

REFERRAL OPTIONS RESOURCE FOR COMMUNITY-BASED LEVELS OF ADULT REHABILITATIVE CARE
MEDICALLY COMPLEX CARE STREAM

Publicly-Funded Programs provided by Regulated Health Professionals for Progression (i.e. to restore or maximize functional abilities)			
Outside of Home			In-Home
Hospital Based Outpatient Programs/Services	Community Physiotherapy Clinics	Other Community Programs/Services	In-Home Rehabilitative Care
<ul style="list-style-type: none"> Pulmonary Rehabilitation (St. Joseph's Care Group (SJCG), Dryden Regional Hospital, and Atikokan Family Health Team) Chronic Obstructive Pulmonary Disease (COPD) Knowledge and Skills Clinic (SJCG) Amputee Program (SJCG) Specialized Geriatric Services Telemedicine Program and Seniors Outpatient Assessment and Rehabilitation (SJCG) Rheumatic Diseases Program (SJCG) Seating Clinic (SJCG) Chronic Pain Management Program (SJCG and Santé Manitouwadge H.) Complex Centre for Diabetes Care (SJCG and Meno Ya Win Sioux Lookout) Healthy Lifestyles (TBHRSC and multiple other sites) Hand & Upper Extremity Clinic and Burn/Hypertrophic Scar Management (TBRHSC) Regional Wound Care Program (SJCG) Tertiary Wound Clinic (Lake of the Woods) Metabolic Syndrome Program (Santé Manitouwadge Health) Physiotherapy and Occupational Therapy (OT): SJCG and TBRHSC (Thunder Bay), Geraldton District Hospital, Red Lake Margaret Cochenour Hospital, Sioux Lookout Meno Ya Win Hospital, Dryden Regional Health Centre, Fort Frances La Verendrye Hospital, Atikokan General Hospital, Kenora Lake of the Woods District Hosp. Physiotherapy only: Santé Manitouwadge Health; North of Superior Health Care: Marathon -Wilson Memorial Hospital, Terrace Bay – McCausland Hospital; Nipigon- Nipigon Memorial District Hospital; Emo - Health Centre 	<ul style="list-style-type: none"> Located in Thunder Bay (Fairway, Closing the Gap Healthcare), Atikokan, Dryden, Kenora, Sioux Lookout, Red Lake, and Marathon http://www.health.gov.on.ca/en/public/programs/physio/pub-clinics.aspx 	<ul style="list-style-type: none"> Occupational Therapy (OT) Services (Sunset County Kenora; Dryden Family Health Team) Sioux Lookout Area Primary Care Team Memory Workshop (Dryden Family Health Team (FHT)) Dryden Diabetes Classes Arthritis Society Metabolic Syndrome Program (Santé Manitouwadge Health) 	<ul style="list-style-type: none"> North West LHIN Home & Community Care (Thunder Bay) Home and Community Care – Physiotherapy Services (Bearskin Lake, Cat Lake, Kingfisher Lake, Sachigo Lake, Slate Falls, Mishkeegogamang, Sandy Lake, Wapekeka, Wunnumin Lake, Eabamet Lake, Big Trout Lake, Pikangikum, Neskantaga, Webequie)
Publicly-Funded Programs provided by Regulated Health Professionals for Maintenance (i.e. to prevent functional decline/injury or maintain functional performance)			
Outside of Home		Home Based	
Falls Prevention and Exercise Programs	Other Clinics/Services (e.g. Seating clinics)	In-Home Maintenance Program	
<ul style="list-style-type: none"> Falls Prevention & VON Community Senior Exercise Program (Emo, Kenora, Marathon, Nipigon, Rainy River, Red Rock, Schreiber, Terrace Bay, Thunder Bay) Falls Prevention (SOAR-St. Joseph's Care Group) Falls Prevention – Dryden Family Health Team Falls Prevention Sioux Lookout Area Primary Care Team Elder Exercise Classes – Eabametoong and North Caribou Lake Home and Community Care Exercise Programs (Santé Manitouwadge Health) Healthy Lifestyles (Thunder Bay Regional Health Sciences Centre and multiple sites) Atikokan Family Health Team Exercise Classes Geraldton Family Health Team Exercise Classes Chronic Pain Maintenance Program (Atikokan) 	<ul style="list-style-type: none"> Seating Clinic (St. Joseph's Care Group) Driver Rehabilitation (Partners in Rehab) OT services (Sunset Country Kenora, Dryden Family Health Team) Chronic Obstructive Pulmonary Disease (COPD) Knowledge and Skills Clinic (SJCG) Outpatient Ventilation Clinic Complex Chronic Diabetes Care (SJCG and Meno Ya Win Sioux Lookout) Memory Workshop (Dryden FHT) Rheumatic Diseases Program (SJCG) Arthritis Society 	<ul style="list-style-type: none"> North West LHIN Home & Community Care (Thunder Bay) Home and Community Care – Physiotherapy Services (Bearskin Lake, Cat Lake, Kingfisher Lake, Sachigo Lake, Slate Falls, Mishkeegogamang, Sandy Lake, Wapekeka, Wunnumin Lake, Eabamet Lake, Big Trout Lake, Pikangikum, Neskantaga, Webequie) 	

**REFERRAL OPTIONS RESOURCE FOR COMMUNITY-BASED LEVELS OF ADULT REHABILITATIVE CARE
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Program Name	Pulmonary Rehabilitation
Organization & Site	St. Joseph's Care Group 35 N. Algoma Street Thunder Bay, ON P7B 5G7
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Adults with a confirmed diagnosis of Chronic Obstructive Pulmonary Disease (COPD) by Pulmonary Function Tests and/or spirometry. Client needs to be medically stable, safe to exercise, and have quit smoking.
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	Knowledge and skills and exercise class; 7 week session; delivered by multi-disciplinary team including; Respiratory Therapist, Physiotherapist, and Rehabilitation Assistant. 10 people per class. Assessments by Respirologist, Respiratory Therapist and Physiotherapist.
Hours of service	Monday Wednesday Friday 1:00 p.m. to 4:00 p.m.
Application/Referral Process	Referrals to Pulmonary Rehabilitation
Generic Contact: Job Title Phone/Email	Scott Munro, Manager of Outpatient Rehabilitation Services 807-343-2441 munros@tbh.net

Program Name	Pulmonary Rehabilitation
Organization & Site	Dryden Regional Health Centre – Hospital Site 58 Goodall Street Dryden, ON P8N 2Z6
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Adults with Chronic Obstructive Pulmonary Disease (COPD)
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	www.drydenfht.ca Education and exercise class; 6 week session; delivered by Respiratory Nurse (from the family health team) and Physiotherapist (from the hospital); maximum of 6 people per class
Hours of service	Monday, Wednesday, Friday, 11 – 1 p.m.
Application/Referral Process	Referrals accepted at the hospital physiotherapy department or the Family Health Team
Generic Contact: Job Title Phone/Email	Jennifer Millard 807-223-8201 extension 3116

