

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

| Publicly-Funded Programs provided by Regulated Health Professionals for <b>Progression</b> (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"> <li>▪ Rapid Access Clinic TBRHSC(Thunder Bay Regional Health Sciences Centre , Fort Frances, Kenora, Dryden)</li> <li>▪ Hand and Upper Extremity Clinic (TBRHSC)</li> <li>▪ Chronic pain Management Program (SJCG and Santé Manitouwadge Health)</li> <li>▪ Good Life with Arthritis in Denmark (GLA:D) (SJCG, Atikokan, Geraldton, Kenora, Dryden, Fort Frances, Terrace Bay, Marathon, Nipigon, Manitouwadge)</li> <li>▪ Rheumatic Diseases Program (SJCG)</li> <li>▪ Amputee Program (SJCG)</li> <li>▪ Seating Clinic (SJCG)</li> <li>▪ Physiotherapy and Occupational Therapy               <ul style="list-style-type: none"> <li>• Thunder Bay- SJCG, TBRHSC</li> <li>• Geraldton District Hospital</li> <li>• Red Lake, Margaret Cochenour Hospital</li> <li>• Sioux Lookout – Meno Ya Win Hospital</li> <li>• Dryden Regional Health Centre</li> <li>• Fort Frances La Verendrye Hospital</li> <li>• Atikokan General Hospital</li> <li>• Kenora – Lake of the Woods District Hospital</li> </ul> </li> <li>Physiotherapy only               <ul style="list-style-type: none"> <li>• Santé Manitouwadge Health</li> <li>• North of Superior Health Care                   <ul style="list-style-type: none"> <li>Marathon -Wilson Memorial Hospital</li> <li>Terrace Bay – McCausland Hospital</li> </ul> </li> <li>• Nipigon- Nipigon Memorial District Hospital</li> <li>• Emo - Health Centre</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>▪ Located in Thunder Bay (Fairway, Closing the Gap Healthcare), Atikokan, Dryden, Kenora, Sioux Lookout, Red Lake, and Marathon</li> <li>▪ <a href="http://www.health.gov.on.ca/en/public/programs/physio/pub-clinics.aspx">http://www.health.gov.on.ca/en/public/programs/physio/pub-clinics.aspx</a></li> </ul>   | <ul style="list-style-type: none"> <li>▪ Occupational Therapy Services (Sunset County Kenora; Dryden Family Health Team)</li> <li>▪ Sioux Lookout Area Primary Care Team</li> <li>▪ Arthritis Society</li> </ul>  | <ul style="list-style-type: none"> <li>▪ North West LHIN Home &amp; Community Care (Thunder Bay)</li> <li>▪ 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)</li> </ul> |
| Publicly-Funded Programs provided by Regulated Health Professionals for <b>Maintenance</b> (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"> <li>▪ Good Life with Arthritis in Denmark (GLA:D) (SJCG, Atikokan, Geraldton, Kenora, Dryden, Fort Frances, Terrace Bay, Marathon, Nipigon, Manitouwadge)</li> <li>▪ Falls Prevention &amp; VON Community Senior Exercise Program (Emo, Kenora, Marathon, Nipigon, Rainy River, Red Rock, Schreiber, Terrace Bay, Thunder Bay)</li> <li>▪ Falls Prevention (SOAR-St. Joseph's Care Group)</li> <li>▪ Falls Prevention – Dryden Family Health Team</li> <li>▪ Falls Prevention Sioux Lookout Area Primary Care Team</li> <li>▪ Elder Exercise Classes – Eabametoong and North Caribou Lake Home and Community Care</li> <li>▪ Exercise Programs (Santé Manitouwadge Health)</li> <li>▪ Atikokan Family Health Team Exercise Classes</li> <li>▪ Geraldton Family Health Team Exercise Classes</li> <li>▪ Chronic Pain Maintenance Program (Atikokan)</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Seating Clinic (St. Joseph's Care Group)</li> <li>▪ Driver Rehabilitation (Partners in Rehab)</li> <li>▪ Occupational Therapy services (Sunset Country Kenora, Dryden Family Health Team)</li> <li>▪ Sioux Lookout Area Primary Care Team</li> <li>▪ Living with Fibromyalgia (SJCG)</li> <li>▪ Rheumatic Diseases Program (SJCG)</li> <li>▪ Arthritis Society</li> </ul> | <ul style="list-style-type: none"> <li>▪ North West LHIN Home &amp; Community Care (Thunder Bay)</li> <li>▪ 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)</li> </ul> |   |

