

**Community Care Access Centres** (CCACs) are local organizations that can help you access government-funded home care services, long-term care homes and community support and health agencies in our communities.

CCACs are funded and regulated by the Ministry of Health and Long-Term Care (<http://health.gov.on.ca>). They assess your needs or those of your loved one and coordinate a variety of health services to maintain an individual's health, independence and quality of life. For example, CCACs manage or arrange for the following:

- the transition from hospital care to in-home health care
- admissions to long-term care homes
- the provision of visiting health and personal support services in peoples' homes

Community Care Access Centres also provide information and referrals to other community services, including:

- information on retirement homes and supportive housing alternatives
- programs for people with physical disabilities
- community support services such as Meals on Wheels, Friendly Visiting, transportation services, day programs and caregiver respite programs
- volunteer-based community programs.

There are 14 Community Care Access Centres throughout Ontario, in alignment with the Province's newly established Local Health Integration Networks (LHINs). Here is a telephone listing of the 14 CCACs.

<b>South East, Kingston</b>	<b>613-544-8200</b>
<b>Champlain, Ottawa</b>	<b>613-745-5525</b>
<b>North East, Sudbury</b>	<b>705-522-3460</b>
<b>North West, Thunder Bay</b>	<b>807-345-7339</b>
<b>Hamilton Niagara Haldimand Brant, Brantford</b>	<b>519-759-7040</b>
<b>Erie St. Clair, Chatham</b>	<b>519-436-2222</b>
<b>Waterloo Wellington, Kitchener</b>	<b>519-748-2222</b>
<b>South West, London</b>	<b>519-473-2222</b>
<b>North Simcoe Muskoka, Barrie</b>	<b>705-721-8010</b>
<b>Central West, Brampton</b>	<b>905-796-0040</b>
<b>Mississauga Halton, Etobicoke</b>	<b>416-626-2222</b>
<b>Central, Newmarket</b>	<b>905-895-1240</b>
<b>Toronto Central, Toronto</b>	<b>416-506-9888</b>
<b>Central East, Whitby</b>	<b>905-430-3308</b>

For more information, including local branch offices, please visit [www.ccac-ont.ca](http://www.ccac-ont.ca).

Source: The Care Guide ([www.thecareguide.com](http://www.thecareguide.com))