**REFERRAL OPTIONS RESOURCE FOR COMMUNITY-BASED LEVELS OF ADULT REHABILITATIVE CARE
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Program Name	Pulmonary Rehabilitation
Organization & Site	Atikokan Family Health team 120 Dorothy Street Atikokan, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Adults with Chronic Obstructive Pulmonary Disease (COPD)
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	Education and exercise class; 6 week session, delivered by Respiratory Nurse (from the family health team) and Physiotherapist (from the hospital); maximum of 6 people per class https://atikokanfht.com
Hours of service	Monday and Thursday 9:30 a.m. to 10:30 a.m.
Application/Referral Process	Referrals accepted at the hospital physiotherapy department or the Family Health Team
Generic Contact: Job Title Phone/Email	Lisa Campbell 807-597-8781

Program Name	Chronic Obstructive Pulmonary Disease (COPD) Knowledge and Skills Clinic
Organization & Site	St. Joseph's Care Group 35 N. Algoma Street Thunder Bay, ON P7B 5G7
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Adults with a confirmed diagnosis of Chronic Obstructive Pulmonary Disease (COPD) by Pulmonary Function Tests and/or spirometry. Client needs to be medically stable. Clients may still be smoking.
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	Knowledge and skills for self-management. Smoking cessation will be offered. Individual appointments. Delivered by team including; Respirologist and Respiratory Therapist.
Hours of service	Monday through Friday 8:00 a.m. to 4:00 p.m.
Application/Referral Process	Referrals to Pulmonary Services- Respiratory Therapist. Physician or nurse practitioner referral required; Pulmonary Function and/or spirometry test required pre-admission.
Generic Contact: Job Title Phone/Email	Scott Munro, Manager of Outpatient Rehabilitation Services 807-343-2441 munros@tbh.net

**REFERRAL OPTIONS RESOURCE FOR COMMUNITY-BASED LEVELS OF ADULT REHABILITATIVE CARE
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Program Name	Amputee Program
Organization & Site	St. Joseph's Care Group – Hospital Site 35 N. Algoma Street Thunder Bay, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Adults with amputations considering prosthetic training
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	www.sjcg.net Rehabilitation team includes: Physiotherapy, Occupational Therapy, Prosthetist (Northland Prosthetics) and Psychiatrist; Amputee Clinic Monday afternoons via telehealth as required.
Hours of service	Monday 9:00 a.m. – 4:30 p.m. Tuesday 9:00 a.m. – 4:00 p.m. Wednesday 9:00 a.m. – 12:00 p.m. Thursday and Fridays 9:00 a.m. to 4 p.m.
Application/Referral Process	Physician or Nurse Practitioner referral required.
Generic Contact: Job Title Phone/Email	Scott Munro, Manager of Outpatient Rehabilitative Care Services 807-343-2441 munros@tbh.net

Program Name	Specialized Geriatric Services Telemedicine Program
Organization & Site	St. Joseph's Care Group 35 N. Algoma Street Thunder Bay, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Those 65 years and older (or physiologically or cognitively equivalent) with one or more health/chronic conditions with complicating factors.
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	Specialized Geriatric Psychiatry and Geriatrician Consultation services using telemedicine and nurse triage. E-consults available.
Hours of service	Monday to Friday 9:00 a.m. to 4:00 p.m.
Application/Referral Process	Physician or nurse practitioner referral required.
Generic Contact: Job Title Phone/Email	Lisa Petersen, Manager, Specialized Geriatric Services 807-343-2431 ext 2511 petersel@tbh.net

**REFERRAL OPTIONS RESOURCE FOR COMMUNITY-BASED LEVELS OF ADULT REHABILITATIVE CARE
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Program Name	Seniors Outpatient Assessment and Rehabilitation Services
Organization & Site	St. Joseph's Care Group 35 N. Algoma Street Thunder Bay, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Those 65 years and older (or physiologically equivalent) with one or more health/chronic conditions with complicating factors.
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	Provides time-limited outpatient rehabilitation for seniors to optimize their health, function, independence and quality of life. Individual and group sessions may be provided. Rehabilitation team includes: Geriatrician, Psychiatry, Nurse Practitioner, Nursing, Physiotherapy, Occupational Therapy, Psychology, Dietitian, Social Work, Therapeutic Recreation, and Rehabilitation Assistant. Comprehensive Geriatric Assessment, group and individual treatment, and case management. Individual Falls Prevention program.
Hours of service	Monday to Friday 9:00 a.m. to 4:00 p.m.
Application/Referral Process	Physician or nurse practitioner referral required.
Generic Contact: Job Title Phone/Email	Lisa Petersen, Manager, Specialized Geriatric Services 807-343-4364 petersel@tbh.net

Program Name	Rheumatic Diseases Program
Organization & Site	St. Joseph's Care Group 35 N. Algoma Street Thunder Bay, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	New onset inflammatory and non-inflammatory arthritis; those having difficulties managing functional abilities; fibromyalgia classes.
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	www.sjcg.net Interprofessional approach with active participation based on client goals, individualized assessment, intensive treatment and self-management education to manage their disease process; pool, hand/foot class, splinting, orthotics, and group/individual exercise and education.
Hours of service	Monday to Friday 8:30 a.m. to 4:30 p.m.
Application/Referral Process	Physician
Generic Contact: Job Title Phone/Email	Scott Munro, Manager of Ambulatory Care and Outpatient Rehabilitation Services munros@tbh.net 807-343-2441

**REFERRAL OPTIONS RESOURCE FOR COMMUNITY-BASED LEVELS OF ADULT REHABILITATIVE CARE
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Program Name	Seating Clinic
Organization & Site	St. Joseph's Care Group 35 N. Algoma Street Thunder Bay, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Adults
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	www.sjcg.net Assessment and prescription services for the most appropriate mobility and seating equipment and pressure mapping; provides consultations to other therapists. Team includes Occupational Therapist, Physiotherapist, client and vendor of choice
Hours of service	Tuesdays 9:00 a.m. to 12:00 p.m.
Application/Referral Process	Self referral, physician, or health provider
Generic Contact: Job Title Phone/Email	Scott Munro, Manager of Ambulatory Care and Outpatient Rehabilitative Services 807-343-2431 munros@tbh.net