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ORTHOPAEDIC CARE STREAM**

| <b>Program Name</b>  | <b>Rapid Access Clinic</b>  |
|--|---|
| Organization & Site  | Thunder Bay Regional Health Sciences Centre and Lake of the Woods District Hospital (Kenora); Dryden Regional Health Centre; and LaVerendrye Hospital (Fort Frances)<br>980 Oliver Road<br>Thunder Bay, ON  |
| Unique Admission Criteria (e.g. Age, rehab, population/diagnosis, catchment area)  | Hip, Knees, and Shoulders: arthroplasty, scopes and surgery pre-operative and post-operative care.  |
| Program Description &/or URL Link <ul style="list-style-type: none"> <li>Focus of service &amp; target population</li> <li>Who provides service</li> </ul> | <a href="http://www.rjac.ca">www.rjac.ca</a><br>Hip, Knees and Shoulders, arthroplasty, scopes and surgery pre-operative and post-operative care; surgeon and Advanced Practice Physiotherapist team Regional Joint Assessment Centre referral to central intake. |
| Hours of service   | Monday to Friday 9:00 a.m. to 4:00 p.m.   |
| Application/Referral Process   | Physician or nurse practitioner referral required. Regional Joint Assessment Centre referral to central intake; Physio and Occupation Therapy sends progress note as appropriate  |
| Generic Contact:<br>Job Title<br>Phone/Email   | Caroline Fanti, Director Regional Orthopaedic Program<br>807-684-6965<br><a href="mailto:fantic@tbh.net">fantic@tbh.net</a>   |

| <b>Program Name</b>  | <b>Hand and Upper Extremity Clinic and Burn/Hypertrophic Scar Management</b>   |
|--|--|
| Organization & Site  | Thunder Bay Regional Health Sciences Centre<br>980 Oliver Road<br>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"> <li>Focus of service &amp; target population</li> <li>Who provides service</li> </ul> | 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.<br><a href="http://tbrhsc.net/">http://tbrhsc.net/</a> |
| 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.<br>Fax to: 807-684-5835   |
| Generic Contact:<br>Job Title<br>Phone/Email   | Carrie Vita, Manager Rehabilitation Services<br>807-684-6270<br><a href="mailto:vitac@tbh.net">vitac@tbh.net</a>   |

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| <b>Program Name</b>  | <b>Chronic Pain Management Program</b>  |
|--|---|
| Organization & Site  | St. Joseph's Care Group<br>710 Victoria Avenue<br>Thunder Bay, ON   |
| Unique Admission Criteria<br>(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"> <li>Focus of service &amp; target population</li> <li>Who provides service</li> </ul> | <a href="http://www.sjcg.net">www.sjcg.net</a><br>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:<br>Job Title<br>Phone/Email   | Ashley Lyon, Manager of Outpatient Mental Health<br>807-624-3400<br>lyona@tbh.net   |

| <b>Program Name</b>  | <b>Chronic Pain Management Program</b>  |
|--|---|
| Organization & Site  | Santé Manitouwadge Health<br>1 Health Care Crescent<br>Manitouwadge, ON   |
| Unique Admission Criteria<br>(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"> <li>Focus of service &amp; target population</li> <li>Who provides service</li> </ul> | <a href="http://www.mh.on.ca">www.mh.on.ca</a><br>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:<br>Job Title<br>Phone/Email   | Megan Esarte, Director, Family Health Team<br>807-826-3251<br>megan.esarte@mfht.ca  |

