

# Contacts

## University Health Network – Toronto Rehab – Lyndhurst Centre

Toronto Rehab helps people with spinal cord injury or disease rebuild their lives. They help improve people’s function, mobility and emotional wellbeing. At Lyndhurst Centre, people receive support as they adjust to their disability and learn the skills needed to safely return to home, school, work and the community.

- [www.torontorehab.com](http://www.torontorehab.com) | 520 Sutherland Drive, Toronto, Ontario M4G 3V9
- 416-597-3422 ext. 6000

## Spinal Cord Injury Associations

### Spinal Cord Injury Ontario

The mission is to assist persons with spinal cord injuries and other physical disabilities achieve independence, self-reliance and full community participation. Spinal Cord Injury Ontario provides services and resources to people living with spinal cord injury and their families.

- [www.sciontario.org](http://www.sciontario.org) | 520 Sutherland Drive • Toronto, ON, Canada • M4G 3V9

### Ontario Neurotrauma Foundation (ONF)

The foundation’s focus is to lower the occurrence of secondary medical complications as a result of brain or spinal cord injury. They help by improving primary care access, funding clinical trials and research projects. They also promote the use of best practice to improve injury outcomes.

- [www.onf.org](http://www.onf.org) | 90 Eglinton Avenue East, Suite 01 • Toronto, ON • M4P 2Y3

### Rick Hansen Foundation

The foundation’s focus is to find a cure for SCI and improve the quality of life for those with SCI and related disabilities. The foundation’s work has been to create opportunities for collaboration. They engage people with disabilities in setting priorities, and support the best researchers to discover and share new knowledge.

- [www.rickhansen.com](http://www.rickhansen.com) | 300-3820 Cessna Drive • Richmond, BC • V7B 0A2

**\*\*Some contact details may have changed. Search online for up to date information.\*\***

**Contact your Health Care Team for more information.**

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[www.SpinalCordEssentials.ca](http://www.SpinalCordEssentials.ca)

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## Ontario March of Dimes (OMOD)

Ontario March of Dimes is the largest rehabilitation organization in Ontario. It funds programs and administers government-funded programs. It helps with assistive device funding, home and vehicle modifications, and job searches. They offer programs to people with spinal cord injury. These include attendant care, recreational and social activities, and peer support. The goal of this organization is to enhance independence and community participation of people with physical disabilities.

- [www.marchofdimes.ca](http://www.marchofdimes.ca) | 10 Overlea Blvd. • Toronto, ON • M4H 1A4

## Access Technology Services

The Access Technology Service provides assessments, technology recommendations and training for equipment to make the person as independent as possible in many of daily living. This could include the use of telephones, lights, home entertainment, cell phones and much more.

- [www.hollandbloorview.ca](http://www.hollandbloorview.ca) | 150 Kilgour Road • Toronto, ON • M4G 1R8

## Centre for Independent Living

The Centre for Independent Living is a consumer-led, community-based resource organization. They help people with disabilities learn independent living skills. They help people integrate into the community through peer support and attendant services. They also host a network for parents with a disability.

- [www.cilt.ca](http://www.cilt.ca) | 365 Bloor Street East, Suite 902 • Toronto, ON • M4W 3L4

## Paralyzed Veterans of America (PVA)

PVA is an organization that serves the needs of veterans with spinal cord injury and disease in the United States. PVA has developed a unique expertise on a wide variety of issues involving the special needs of veterans of the armed forces.

- [www.pva.org](http://www.pva.org) | 801 Eighteenth Street • Washington, DC • 20006-3517

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## Equipment Vendors

The private companies below sell wheelchairs and home equipment. These include mobility aids, hospital beds, commodes, and bath seats. They also offer some home modification services.

### Home Medical Equipment Limited

**Ted Lowes, 416-633-9333**

- [www.hmemobility.com](http://www.hmemobility.com) | 124 St. Regis Cres. S • Toronto, ON • M3J 1Y8

### Motion Specialties Incorporated

**Lori Zoras, 416-751-0400 x249**

- [www.motionspecialties.com](http://www.motionspecialties.com) | 72 Carnforth Road • Toronto, ON • M4A 2K7

### Shoppers Home Health Care

**Janet Richardson, 416-752-8885 x353**

- [www.shoppershomehealthcare.ca](http://www.shoppershomehealthcare.ca) | 104 Bartley Drive • Toronto, ON • M4A 1C5

## Community and Financial Services

### Ontario Disability Support Program (ODSP)

**1-888-256-6758**

ODSP helps people with disabilities in financial need to pay for living expenses, such as food and housing. Employment Supports also help people with disabilities find jobs.

- [www.ontario.ca/socialassistance](http://www.ontario.ca/socialassistance)

### Ontario Works (OW)

**416-392-4321**

If you are in temporary financial need, OW can provide you with money, and help you find a job. OW will work with you to determine what you need to become employed, offering workshops on looking for work, resume writing and referrals to job counseling.

- [www.ontario.ca/socialassistance](http://www.ontario.ca/socialassistance) | 1880 Eglinton Ave E • Toronto ON

### Employment Insurance (EI) Sickness Benefits

**1-800-206-7218**

EI is a Federal Government program through Service Canada. EI provides a benefit to people who contributed to the program and who are unable to work because of illness or injury. Sickness benefits may be paid up to 15 weeks.

- [www.servicecanada.gc.ca/eng/sc/ei/benefits/sickness.shtml](http://www.servicecanada.gc.ca/eng/sc/ei/benefits/sickness.shtml)

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## Trillium Drug Program (TDP)

1-800-575-5386

The TDP is an annual Provincial Government program. It provides benefits for residents with a valid Ontario Health Card and for certain prescription medications.

- [www.health.gov.on.ca](http://www.health.gov.on.ca) | P.O. Box 337 Station D, • Etobicoke, ON • M9A 4X3

## Community Care Access Centre (CCAC)

416-597-3422 x6282

The CCAC provides in-home services such as nursing, therapists, and social workers. All services are paid for through Ontario Health Insurance Plan.

- [www.toronto.ccac-ont.ca](http://www.toronto.ccac-ont.ca) | Lyndhurst Centre 2<sup>nd</sup> floor Rm#218

## Driving and Vehicle Modifications

These private companies help people with disabilities return to driving through driver assessment and training. Some companies specialize in vehicle modifications such as ramps and hand controls.

## Saint Elizabeth Health Care – Driver Services

1-877-397-1035

- 1140 Sheppard Ave West, Unit 4 • Toronto, ON • M3K 2A2
- [www.saintelizabeth.com/page/driver-assessment-training](http://www.saintelizabeth.com/page/driver-assessment-training)

## DriveAgain

416-640-0292

- [www.driveagain.ca](http://www.driveagain.ca) | 2700 Dufferin Street Unit 44 • Toronto, ON • M6B 4J3

## Skill Builders Rehabilitation Centre

705-727-0319

- [www.skillbuildersrehab.com](http://www.skillbuildersrehab.com) | 100 Bell Farm Road • Barrie, Ontario • L4M 5K5

## Kino Mobility

1-888-870-8147

- [www.kinomobility.com](http://www.kinomobility.com) | 1140 Sheppard Ave. West Unit 3, Toronto, ON M3K 2A2

## Shoppers Home Health Care – Automotive Division

416-701-1351

- [www.sparrowhawk.ca](http://www.sparrowhawk.ca) | 202 Sparks Ave • North York ON • M2H 2S4

## Universal Motion

1-877-899-0699

- [www.universalmotion.com](http://www.universalmotion.com) | 120 St. Regis Cres. S. • Toronto On • M3J 1V8

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