Program Name	Chronic Pain Management Program
Organization & Site	St. Joseph's Care Group 710 Victoria Avenue Thunder Bay, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	People over 16 years with chronic pain
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	www.sjcg.net Interprofessional, time limited, goal oriented, team approach to self management of chronic pain to enhance ability to function in all aspects of their lives. This holistic program focuses on maintaining and improving physical, psychological, behavioral, recreational, spiritual, and vocational aspects.
Hours of service	Monday to Friday 8:00 a.m. to 4:00 p.m.
Application/Referral Process	Health care provider
Generic Contact: Job Title Phone/Email	Ashley Lyon, Manager of Outpatient Mental Health 807-624-3400 lyona@tbh.net

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Program Name	Chronic Pain Management Program
Organization & Site	Santé Manitouwadge Health 1 Health Care Crescent Manitouwadge, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	People with chronic pain in Manitouwadge
Program Description &/or URL Link <ul style="list-style-type: none"> • Focus of service & target population • Who provides service 	www.mh.on.ca Self management and exercise program, six weeks in length. In coordination with St. Joseph's Care Group Chronic Pain Management Team.
Hours of service	Varies dependent on group need
Application/Referral Process	Local Physician (Dr. S. Shoush)
Generic Contact: Job Title Phone/Email	Megan Esarte, Director, Family Health Team 807-826-3251 megan.esarte@mfht.ca

Program Name	Chronic Pain Management Program
Organization & Site	Atikokan Family Health Team 120 Dorothy Street Thunder Bay, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	People who attended the 6 week pain management program with St. Joseph's Care Group requiring follow up
Program Description &/or URL Link <ul style="list-style-type: none"> • Focus of service & target population • Who provides service 	www.atikokanfht.com 3 days a week of exercise and 1 day a week of education for 6 weeks by a Kinesiologist, pain Nurse, and Social Worker.
Hours of service	Dependent on need
Application/Referral Process	To family health team or rehabilitation department at hospital
Generic Contact: Job Title Phone/Email	Lisa Campbell Atikokan Family Health Team 807-597-8781 lisa@atikokanfht.com

REFERRAL OPTIONS RESOURCE FOR COMMUNITY-BASED LEVELS OF ADULT REHABILITATIVE CARE
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Program Name	Centre for Complex Diabetes Care (TBRHSC and Meno Ya Win Sioux Lookout)
Organization & Site	Thunder Bay Regional Health Sciences Centre Sioux Lookout Meno Ya Win Health Centre 980 Oliver Road 1 Meno Ya Win Way Thunder Bay, ON Sioux Lookout, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Patients with diabetes and related, collective health issues that require more intensive treatment strategies
Program Description &/or URL Link • Focus of service & target population • Who provides service	Specialized interprofessional teams including Nurse Practitioners, Occupational Therapy, Physiotherapy and Dietitian to provide a coordinated approach to diabetes management and treatment http://tbrhsc.net/
Hours of service	Monday and Thursdays 8:00 am to 6:00 pm Tuesday, Wednesdays and Fridays 8:00 am to 4:00 pm
Application/Referral Process	Physician or nurse practitioner referral required
Generic Contact: Job Title Phone/Email	Deborah MacCabe, Manager Diabetes Care and Bariatric Program 807-684-6944 maccabed@tbh.net

**REFERRAL OPTIONS RESOURCE FOR COMMUNITY-BASED LEVELS OF ADULT REHABILITATIVE CARE
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Program Name	Healthy Lifestyles
Organization & Site	Thunder Bay Regional Health Sciences Centre - Thunder Bay Dryden Regional Health Centre – Hospital site – Dryden Sioux Lookout Meno Ya Win Hospital – Sioux Lookout Lake of the Woods District Hospital – Kenora LaVerendrye Hospital – Fort Frances North of Superior Healthcare Group – Wilson Memorial Hospital – Marathon Nipigon Memorial District Hospital – Nipigon Geraldton District Hospital – Geraldton Santé Manitouwadge Health – Manitouwadge Atikokan General Hospital – Atikokan Margaret Cochenour Memorial Hospital – Red Lake Community Health Clinic – Ignace Centre
Unique Admission Criteria	Adults with history of cardiac disease
Program Description &/or URL Link	http://tbrhsc.net Education, self-management and exercise program; assists motivated individuals, with chronic disease to improve their mental and physical well being through education, exercise, individual counseling, individual diet counseling, and smoking cessation; interdisciplinary approach – group or 1:1; Physician, Nurse, Kinesiologist, Social Worker, Dietitian, Psychologist; 2 x per week with an optional 3 rd time for strength/aerobic training; Healthy Lifestyles in Thunder Bay does Assessment, stress test, and prescription prior to local participation (done locally in Sioux Lookout): telemedicine connection to Thunder Bay for education sessions, exercise locally. Options for In Home program (Northern Community)
Hours of service	Dryden – Tuesday and Thursday 10:30 a.m. -12:00 p.m. Thunder Bay – Monday and Thursday 10 a.m. to 6 p.m., Tuesday, Wednesday, Friday 8:00 a.m.– 4:00 p.m. Sioux Lookout – Monday Wednesday Friday 8:00 a.m. to 10:00 a.m. Kenora – Tuesday and Thursdays 10:30 a.m. to 12:00 p.m. Fort Frances – Monday and Wednesdays 8:00 a.m. to 9:00 a.m. Marathon – Mondays and Thursdays – 10:15 a.m. to 11:15 a.m. Nipigon – Tuesdays and Thursdays – 10:30 a.m. to 12:00 p.m. Geraldton – Tuesdays and Thursdays 1:00 p.m. to 2:30 p.m. Manitouwadge – Tuesdays 2:30 p.m. to 3:30 p.m. and Thursdays 3:00 p.m. to 4:00 p.m. Atikokan – Tuesday and Thursdays 9:00 a.m. to 10:30 a.m. Red Lake – Monday and Friday 8:30 a.m. to 9:30 a.m.
Application/Referral Process	Cardiologist or Primary Care Practitioner referrals to Healthy Lifestyles in Thunder Bay or regionally to Physiotherapy Department who will coordinate with Healthy Lifestyles Thunder Bay
Generic Contact: Job Title Phone/Email	Kyle Baysarowich 807-684-6780 Email: baysarok@tbh.net

**REFERRAL OPTIONS RESOURCE FOR COMMUNITY-BASED LEVELS OF ADULT REHABILITATIVE CARE
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Program Name	Hand and Upper Extremity Clinic and Burn/Hypertrophic Scar Management
Organization & Site	Thunder Bay Regional Health Sciences Centre 980 Oliver Road Thunder Bay, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Patients with post-surgical, acute, traumatic injuries to the upper extremity; burns and/or scars.
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	Provides Physiotherapy and Occupational Therapy Assessment and Treatment services for post-surgical, acute, traumatic injuries to the upper extremity; burn wound care, scar management, ADP authorizer for hypertrophic scar compression garments. http://tbrhsc.net/
Hours of service	Monday to Friday 8:00 am to 4:00 pm
Application/Referral Process	Physician or nurse practitioner referral required. Referrals are triage based. Fax to: 807-684-5835
Generic Contact: Job Title Phone/Email	Carrie Vita, Manager Rehabilitation Services 807-684-6270 vitac@tbh.net