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| <b>Program Name</b>  | <b>Chronic Pain Management Program</b>   |
|--|--|
| Organization & Site  | Atikokan Family Health Team<br>120 Dorothy Street<br>Thunder Bay, ON   |
| Unique Admission Criteria<br>(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"> <li>Focus of service &amp; target population</li> <li>Who provides service</li> </ul> | <a href="http://www.atikokanfht.com">www.atikokanfht.com</a><br>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:<br>Job Title<br>Phone/Email   | Lisa Campbell<br>Atikokan Family Health Team<br>807-597-8781<br>lisa@atikokanfht.com   |

| <b>Program Name</b>  | <b>Good Life with Arthritis in Denmark (GLA:D)</b>  |
|--|---|
| Organization & Site  | St. Joseph's Care Group (Hospital Site 35 N Algoma St.), Lake of the Woods-Kenora, Dryden Regional Health Centre, Atikokan General Hospital, Geraldton District Memorial Hospital, LaVerendrye Hospital- Fort Frances, North of Superior Healthcare – McCausland Terrace Bay and Wilson Memorial Marathon, Nipigon Memorial District Hospital and Santé Manitouwadge Health |
| Unique Admission Criteria<br>(e.g. Age, rehab, population/diagnosis, catchment area)   | People with hip and Knee osteoarthritis who are not surgical candidates for a joint replacement and interested in conservative management.  |
| Program Description &/or URL Link <ul style="list-style-type: none"> <li>Focus of service &amp; target population</li> <li>Who provides service</li> </ul> | <a href="http://www.gladcanada.ca">www.gladcanada.ca</a><br>6 week education and exercise program for people with knee and hip osteoarthritis (OA) to teach the right way to move to reduce OA symptoms, reduce pain, take fewer amounts of pain medication and allow for increased activity.   |
| Hours of service   | Contact specific site for class details   |
| Application/Referral Process   | Physician or Nurse practitioner referral; in City of Thunder Bay- from Rapid Access Clinic only   |
| Generic Contact:<br>Job Title<br>Phone/Email   | Scott Munro, Manager of Ambulatory Care and Outpatient Rehabilitation Services<br><a href="mailto:munros@tbh.net">munros@tbh.net</a><br>807-343-2441  |

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| <b>Program Name</b>  | <b>Rheumatic Diseases Program</b>   |
|--|---|
| Organization & Site  | St. Joseph's Care Group<br>35 N. Algoma Street<br>Thunder Bay, ON   |
| Unique Admission Criteria<br>(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"> <li>Focus of service &amp; target population</li> <li>Who provides service</li> </ul> | <a href="http://www.sjcg.net">www.sjcg.net</a><br>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:<br>Job Title<br>Phone/Email   | Scott Munro, Manager of Ambulatory Care and Outpatient Rehabilitation Services<br><a href="mailto:munros@tbh.net">munros@tbh.net</a><br>807-343-2441  |

| <b>Program Name</b>  | <b>Amputee Program</b>   |
|--|--|
| Organization & Site  | St. Joseph's Care Group – Hospital Site<br>35 N. Algoma Street<br>Thunder Bay, ON  |
| Unique Admission Criteria<br>(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"> <li>Focus of service &amp; target population</li> <li>Who provides service</li> </ul> | <a href="http://www.sjcg.net">www.sjcg.net</a><br>Rehabilitation team includes: Physiotherapy, Occupational Therapy, Prosthetist (Northland Prosthetics) and Physiatrist; Amputee Clinic Monday afternoons via telehealth as required. |
| Hours of service   | Monday 9:00 a.m. – 4:30 p.m.<br>Tuesday 9:00 a.m. – 4:00 p.m.<br>Wednesday 9:00 a.m. – 12:00 p.m.<br>Thursday and Fridays 9:00 a.m. to 4 p.m.  |
| Application/Referral Process   | Physician or Nurse Practitioner referral required.   |
| Generic Contact:<br>Job Title<br>Phone/Email   | Scott Munro, Manager of Outpatient Rehabilitative Care Services<br>807-343-2441<br><a href="mailto:munros@tbh.net">munros@tbh.net</a>  |

