438-0492
	Canadian Hearing Society* (Counselling)	519-667-3325
<b>IN-HOME LABORATORY SERVICES</b> OHIP covers most laboratory services ordered by a doctor. The fee for in-home services is on average \$25.	Canadian Medical Labs* (CML)	519-455-2190
	Gamma DynaCare (London)	519-679-1630
	Gamma DynaCare (Strathroy)*	519-245-3130
	LifeLabs*	519-672-9373
<b>ADULT AND ALZHEIMER DAY PROGRAMS</b>	<b>Apply through the CCAC:</b>	
	Alzheimer Outreach Services of McCormick Home	519-439-9336
	Craigwiel (Ailsa Craig)*	519-293-3215
	Dearness Services (London)	519-661-0400
	Four Counties (Newbury)*	519-693-7111 ext 2443
	Salvation Army London Village - East London	519-455-5177 ext 306
	VON Senior Support Services (Dorchester)*	519-268-7028
	VON Senior Support Services (Strathroy)*	519-245-6279
	<b>Programs for young adults with disabilities (apply directly):</b>	
	Hutton House – DayBreak	519-433-1441
	Participation House – Project Hope	519-660-6635

<p><b>TRANSPORTATION</b> These services provide accessible and non-accessible for seniors and adults with disabilities.</p> <p>Many services listed under NURSING AND THERAPY SERVICES and PERSONAL SUPPORT SERVICES also provide accompaniment to appointments and other escort services.</p>	Aboutown Accessible Taxi*	519-432-2222
	Drive-U (Dorchester)*	519-268-7602
	Dynamic Personal Support Inc*	519-878-0263
	Four Counties Community Transportation Service* (Newbury)	519-693-8604
	Helping Hands Plus	519-472-1446
	London Medical Transportation Systems*	519-659-4809
	London Paratransit (Customer Service)	519-451-1347
	(Bookings)	519-453-3444
	London Transit - Community Bus	519-451-1347
	Meals on Wheels London	519-660-1430
	Mobile Link Ltd*	519-850-2273
	Over 55 London*	519-680-1464
	Seniors for Seniors*	519-433-5000
	VON Senior Support Services (Dorchester)*	519-268-7028
	VON Senior Support Services (Lucan)*	519-227-4546
VON Senior Support Services (Strathroy)*	519-245-6279	
<p><b>TRANSPORTATION WITH MEDICAL ATTENDANTS</b> Medical attendant transportation can accommodate stretchers.</p>	Aboutown Medical Transfer*	519-663-2121
	Hoffmans Patient Transfer*	519-237-3631
	Voyageur	519-455-4579
<p><b>MEDICAL EQUIPMENT</b></p>	<b>Financial Assistance:</b>	
	Ontario March of Dimes – Assistive Devices and Home and Vehicle Modification Programs	1-866-765-7237
	Ontario Ministry of Health and Long-Term Care Assistive Devices and Home Oxygen Program	1-800-268-6021
	<b>Sales and Rentals:</b>	
	Active Living Solutions Canada*	519-633-8214
	Bossons Guardian Pharmacy (Strathroy)*	519-245-3810
	Canada Care Medical Inc*	1-866-882-9700
	Canadian Home Healthcare	519-438-9090
	Canadian Red Cross	519-681-7330
	Dura Med Mobility Products*	519-686-3888
	London Health Care & Ostomy Centre*	519-858-2300
	McNiece TENS*	519-681-8367
	MEDChair London	519-657-1032
Midwest Medical*	519-681-2153	

For additional health services information visit [www.thehealthline.ca](http://www.thehealthline.ca) or call the South West Community Care Access Centre at 519-473-2222 or 1-800-811-5146.

	Motion Specialties	519-685-0400
	Northwest Middlesex Multi-Service Centre (Parkhill)*	519-294-0442
	Resolution Rehab (Strathroy)*	519-245-8100
	Shoppers Home Health Care Cherryhill Mall	519-434-3326
	Shoppers Home Health Care Commissioners E	519-685-9150
	Silver Cross London*	519-652-0588
	<b>Loans (may request donation):</b>	
	Consistory Club (Scottish Rite, Masons)	519-685-5972
	Independent Order of Odd Fellows/Rebekah Lodge	519-432-2881
	St John Ambulance	519-432-9571
	<b>In-home oxygen and respiratory services:</b>	
	London Home Respiratory Inc	519-434-0730
	Medigas	519-451-7932
	VitalAire Healthcare - London	519-668-5255
	Western ProResp	519-686-6212
<b>DOCTOR REFERRALS</b>	Health Care Connect*	1-800-445-1822
	London & District Academy of Medicine*	519-673-0950
<b>SPECIAL CLOTHING</b> Services accessible from your home.	Family Orthopaedic Footwear*	519-951-1977
	Geri Fashions of London*	519-439-2028
	Silvert's Clothing for Seniors*	1-800-387-7088
	Sole Decisions* (mobile pedorthic foot clinic)	519-488-5309
<b>BOOK LENDING / READING SERVICES</b>	London Public Library - Visiting Library Service	519-661-6444
	Middlesex County Library - Books-by-Mail Service and Talking Books*	519-245-8237 ext 21
	National Broadcast Reading Service*	1-800-567-6755

<b>ADDITIONAL SERVICES</b>	
	Cherryhill Healthy Ageing Program <b>519-675-1094</b>
	CNIB (Canadian National Institute for the Blind) <b>519-685-8420</b>
	Seniors Helpline <b>519-667-6600</b>
	Southwestern Ontario Regional Geriatric Program <b>519-685-4046</b>
	Third Age Outreach Program <b>519-661-1621</b>
	<b>Government Services:</b>
	Canada Mortgage and Housing, Residential Rehabilitation Assistance Program (RRAP) <b>519-873-2400</b> <b>1-800-704-6488</b>
	Canada Pension Plan (CPP), Old Age Security (OAS) and Disability Benefits <b>1-800-277-9914</b>
	Ontario Health Insurance Plan (OHIP) <b>1-800-268-1154</b>
	Ontario Drug Benefit Program <b>1-888-405-0405</b>
	Public Guardian & Trustee <b>1-800-891-0504</b>
	Public Health Nurse <b>519-850-2280</b>
	Service Canada <b>1-800-622-6232</b>
	ServiceOntario <b>1-800-267-8097</b>
	Telehealth Ontario <b>1-866-797-0000</b>
	Trillium Drug Program <b>1-800-575-5386</b>
	Veterans Affairs Canada <b>1-866-522-2122</b>
	<b>Seniors Centres:</b>
	Dorchester Lions Senior Centre <b>519-268-2025</b>
	Hamilton Road Seniors Centre <b>519-661-5758</b>
	Horton Street Seniors' Centre (Boys' & Girls' Club) <b>519-434-9114</b>
	Kiwanis Seniors Community Centre <b>519-661-5740</b>
	Strathroy and Area Seniors' Centre <b>519-245-8950</b>

**Inclusion in this pamphlet does not constitute a recommendation by the Community Care Access Centre nor does exclusion imply the lack of one.**

Contact [thehealthline.ca](http://thehealthline.ca) at [editor@sw.ccac-ont.ca](mailto:editor@sw.ccac-ont.ca) if you have any additions or changes for this pamphlet.