Program Name	Regional Wound Care Program
Organization & Site	St. Joseph's Care Group 35 N. Algoma Street Thunder Bay, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Individuals with a wound that has not decreased in size by 40% within 4 weeks of being treated; a chronic disease as a risk factor ie. Diabetes, peripheral vascular disease, arthritis, neurological disease; weakness and/or limited mobility; poor nutritional intake and poor appetite; obesity or are underweight; and difficulties performing self-care tasks such as hygiene.
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	www.sjcg.net Specialized regional program to support those with wounds that are slow to heal. Multidisciplinary team consisting of Enterostomal Therapy Nurse, Physiotherapist, Occupational Therapist, Dietitian, Social Worker, Chiropodist, and Physician. The team will support the physical, mental, emotional, environmental, nutritional and financial needs of the client. The team is also available to provide consultation with other healthcare providers. Telemedicine appointments available as appropriate.
Hours of service	Mondays and Thursdays 8:00 a.m. to 6:00 p.m. Tuesdays, Wednesdays and Fridays 8:00 a.m. to 4:00 p.m.
Application/Referral Process	Referrals can be made by the client, family, caregiver or healthcare professionals Fax to 807-343-0144
Generic Contact: Job Title Phone/Email	Scott Munro, Manager of Ambulatory Care and Outpatient Rehabilitative Services 807-343-2431 munros@tbh.net woc@tbh.net (Program specific email)

**REFERRAL OPTIONS RESOURCE FOR COMMUNITY-BASED LEVELS OF ADULT REHABILITATIVE CARE
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Program Name	Tertiary Wound Clinic
Organization & Site	Lake of the Woods District Hospital 21 Sylvan Street West Kenora, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Individuals with a complex wound requiring management.
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	http://www.lwdh.on.ca/ Assessment and management of complex and non-complex wounds by general surgeon Dr Spielman.
Hours of service	Tuesday 10:00 a.m. to 4:00 p.m.
Application/Referral Process	Referrals can be made by the client, family, caregiver or healthcare professionals Fax to 807-468-7096
Generic Contact: Job Title Phone/Email	Brock Chisholm, Manager of Rehabilitative Services 807-468-9861 ext 2214 bchisholm@lwdh.on.ca

Program Name	Metabolic Syndrome Program
Organization & Site	Sante Manitouwadge Health 1 Health Care Crescent Manitouwadge, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Patients of Family Health Team meeting 3 out of 5 criteria for Metabolic Syndrome
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	www.mh.on.ca/MFHTMain.php Lifestyle intervention program. Team consists of a physician, dietician, nurse, and physiotherapist; one year long, appointments vary depending on team requirements; groups of 15 participants
Hours of service	Monday to Friday 8:00 a.m. to 4:00 p.m.
Application/Referral Process	Local physician (Dr. N. Al Saadi) & Registered Dietician
Generic Contact: Job Title Phone/Email	Megan Esarte – Director Family Health Team 807-826-3251 Megan.esarte@mfht.ca

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Program Name	Rehabilitation Services
Organization & Site	Geraldton District Hospital 500 Hogarth Avenue Geraldton, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Adults and children with orthopaedic, neurological, rheumatologic or complex medical rehabilitative care needs
Program Description &/or URL Link <ul style="list-style-type: none"> • Focus of service & target population • Who provides service 	www.geraldtondh.com Physiotherapy, Occupational Therapy and Kinesiology services available
Hours of service	Monday to Friday 8:00 a.m. to 4:00 pm.
Application/Referral Process	Physician or nurse practitioner referral required
Generic Contact: Job Title Phone/Email	Brigitte Ouelett, Chief of Clinical Services 807-854-1862 extension 115 bouellet@geraldtondh.com

Program Name	Rehabilitation Services
Organization & Site	Margaret Cochenour Memorial Hospital 51 Highway 105, Red Lake, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Adults and children with orthopaedic, neurological, rheumatological or complex medical rehabilitative care needs.
Program Description &/or URL Link <ul style="list-style-type: none"> • Focus of service & target population • Who provides service 	www.redlakehospital.ca Physiotherapy and Occupational Therapy services available
Hours of service	Monday to Friday 8:00 a.m. to 4:00 p.m.
Application/Referral Process	Physician or Nurse Practitioner referral required
Generic Contact: Job Title Phone/Email	Sue LeBeau (CEO and Manager Rehab) 807-727-3829 physio@redlakehospital.ca

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Program Name	Rehabilitation Services
Organization & Site	Sioux Lookout Meno Ya Win Hospital 1 Meno Ya Win Way Sioux Lookout
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Adults and children with orthopaedic, neurological, rheumatological, or complex medical rehabilitative care needs
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	www.slmhc.on.ca/rehabilitation-services Physiotherapy, Occupational Therapy, Speech Language Pathology, and Kinesiology services available
Hours of service	Monday to Friday 8:00 a.m. to 4:00 p.m.
Application/Referral Process	Physician or nurse practitioner referral required
Generic Contact: Job Title Phone/Email	Jory Kettles, Manager of Rehabilitation Services 807-737-3030 extension 4650 jkettles@slmhc.on.ca

Program Name	Rehabilitation Services
Organization & Site	Dryden Regional Health Centre – hospital site 58 Goodall Street Dryden, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Adults and children with orthopaedic, neurological, rheumatological, or complex medical rehabilitative care needs
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	www.drhc.on.ca Physiotherapy and Occupational Therapy services available
Hours of service	Monday to Friday 8:00 a.m. to 4:00 p.m.
Application/Referral Process	Physician or Nurse Practitioner referral required
Generic Contact: Job Title Phone/Email	Tina Hamilton Manager of Rehabilitation Services 807-223-8201 Extension 1265 thamilton@drhc.on.ca

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Program Name	Rehabilitation Services
Organization & Site	LaVerendrye Hospital 110 Victoria Avenue Fort Frances, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Adults and children with orthopaedic, neurological, rheumatological or complex medical rehabilitative care needs
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	www.Riversidehealthcare.ca/laverendrye-hospital/about-us Physiotherapy, Occupational Therapy, and Speech Language Pathology services available
Hours of service	Monday to Friday 8:00 a.m. to 4:00 p.m.
Application/Referral Process	Physician or Nurse Practitioner referral required
Generic Contact: Job Title Phone/Email	Glenna Morand, Manager Rehabilitation 807-274-4815 g.morand@rhcf.on.ca