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| <b>Program Name</b>  | <b>Seating Clinic</b>   |
|--|---|
| Organization & Site  | St. Joseph's Care Group<br>35 N. Algoma Street<br>Thunder Bay, ON   |
| Unique Admission Criteria<br>(e.g. Age, rehab, population/diagnosis, catchment area)   | Adults  |
| Program Description &/or URL Link <ul style="list-style-type: none"> <li>Focus of service &amp; target population</li> <li>Who provides service</li> </ul> | <a href="http://www.sjcg.net">www.sjcg.net</a><br>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:<br>Job Title<br>Phone/Email   | Scott Munro, Manager of Ambulatory Care and Outpatient Rehabilitative Services<br>807-343-2431<br>munros@tbh.net  |

| <b>Program Name</b>  | <b>Rehabilitation Services</b>   |
|--|--|
| Organization & Site  | Geraldton District Hospital<br>500 Hogarth Avenue<br>Geraldton, ON   |
| Unique Admission Criteria<br>(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"> <li>Focus of service &amp; target population</li> <li>Who provides service</li> </ul> | <a href="http://www.geraldtondh.com">www.geraldtondh.com</a><br>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:<br>Job Title<br>Phone/Email   | Brigitte Ouelett, Chief of Clinical Services<br>807-854-1862 extension 115<br>bouellet@geraldtondh.com                                 |

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| Program Name   | Rehabilitation Services   |
|--|---|
| Organization & Site  | Margaret Cochenour Memorial Hospital<br>51 Highway 105, Red Lake, ON  |
| Unique Admission Criteria<br>(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"> <li>Focus of service &amp; target population</li> <li>Who provides service</li> </ul> | <a href="http://www.redlakehospital.ca">www.redlakehospital.ca</a><br>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:<br>Job Title<br>Phone/Email   | Sue LeBeau (CEO and Manager Rehab)<br>807-727-3829<br>physio@redlakehospital.ca   |

| Program Name   | Rehabilitation Services  |
|--|--|
| Organization & Site  | Sioux Lookout Meno Ya Win Hospital<br>1 Meno Ya Win Way<br>Sioux Lookout   |
| Unique Admission Criteria<br>(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"> <li>Focus of service &amp; target population</li> <li>Who provides service</li> </ul> | <a href="http://www.slmhc.on.ca/rehabilitation-services">www.slmhc.on.ca/rehabilitation-services</a><br>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:<br>Job Title<br>Phone/Email   | Jory Kettles, Manager of Rehabilitation Services<br>807-737-3030 extension 4650<br>jkettles@slmhc.on.ca  |

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| <b>Program Name</b>  | <b>Rehabilitation Services</b>  |
|--|---|
| Organization & Site  | Dryden Regional Health Centre – hospital site<br>58 Goodall Street<br>Dryden, ON                                  |
| Unique Admission Criteria<br>(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"> <li>Focus of service &amp; target population</li> <li>Who provides service</li> </ul> | <a href="http://www.drhc.on.ca">www.drhc.on.ca</a><br>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:<br>Job Title<br>Phone/Email   | Tina Hamilton<br>Manager of Rehabilitation Services<br>807-223-8201 Extension 1265<br>thamilton@drhc.on.ca        |

| <b>Program Name</b>  | <b>Rehabilitation Services</b>  |
|--|---|
| Organization & Site  | LaVerendrye Hospital<br>110 Victoria Avenue<br>Fort Frances, ON   |
| Unique Admission Criteria<br>(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"> <li>Focus of service &amp; target population</li> <li>Who provides service</li> </ul> | <a href="http://www.Riversidehealthcare.ca/laverendrye-hospital/about-us">www.Riversidehealthcare.ca/laverendrye-hospital/about-us</a><br>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:<br>Job Title<br>Phone/Email   | Glenna Morand, Manager Rehabilitation<br>807-274-4815<br><a href="mailto:g.morand@rhcf.on.ca">g.morand@rhcf.on.ca</a>   |