Program Name	Rehabilitation Services
Organization & Site	Atikokan District Hospital 120 Dorothy Street Atikokan, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Adults and children with orthopaedic, neurological, rheumatological, or complex medical rehabilitative care needs
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	Physiotherapy, Occupational Therapy and Kinesiology services available www.aghospital.on.ca
Hours of service	Monday to Friday 8:00 a.m. to 4:00 p.m.
Application/Referral Process	Physician or nurse practitioner referral required
Generic Contact: Job Title Phone/Email	Jennifer Learning, Chief Nursing Officer 807-597-4215 Extension 318 learning@aghospital.on.ca

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Program Name	Rehabilitation Services
Organization & Site	Lake of the Woods District Hospital 21 Sylvan Street West Kenora, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Adults and children with orthopaedic, neurological, rheumatological, or complex medical rehabilitative care needs
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	www.lwdh.on.ca Physiotherapy, Occupational Therapy, and Speech-Language Pathology (limited) services available
Hours of service	Monday to Friday 8:00 a.m. to 4:00 p.m.
Application/Referral Process	Physician or nurse practitioner referral required
Generic Contact: Job Title Phone/Email	Brock Chisholm, Physiotherapy Manager 807-468-9861 Extension 2214 bchisholm@lwdh.on.ca

Program Name	Physiotherapy Services
Organization & Site	Santé Manitouwadge Health 1 Health Care Crescent Manitouwadge, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Adults and children with orthopaedic, neurological, rheumatological or complex medical rehabilitative care needs.
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	www.mh.on.ca Physiotherapy services available
Hours of service	Monday to Thursday 8:00 a.m. to 4:00 p.m. Fridays 8:00 a.m. to 12:00 p.m.
Application/Referral Process	Physician or nurse practitioner referral required
Generic Contact: Job Title Phone/Email	James Neale 807-826-3251 extension 225 jneale@mh.on.ca

**REFERRAL OPTIONS RESOURCE FOR COMMUNITY-BASED LEVELS OF ADULT REHABILITATIVE CARE
MEDICALLY COMPLEX CARE STREAM**

Program Name	Physiotherapy Services
Organization & Site	North of Superior Healthcare Group – McCausland Hospital 20B Cartier Road Terrace Bay, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Adults and children with orthopaedic, neurological, rheumatological or complex medical rehabilitative care needs
Program Description &/or URL Link <ul style="list-style-type: none"> • Focus of service & target population • Who provides service 	www.nosh.ca Physiotherapy services available
Hours of service	Monday to Friday 8:00 a.m. to 4:00 p.m.
Application/Referral Process	Physician or Nurse Practitioner referral required
Generic Contact: Job Title Phone/Email	Michelle Strong 807-825-2200 mstrong@nosh.ca

Program Name	Physiotherapy Services
Organization & Site	North of Superior Healthcare Group – Wilson Memorial Hospital 26 Peninsula Road Marathon, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Adults and children with orthopaedic, neurological, rheumatological or complex medical rehabilitative care needs.
Program Description &/or URL Link <ul style="list-style-type: none"> • Focus of service & target population • Who provides service 	Physiotherapy Services available www.nosh.ca
Hours of service	Monday to Friday 8:00 a.m. to 4:00 p.m.
Application/Referral Process	Physician or Nurse Practitioner referral required
Generic Contact: Job Title Phone/Email	Saran Lingham 807-229-1740 slingham@nosh.ca

**REFERRAL OPTIONS RESOURCE FOR COMMUNITY-BASED LEVELS OF ADULT REHABILITATIVE CARE
MEDICALLY COMPLEX CARE STREAM**

Program Name	Physiotherapy Services
Organization & Site	Nipigon Memorial District Hospital 125 Hogan Road Nipigon, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Adults and children with orthopaedic, neurological, rheumatological or complex medical rehabilitative care needs
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	www.ndmh.ca Physiotherapy services available
Hours of service	Monday to Friday 8:00 a.m. to 4:00 p.m.
Application/Referral Process	Physician or nurse practitioner referral required
Generic Contact: Job Title Phone/Email	Melissa Harvey/Katrina Radassao 807-887-6985 mharvey@nmdh.on.ca/kradassao@nmdh.on.ca

Program Name	Physiotherapy Services
Organization & Site	Emo Health Centre 170 Front Street Emo, Ontario
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Adults and children with orthopedic, neurological, rheumatological, or complex medical rehabilitative care needs
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	www.riversidehealthcare.ca/emo-health-centre/about-us Physiotherapy services available.
Hours of service	Monday to Friday 7:00 a.m. to 3:00 p.m.
Application/Referral Process	Physician or Nurse Practitioner referral required.
Generic Contact: Job Title Phone/Email	Rob Barkley 807-274-3261 Extension 5540 Rob.barkley@rhcf.on.ca

**REFERRAL OPTIONS RESOURCE FOR COMMUNITY-BASED LEVELS OF ADULT REHABILITATIVE CARE
MEDICALLY COMPLEX CARE STREAM**

Program Name	Community Physiotherapy Clinic
Organization & Site	Fairway Physiotherapy 620 W. Arthur Street Thunder Bay, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Adults over 65 or under 19 or those following a hospital admission with orthopaedic, neurological, rheumatologist or complex medical rehabilitative care needs
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	www.fairwayphysio.ca/index/html Physiotherapy services available. Occupational therapy and speech language pathology private pay.
Hours of service	Monday 8:00 a.m. to 5:00 p.m., Tuesday and Thursday 8:00 a.m. to 8:00 p.m., Wednesdays 8:00 a.m. to 7:00 p.m. Friday 8:00 a.m. to 4:00 pm
Application/Referral Process	Physician or nurse practitioner referral required.
Generic Contact: Job Title Phone/Email	Jason Taddeo, Manager 807-344-5242 jstaddeo@gmail.com

Program Name	Community Physiotherapy Clinic
Organization & Site	Closing the Gap Healthcare 1265 E. Arthur Street, Unit 107 Thunder Bay, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Adults over 65 or under 19 or those following a hospital admission with orthopaedic, neurological, rheumatological or complex medical rehabilitative care needs
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	www.closingthegap.ca/locations/thunder-bay Physiotherapy services available
Hours of service	Monday to Friday 9:00 a.m. to 5:00 p.m.
Application/Referral Process	Physician or Nurse Practitioner referral required
Generic Contact: Job Title Phone/Email	807-623-4720 thunderbay@closingthegap.ca

**REFERRAL OPTIONS RESOURCE FOR COMMUNITY-BASED LEVELS OF ADULT REHABILITATIVE CARE
MEDICALLY COMPLEX CARE STREAM**

Program Name	Occupational Therapy Sunset Country
Organization & Site	Sunset Country Family Health Team 1-35 Wolsley St. Kenora, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Adults and children registered with Sunset County Family Health Team.
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	Assessments and recommendations for: Home safety, Daily living skills, mobility aids and adaptive equipment, cognition, falls prevention, sensory, chronic disease and pain management, return to work, ergonomic and stroke rehab
Hours of service	Monday to Friday 8:00 a.m. to 4:00 p.m.
Application/Referral Process	Self-referral Physician, Nurse Practitioner or other healthcare professional
Generic Contact: Job Title Phone/Email	Brittan van Belleghem 807-468-6321 info@kfht.ca

Program Name	Sioux Lookout Area Primary Care Team
Organization & Site	Sioux Lookout First Nation Health Authority 55 Queen St Sioux Lookout, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	www.slnha.com Primary Care services for Sioux Lookout and 33 First Nation communities; services of PT, OT, SLP, Kin, Psych, Nursing, NP, Pharmacist, Dietitian, Traditional Healers, Community Health worker, Case management across the ages children, youth, adult and Elders
Hours of service	Monday to Friday 8:30 a.m. to 4:30 p.m.
Application/Referral Process	Physician, Nurse Practitioner, Health Professionals or self referral
Generic Contact: Job Title Phone/Email	Cindy Hunt, Director 807-737-5682 cindy.hunt@slnha.com

**REFERRAL OPTIONS RESOURCE FOR COMMUNITY-BASED LEVELS OF ADULT REHABILITATIVE CARE
MEDICALLY COMPLEX CARE STREAM**

Program Name	Dryden Memory Workshop
Organization & Site	Dryden Family Health Team 40 Goodall Street Dryden, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	http://drydenfht.ca/ Memory Education and Exercises about internal and external memory strategies. 60-90 minute classes. Provided by an Occupational Therapist
Hours of service	
Application/Referral Process	Self referral, Physician, Nurse Practitioner or other healthcare professionals
Generic Contact: Job Title Phone/Email	Susan Traini 8072237406 Extension 3006

Program Name	Dryden Diabetes Class
Organization & Site	Dryden Family Health Team 40 Goodall Street Dryden, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	Education group or individually with our RN CDE and RD CDE, and individual appointments with mental health worker and PT; 6-7 clients per afternoon. Adult Diabetes Management Centre; See DRHC In-Pt's and hold regular 'Diabetes Days' with some Providers at the Dingwall Clinic www.Drydenfht.com
Hours of service	Monday 8:00 a.m. to 8:00 p.m. Tuesday to Friday 8:00 a.m. to 4:00 p.m.
Application/Referral Process	
Generic Contact: Job Title Phone/Email	Tina Hamilton, Manager of Rehabilitative Services 807-223-8208 x 3112 thamilton@drhc.on.ca

**REFERRAL OPTIONS RESOURCE FOR COMMUNITY-BASED LEVELS OF ADULT REHABILITATIVE CARE
MEDICALLY COMPLEX CARE STREAM**

Program Name	Arthritis Society
Organization & Site	Arthritis Society- Rehabilitation and Education Program 1093 Barton St. Thunder Bay, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Those with new or existing arthritis conditions, inflammatory and non-inflammatory.
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	www.arthritis.ca/arep Physiotherapy and Occupational Therapy Assessment and consultation on self management and lifestyle, workplace modifications. A Social Worker is available by phone for social services assistance. Group education that includes information and management techniques regarding arthritis.
Hours of service	Monday to Friday 8:00 a.m. to 4:00 p.m.
Application/Referral Process	Healthcare provider or self referral
Generic Contact: Job Title Phone/Email	Kim Rainford 807-345-9535 ext 1802 Krainford@arthritis.ca

Program Name	Northwest LHIN Home and Community Care Program
Organization & Site	North West LHIN 975 Alloy Drive, Suite 201 Thunder Bay, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Adults and children with orthopaedic, rheumatological, or complex medical rehabilitative care needs unable to access ambulatory services
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	www.healthcareathome.ca/northwest.en In home Physiotherapy, Occupational Therapy, Social Worker, Dietitian, Nursing, Personal Support Worker and Speech Language Pathologist (SLP).
Hours of service	
Application/Referral Process	Physician or nurse practitioner or self referral
Generic Contact: Job Title Phone/Email	1-800-626-5406

**REFERRAL OPTIONS RESOURCE FOR COMMUNITY-BASED LEVELS OF ADULT REHABILITATIVE CARE
MEDICALLY COMPLEX CARE STREAM**

Program Name	Home and Community Care – Physiotherapy Services
Organization & Site	Bearskin Lake Home and Community Care Cat Lake Home and Community Care Kingfisher Lake Home and Community Care Sachiago Home and Community Care Slate Falls Home and Community Care Mishkeegogamang Home and Community Care
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	All ages, all diagnoses
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	www.windigo.on.ca www.mishkeegogamang.ca Physiotherapy services in home or at nursing station depending on client
Hours of service	Monday to Friday 9 a.m. to 5 p.m. 2-4 visits per year
Application/Referral Process	Physician referral to home and community care program or physiotherapist
Generic Contact: Job Title Phone/Email	Barb Lacalamita 807-737-1437 lacalamita@sympatico.ca

Program Name	Home and Community Care – Physiotherapy Services
Organization & Site	Wapekeka Wunnumin Lake Home and Community Care
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	All ages, all diagnoses
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population Who provides service 	www.wapekeka.ca www.wunnumin.ca Physiotherapy services in home or at nursing station depending in client
Hours of service	Monday to Friday 9:00 a.m. to 5:00 p.m. 4 visits per year
Application/Referral Process	
Generic Contact: Job Title Phone/Email	Cathy Ferris 1-204-481-3115 holistic@mts.net

**REFERRAL OPTIONS RESOURCE FOR COMMUNITY-BASED LEVELS OF ADULT REHABILITATIVE CARE
MEDICALLY COMPLEX CARE STREAM**

Program Name	Home & Community Care – Physiotherapy Services
Organization & Site	Eabametoong (Fort Hope) First Nation Home and Community Care Sandy Lake First Nation Home and Community Care Kitchenuhmaykoosib Inninuwug (Big Trout Lake) First Nation Home and Community Care Pikangikum First Nation Home and Community Care Neskantaga (Lansdowne House) First Nation Home and Community Care Webequie First Nation Home and Community Care
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	All ages, all diagnoses
Program Description &/or URL Link <ul style="list-style-type: none"> • Focus of service & target population • Who provides service 	www.eabametoong.firstnation.ca www.sandylake.firstnation.ca www.bigtroutlake.firstnation.ca www.firstnation.ca/pikangikum www.community.matawa.on.ca/community/neskantaga-first-natioin Physiotherapy Services in home or at nursing station depending on client
Hours of service	Monday – Friday 8:30 a.m. to 5:00 p.m.
Application/Referral Process	Physician referral to Home and Community Care Program or Physiotherapist
Generic Contact: Job Title Phone/Email	Kirsti Reinikka 807-251-9988 kjereinikka@gmail.com