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| Program Name   | Rehabilitation Services  |
|--|--|
| Organization & Site  | Atikokan District Hospital<br>120 Dorothy Street<br>Atikokan, ON   |
| Unique Admission Criteria<br>(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"> <li>Focus of service &amp; target population</li> <li>Who provides service</li> </ul> | Physiotherapy, Occupational Therapy and Kinesiology services available<br><a href="http://www.aghospital.on.ca">www.aghospital.on.ca</a> |
| 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:<br>Job Title<br>Phone/Email   | Jennifer Learning, Chief Nursing Officer<br>807-597-4215 Extension 318<br>learning@aghospital.on.ca                                      |

| Program Name   | Rehabilitation Services   |
|--|---|
| Organization & Site  | Lake of the Woods District Hospital<br>21 Sylvan Street West<br>Kenora, ON  |
| Unique Admission Criteria<br>(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"> <li>Focus of service &amp; target population</li> <li>Who provides service</li> </ul> | <a href="http://www.lwdh.on.ca">www.lwdh.on.ca</a><br>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:<br>Job Title<br>Phone/Email   | Brock Chisholm, Physiotherapy Manager<br>807-468-9861 Extension 2214<br>bchisholm@lwdh.on.ca  |

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| Program Name   | Physiotherapy Services  |
|--|---|
| Organization & Site  | Santé Manitouswage Health<br>1 Health Care Crescent<br>Manitouswage, ON   |
| Unique Admission Criteria<br>(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"> <li>Focus of service &amp; target population</li> <li>Who provides service</li> </ul> | <a href="http://www.mh.on.ca">www.mh.on.ca</a><br>Physiotherapy services available                                |
| Hours of service   | Monday to Thursday 8:00 a.m. to 4:00 p.m.<br>Fridays 8:00 a.m. to 12:00 p.m.                                      |
| Application/Referral Process   | Physician or nurse practitioner referral required   |
| Generic Contact:<br>Job Title<br>Phone/Email   | James Neale<br>807-826-3251 extension 225<br>jneale@mh.on.ca  |

| Program Name   | Physiotherapy Services   |
|--|--|
| Organization & Site  | Nipigon Memorial District Hospital<br>125 Hogan Road<br>Nipigon, ON  |
| Unique Admission Criteria<br>(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"> <li>Focus of service &amp; target population</li> <li>Who provides service</li> </ul> | <a href="http://www.ndmh.ca">www.ndmh.ca</a><br>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:<br>Job Title<br>Phone/Email   | Melissa Harvey/Katrina Radassao<br>807-887-6985<br>mharvey@nmdh.on.ca/kradassao@nmdh.on.ca                       |

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| Program Name   | Physiotherapy Services  |
|--|---|
| Organization & Site  | Emo Health Centre<br>170 Front Street<br>Emo, Ontario   |
| Unique Admission Criteria<br>(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"> <li>Focus of service &amp; target population</li> <li>Who provides service</li> </ul> | <a href="http://www.riversidehealthcare.ca/emo-health-centre/about-us">www.riversidehealthcare.ca/emo-health-centre/about-us</a><br>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:<br>Job Title<br>Phone/Email   | Rob Barkley<br>807-274-3261 Extension 5540<br>Rob.barkley@rhcf.on.ca  |

| Program Name   | Physiotherapy Services   |
|--|--|
| Organization & Site  | North of Superior Healthcare Group – McCausland Hospital<br>20B Cartier Road<br>Terrace Bay, ON                  |
| Unique Admission Criteria<br>(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"> <li>Focus of service &amp; target population</li> <li>Who provides service</li> </ul> | <a href="http://www.nosh.ca">www.nosh.ca</a><br>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:<br>Job Title<br>Phone/Email   | Michelle Strong<br>807-825-2200<br>mstrong@nosh.ca   |