**REFERRAL OPTIONS RESOURCE FOR COMMUNITY-BASED LEVELS OF ADULT REHABILITATIVE CARE
MEDICALLY COMPLEX CARE STREAM**

Program Name	Falls Prevention & Community Senior Exercise Program (VON)	
Organization & Site	VON Marathon, Terrace Bay, Schreiber, Nipigon, Red Rock, Atikokan, Emo, Fort Frances, Rainy River, Kenora, Keewatin, Thunder Bay	
Unique Admission Criteria	55+ drop in, all welcome	
Program Description &/or URL Link	www.von.ca Group Exercise and Falls Prevention Activities	
Hours of service	<ul style="list-style-type: none"> ▪ Marathon – Tues and Thurs 10:30 to 11:30 a.m. ▪ Terrace Bay – Mon and Thurs 10:30 to 11:30 a.m. ▪ Schreiber – Mon and Wed 11:00 to 12:00 p.m. ▪ Nipigon- 14 Second Street - Mon 11:00 am to 12:00 p.m. ▪ Nipigon – 174 Bell Street Mon 10:00 to 11:00 a.m. ▪ Red Rock – Mon and Thurs 12:30 to 1:30 p.m ▪ Emo – 330 Queen Street Mon and Fri 10:00 to 11:00 a.m. ▪ Emo – 182 Front Street – Mon and Fri 9:00 to 10:00 a.m. ▪ Sioux Lookout- 109-33 Third Ave. -Tues and Friday 11:00 a.m. to 12:00 p.m. 	<ul style="list-style-type: none"> ▪ Rainy River = 103 Front Street – Thurs 5:00 to 6:00 p.m. ▪ Rainy River – 3030 Broadway Avenue – Thurs 4:00 to 5:00 p.m. ▪ Rainy River – 110 Fourth Street – Thurs – 2:00 to 3:00 p.m. ▪ Kenora – 450 Laursen Lane – Mon, Wed, Fri 11:30 to 12:30 p.m. ▪ Kenora – 610 Park Street – Mon, Wed, Fri 10:10 to 11:00 a.m. ▪ Kenora - 510 Second Street – Mon, Wed, Fri 1:00 to 2:00 p.m. ▪ Kenora – 202 – 6th Street S. – Wed and Fri 11:00 to 12:00 p.m. ▪ Kenora – 630 Park Street – Mon, Wed, Fri 9:30 to 10:30 a.m. ▪ Kenora – 326 Second Street S. – Mon 11:00 to 12:00 p.m. ▪ Keewatin -809 Superior Street – Mon and Fri 2:30 to 3:30 p.m.
	<p>Thunder Bay</p> <ul style="list-style-type: none"> ▪ 321 Hilldale Road – Wednesday and Friday 10:00 a.m. – 11:00 .m. ▪ 199 Academy Drive – Tuesday and Thursday 11:00 a.m. to 12:00 p.m. ▪ 213 Castlegreen Drive – Monday, Wednesday, Friday 2:00 p.m. – 3:00 p.m. ▪ 707 Arundel Street – Monday thru Friday 10:00 a.m. to 11:00 .m. ▪ 9 Regent Street – Tuesday and Thursday 2:00 p.m. – 3:00 p.m. ▪ 450 Dewe Avenue – Tuesday and Thursday 1:00 p.m. – 2:00 p.m. ▪ 275 Madeline Street – Monday and Wednesday 2:00 p.m. to 3:00 p.m. ▪ 1261 Jasper Drive – Monday to Friday 11:00 – 12:00 p.m. ▪ 1200 Jasper Drive – Monday to Friday 10:00 a.m. to 11:00 a.m. ▪ 51 Walkover Street – Monday 12:00 p.m. – 1:00 p.m., Wednesday 2:00 p.m. – 3:00 p.m., Friday 12:00 p.m. to 1:00 p.m. ▪ 123 Hilldale Road Tuesday 12:00 p.m. to 1:00 p.m. ▪ 309 Hilldale Road – Monday, Wednesday, Friday 3:00 p.m. – 4:00 p.m. ▪ 411 Frontenac Bay – Tuesday and Thursday 3:00 p.m. – 4:00 p.m. ▪ 1350 Isabella Street – Monday, Wednesday, Friday 11:00 a.m. to 12:00 p.m. ▪ 145 Fanshawe Street- Monday and Thursday 9:00 a.m. to 10:00 a.m. 	<ul style="list-style-type: none"> ▪ 130 W. Donald Street – Monday and Thursday 10:00 a.m. – 11:00 a.m. ▪ 325 Archibald Street S – Monday, Wednesday, Friday 1:00 p.m. – 2:00 p.m. ▪ 2051 Government Road Thursday 10:00 a.m. – 11:00 a.m. ▪ 525 Simpson Street Tuesday 12:00 p.m. – 1:00 p.m. ▪ 10 Farrand Street – Tuesday and Thursday 3:00 p.m. – 4:00 p.m. ▪ 148 May Street – Tues and Thurs 3:00 to 4:00 p.m. ▪ 63 Carrie Street – Mon to Fri 9:00 to 10:00 a.m. ▪ 844 Red River Road – Tues, Wed, Thurs 1:00 to 2:00 p.m. ▪ 330 Toivo Street – Mon 2:00 to 3:00 pm and Thurs 12:00 to 1:00 p.m. ▪ 115 Toivo Street- Mon and Friday 1:00- 2:00 p.m. ▪ 330 N. Lillie Street – Mon to Fri 10:00 to 12:00 p.m. ▪ 801 Atlantic Avenue – Tues and Thurs 2:00 to 3:00 p.m. ▪ 130 Redwood Avenue – Tues and Thurs 9:00 to 10:00 a.m. ▪ 808 Ridgeway Street – Wed 12:00 to 1:00 p.m. ▪ 527 County Blvd – Mon, Wed, Fri 4:00 to 5:00 p.m. ▪ 20 Pine Street – Mon, Tues, Wed, Fri 9:00 to 10:00 a.m. ▪ 405 Waverley Street, Tues 10:00 to 11:00 a.m. and Fri 9:00 to 10:00 a.m. ▪ 915 Edward Street – Mon and Thurs 12:00 to 1:00 p.m.
Application/Referral Process	Health care professional or Self referral	
Generic Contact: Job Title Phone/Email	Cassandra Felice, R. Kin - Community Exercise Class Coordinator 807-344-0012 x 260 Cassandra.Felice@von.ca	