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

| Program Name   | Physiotherapy Services  |
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| Organization & Site  | North of Superior Healthcare Group – Wilson Memorial Hospital<br>26 Peninsula Road<br>Marathon, ON                |
| Unique Admission Criteria<br>(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"> <li>• Focus of service &amp; target population</li> <li>• Who provides service</li> </ul> | Physiotherapy Services available<br><a href="http://www.nosh.ca">www.nosh.ca</a>                                  |
| 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:<br>Job Title<br>Phone/Email   | Saran Lingham<br>807-229-1740<br><a href="mailto:slingham@nosh.ca">slingham@nosh.ca</a>                           |

| Program Name   | Community Physiotherapy Clinic  |
|--|---|
| Organization & Site  | Fairway Physiotherapy<br>620 W. Arthur Street<br>Thunder Bay, ON  |
| Unique Admission Criteria<br>(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"> <li>• Focus of service &amp; target population</li> <li>• Who provides service</li> </ul> | <a href="http://www.fairwayphysio.ca/index/html">www.fairwayphysio.ca/index/html</a><br>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.<br>Friday 8:00 a.m. to 4:00 pm  |
| Application/Referral Process   | Physician or nurse practitioner referral required.  |
| Generic Contact:<br>Job Title<br>Phone/Email   | Jason Taddeo, Manager<br>807-344-5242<br><a href="mailto:jstaddeo@gmail.com">jstaddeo@gmail.com</a>   |

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

| <b>Program Name</b>  | <b>Community Physiotherapy Clinic</b>   |
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| Organization & Site  | Closing the Gap Healthcare<br>1265 E. Arthur Street, Unit 107<br>Thunder Bay, ON  |
| Unique Admission Criteria<br>(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"> <li>• Focus of service &amp; target population</li> <li>• Who provides service</li> </ul> | <a href="http://www.closingthegap.ca/locations/thunder-bay">www.closingthegap.ca/locations/thunder-bay</a><br>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:<br>Job Title<br>Phone/Email   | 807-623-4720<br>thunderbay@closingthegap.ca   |

| <b>Program Name</b>  | <b>Occupational Therapy Sunset Country</b>   |
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| Organization & Site  | Sunset Country Family Health Team<br>1-35 Wolsley St.<br>Kenora, ON  |
| Unique Admission Criteria<br>(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"> <li>• Focus of service &amp; target population</li> <li>• Who provides service</li> </ul> | 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:<br>Job Title<br>Phone/Email   | Brittan van Belleghem<br>807-468-6321<br>info@kfht.ca  |

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

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| <b>Program Name</b>  | <b>Sioux Lookout Area Primary Care Team</b>   |
| Organization & Site  | Sioux Lookout First Nation Health Authority<br>55 Queen St<br>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"> <li>Focus of service &amp; target population</li> <li>Who provides service</li> </ul> | www.slfnha.com<br>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:<br>Job Title<br>Phone/Email   | Cindy Hunt, Director<br>807-737-5682<br>cindy.hunt@slfnha.com   |

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| <b>Program Name</b>  | <b>Arthritis Society</b>   |
| Organization & Site  | Arthritis Society- Rehabilitation and Education Program<br>1093 Barton St.<br>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"> <li>Focus of service &amp; target population</li> <li>Who provides service</li> </ul> | <a href="http://www.arthritis.ca/arep">www.arthritis.ca/arep</a><br>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:<br>Job Title<br>Phone/Email   | Kim Rainford<br>807-345-9535 ext 1802<br>Krainford@arthritis.ca  |