**REFERRAL OPTIONS RESOURCE FOR COMMUNITY-BASED LEVELS OF ADULT REHABILITATIVE CARE
MEDICALLY COMPLEX CARE STREAM**

Program Name	Falls Prevention Exercise Program
Organization & Site	Dryden Family Health Team 40 Goodall Street Dryden, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Residents of Patricia Gardens at fall risk, mobility issues People with a fall risk, mobility issues
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population, Who provides service 	www.drydenfht.ca www.drydenseniorservices.ca Education and exercise by an Occupational Therapist, 60-90 minute classes for 6 weeks
Hours of service	1 x per week
Application/Referral Process	Self referral, physician, or healthcare provider through Family Health Team
Generic Contact: Job Title Phone/Email	Susan Traini 807-223-7406 x 3006 straini@drhc.on.ca

Program Name	Elder Exercise and Falls Prevention Program
Organization & Site	North Caribou Lake First Nation Sena Memorial Nursing Station, Weagamow/Round Lake, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Elders and those with a risk of falls
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population, Who provides service 	http://weagamow.firstnation.ca/ Exercise classes led by local Home and Community Care, Wellness program or Diabetes program staff Twice a week for 60 minutes with a hot meal
Hours of service	2 x per week, Tuesday and Thursday 1:30-2:30 pm
Application/Referral Process	Self referral, physician, or healthcare provider
Generic Contact: Job Title, Phone/Email	Rhoda Miller, Home and Community Care Coordinator 807-468-5272

Program Name	Elder Exercise and Falls Prevention Program
Organization & Site	Eabametoong (Fort Hope) First Nation Eabamet Lake, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Elders and those with a risk of falls
Program Description &/or URL Link <ul style="list-style-type: none"> Focus of service & target population, Who provides service 	http://eabametoong.firstnation.ca/ Exercise classes led by local Home and Community Care program staff Twice a week for 60 minutes with a hot meal
Hours of service	2 x per week
Application/Referral Process	Self referral, physician, or healthcare provider
Generic Contact: Job Title Phone/Email	Nancy Keeskitay, Home and Community Care Coordinator 807-242-1157 nancy.keeskitay@eabametoongfn.ca

**REFERRAL OPTIONS RESOURCE FOR COMMUNITY-BASED LEVELS OF ADULT REHABILITATIVE CARE
MEDICALLY COMPLEX CARE STREAM**

Program Name	Sante Manitouwadge Health Exercise Classes
Organization & Site	Sante Manitouwadge Health in partnership with Manitouwadge Township 1 Healthcare Cres.
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Anyone with a chronic disease
Program Description &/or URL Link <ul style="list-style-type: none"> • Focus of service & target population • Who provides service 	www.mh.on.ca/MFHTMain.php Adult exercise program with Social Worker, 45 min exercise classes- Tai Chi and Yoga
Hours of service	
Application/Referral Process	No referral
Generic Contact: Job Title, Phone/Email	Megan Esarte, Director Manitouwadge Family Health Team 807-826-3251 ext 301

Program Name	Atikokan Family Health Team Exercise Classes
Organization & Site	Atikokan Family Health Pioneer Centre & United Church
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Anyone with a chronic disease
Program Description &/or URL Link <ul style="list-style-type: none"> • Focus of service & target population • Who provides service 	https://atikokanfht.com 1 hour exercise classes, offered 4 days a week, all year round. Offers pole walking twice a week (seasonal), resistance bands/balance twice weekly, chair yoga once a week, and Tai Chi once a week, Zumba (video) as required
Hours of service	
Application/Referral Process	No referral
Generic Contact: Job Title, Phone/Email	Kristan St. Pierre, RN 807-597-8781

**REFERRAL OPTIONS RESOURCE FOR COMMUNITY-BASED LEVELS OF ADULT REHABILITATIVE CARE
MEDICALLY COMPLEX CARE STREAM**

Program Name	Geraldton Family Health Team Exercise Classes
Organization & Site	Greenstone Family Health Team 510 Hogarth Avenue West Geraldton, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Community residents of various ages
Program Description &/or URL Link <ul style="list-style-type: none"> • Focus of service & target population • Who provides service 	www.gfht.ca Chair based exercise programming via telemedicine; participant run
Hours of service	Monday to Friday 12:30 p.m. to 1:30 p.m.
Application/Referral Process	Open to the public and free
Generic Contact: Job Title Phone/Email	Shannon Kristjanson 807-854-0051

Program Name	Driver Rehabilitation Clinic
Organization & Site	Partners in Rehab 101-79 N Court St. Thunder Bay, ON
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Legal age to drive. Meets Ministry of Transportation Ontario (MTO) requirement for driving related to vision. Possesses valid driver's license or ability to obtain a one day temporary license.
Program Description &/or URL Link <ul style="list-style-type: none"> • Focus of service & target population • Who provides service 	https://partnersinrehab.ca/ Assessment for those with a medical condition or vision loss or that may affect their ability to drive or need assistive devices or vehicle modifications. Assessment will be both functional and in car. \$690 fee for initial assessment (clinic and in car).
Hours of service	Tuesday and Wednesday 9:00 a.m. to 3:00 p.m.
Application/Referral Process	Physician referral required.
Generic Contact: Job Title Phone/Email	807-683-9500

REFERRAL OPTIONS RESOURCE FOR COMMUNITY-BASED LEVELS OF ADULT REHABILITATIVE CARE
MEDICALLY COMPLEX CARE STREAM

Program Name	Outpatient Ventilation Clinic
Organization & Site	St. Joseph's Care Group 35 N. Algoma Street Thunder Bay, ON P7B 5G7
Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)	Persons at risk for chronic respiratory failure (e.g. Amyotrophic Lateral Sclerosis, Multiple Sclerosis, post polio, spinal cord injury, Chronic Obstructive Pulmonary Disease, Kyphoscoliosis, Kennedy's Disease).
Program Description &/or URL Link <ul style="list-style-type: none"> • Focus of service & target population • Who provides service 	The Ventilation Clinic provides assessment, consultation, and knowledge and skills training. Interventions include non-invasive and invasive ventilation, mechanical insufflations/exsufflation, and lung volume recruitment. Individual assessment with team members Respiriologist and Respiratory Therapist.
Hours of service	Monday to Friday 8:00 a.m. to 4:00 p.m.
Application/Referral Process	Referrals to Pulmonary Services- Respiratory Rehabilitation
Generic Contact: Job Title Phone/Email	Scott Munro, Manager of Outpatient Rehabilitation Services 807-343-2441 munros@tbh.net