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

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| <b>Program Name</b>  | <b>Northwest LHIN Home and Community Care Program</b>  |
| Organization & Site  | North West LHIN<br>975 Alloy Drive, Suite 201<br>Thunder Bay, ON   |
| Unique Admission Criteria<br>(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"> <li>Focus of service &amp; target population</li> <li>Who provides service</li> </ul> | <a href="http://www.healthcareathome.ca/northwest.en">www.healthcareathome.ca/northwest.en</a><br>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:<br>Job Title<br>Phone/Email   | 1-800-626-5406   |

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

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

| Program Name   | Home and Community Care – Physiotherapy Services   |
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| Organization & Site  | Wapekeka<br>Wunnumin Lake Home and Community Care  |
| Unique Admission Criteria<br>(e.g. Age, rehab, population/diagnosis, catchment area)   | All ages, all diagnoses  |
| Program Description &/or URL Link <ul style="list-style-type: none"> <li>Focus of service &amp; target population</li> <li>Who provides service</li> </ul> | <a href="http://www.wapekeka.ca">www.wapekeka.ca</a><br><a href="http://www.wunnumin.ca">www.wunnumin.ca</a><br>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.<br>4 visits per year   |
| Application/Referral Process   |  |
| Generic Contact:<br>Job Title<br>Phone/Email   | Cathy Ferris<br>1-204-481-3115<br>holistic@mts.net   |

| Program Name   | Home & Community Care – Physiotherapy Services   |
|--|--|
| Organization & Site  | Eabametoong (Fort Hope) First Nation Home and Community Care<br>Sandy Lake First Nation Home and Community Care<br>Kitchenuhmaykoosib Inninuwug (Big Trout Lake) First Nation Home and Community Care<br>Pikangikum First Nation Home and Community Care<br>Neskantaga (Lansdowne House) First Nation Home and Community Care<br>Webequie First Nation Home and Community Care   |
| Unique Admission Criteria<br>(e.g. Age, rehab, population/diagnosis, catchment area)   | All ages, all diagnoses  |
| Program Description &/or URL Link <ul style="list-style-type: none"> <li>Focus of service &amp; target population</li> <li>Who provides service</li> </ul> | <a href="http://www.eabametoong.firstnation.ca">www.eabametoong.firstnation.ca</a><br><a href="http://www.sandylake.firstnation.ca">www.sandylake.firstnation.ca</a><br><a href="http://www.bigtroutlake.firstnation.ca">www.bigtroutlake.firstnation.ca</a><br><a href="http://www.firstnation.ca/pikangikum">www.firstnation.ca/pikangikum</a><br><a href="http://www.community.matawa.on.ca/community/neskantaga-first-natioin">www.community.matawa.on.ca/community/neskantaga-first-natioin</a><br>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:<br>Job Title<br>Phone/Email   | Kirsti Reinikka<br>807-251-9988<br><a href="mailto:kjereinikka@gmail.com">kjereinikka@gmail.com</a>  |



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

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

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

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| <b>Program Name</b>  | <b>Falls Prevention Exercise Program</b>  |
| Organization & Site  | Dryden Family Health Team<br>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<br>People with a fall risk, mobility issues   |
| Program Description &/or URL Link <ul style="list-style-type: none"> <li>Focus of service &amp; target population, Who provides service</li> </ul> | <a href="http://www.drydenfht.ca">www.drydenfht.ca</a><br><a href="http://www.drydenseniorservices.ca">www.drydenseniorservices.ca</a><br>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:<br>Job Title<br>Phone/Email   | Susan Traini<br>807-223-7406 x 3006<br><a href="mailto:straini@drhc.on.ca">straini@drhc.on.ca</a>   |

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| <b>Program Name</b>  | <b>Elder Exercise and Falls Prevention Program</b>  |
| Organization & Site  | North Caribou Lake First Nation<br>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"> <li>Focus of service &amp; target population, Who provides service</li> </ul> | <a href="http://weagamow.firstnation.ca/">http://weagamow.firstnation.ca/</a><br>Exercise classes led by local Home and Community Care, Wellness program or Diabetes program staff<br>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:<br>Job Title, Phone/Email   | Rhoda Miller, Home and Community Care Coordinator<br>807-468-5272   |

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| <b>Program Name</b>  | <b>Elder Exercise and Falls Prevention Program</b>  |
| Organization & Site  | Eabametoong (Fort Hope) First Nation<br>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"> <li>Focus of service &amp; target population, Who provides service</li> </ul> | <a href="http://eabametoong.firstnation.ca/">http://eabametoong.firstnation.ca/</a><br>Exercise classes led by local Home and Community Care program staff<br>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:<br>Job Title<br>Phone/Email   | Nancy Keeskitay, Home and Community Care Coordinator<br>807-242-1157<br><a href="mailto:nancy.keeskitay@eabametoongfn.ca">nancy.keeskitay@eabametoongfn.ca</a>  |

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

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

| <b>Program Name</b>  | <b>Atikokan Family Health Team Exercise Classes</b>   |
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| Organization & Site  | Atikokan Family Health<br>Pioneer Centre & United Church  |
| Unique Admission Criteria<br>(e.g. Age, rehab, population/diagnosis, catchment area)   | Anyone with a chronic disease   |
| Program Description &/or URL Link <ul style="list-style-type: none"> <li>Focus of service &amp; target population</li> <li>Who provides service</li> </ul> | <a href="https://atikokanfht.com">https://atikokanfht.com</a><br>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:<br>Job Title, Phone/Email   | Kristan St. Pierre, RN<br>807-597-8781  |

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

| Program Name   | Geraldton Family Health Team Exercise Classes  |
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| Organization & Site  | Greenstone Family Health Team<br>510 Hogarth Avenue West<br>Geraldton, ON  |
| Unique Admission Criteria<br>(e.g. Age, rehab, population/diagnosis, catchment area)   | Community residents of various ages  |
| Program Description &/or URL Link <ul style="list-style-type: none"> <li>Focus of service &amp; target population</li> <li>Who provides service</li> </ul> | <a href="http://www.gfht.ca">www.gfht.ca</a><br>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:<br>Job Title<br>Phone/Email   | Shannon Kristjanson<br>807-854-0051  |

| Program Name   | Driver Rehabilitation Clinic  |
|--|---|
| Organization & Site  | Partners in Rehab<br>101-79 N Court St.<br>Thunder Bay, ON  |
| Unique Admission Criteria<br>(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"> <li>Focus of service &amp; target population</li> <li>Who provides service</li> </ul> | <a href="https://partnersinrehab.ca/">https://partnersinrehab.ca/</a><br>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.<br>\$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:<br>Job Title<br>Phone/Email   | 807-683-9500  |

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

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| <b>Program Name</b>  | <b>Living with Fibromyalgia</b>  |
| Organization & Site  | St. Joseph's Care Group in partnership with Canada Games Complex<br>420 Winnipeg Ave<br>Thunder Bay, ON  |
| Unique Admission Criteria<br>(e.g. Age, rehab, population/diagnosis, catchment area)   | Those with diagnosis of fibromyalgia.  |
| Program Description &/or URL Link <ul style="list-style-type: none"> <li>• Focus of service &amp; target population</li> <li>• Who provides service</li> </ul> | <a href="http://www.sjcg.net">www.sjcg.net</a><br>Small group, self management education based program including light exercise - no individual assessment<br>5 - 2.5 hour sessions. |
| Hours of service   | Delivered 1-2 times per year. Contact program  |
| Application/Referral Process   | Physician or Nurse Practitioner  |
| Generic Contact:<br>Job Title<br>Phone/Email   | Scott Munro, Manager of Ambulatory Care and Outpatient Rehabilitation Services<br><a href="mailto:munros@tbh.net">munros@tbh.net</a><br>807-343-2441 or program 343-2431 ext 2686    |