

Homemaking help and/or other services such as snow-removal, grass cutting and meals can be purchased through private or community agencies (the following list is for reference only and is not designed to be all inclusive).

HOMEMAKING SERVICES	
Abbotsford Outreach	613-230-5730
Good Companions	613-236-0428
Nepean Seniors	613-829-1133
Olde Forge	613-829-9777
Osgoode Support	613-821-1101
Ottawa West	613-728-6016
Rideau Seniors	613-692-4697
South East Seniors	613-737-5115
VHA	613-238-8420

ESCORTED GROCERY SERVICES	
Please call ahead as services vary	
Good Companions	613-237-6879
Olde Forge	613-829-9777
Nepean Seniors	613-829-1133
Ottawa West	613-728-6016
Personal items shopping trip once a month	

OTHER	
Home Help Program	613-560-6000 Opt 1 then 9
Bruyère Helpline	613-562-6368

DELIVERED FROZEN MEALS	
Meals on Wheels	613-233-2424
Carlington Health	613-722-4000
Kitchen Comforts	613-203-6037
Pinecrest-Queensway	613-820-4922
Sandy Hill Health	613-789-1500
Somerset West	613-238-1220
South-East Ottawa	613-737-4809
Ste. Anne Centre	613-789-1552
The Red Apron	613-695-0417

WHEELS TO MEALS	
Transportation provided at a nominal fee	
Olde Forge (For 80+ - Hot Lunch)	613-829-9777
Ottawa West Seniors (65+ / frail seniors)	613-728-6016

INTERNET GROCERY SERVICES	
The Country Grocer - people can register on-line www.thecountrygrocer.com	613-731-6883 A delivery fee of \$12 applies to all orders (minimum of \$50 excluding taxes and delivery fees)

COMMUNITY RESOURCES	
CCAC	613-745-5525
Disabled Persons	613-724-5886
Eastern Ottawa Centre	613-741-6025
Jewish Family Services	613-722-2225
Ottawa Info. Centre	613-241-4636
Senior Citizens Council	613-234-8044
Centretown Health	613-233-4443
Western Ottawa	613-591-3686
Pinecrest-Queensway	613-820-4922
Sandy Hill Health	613-789-1500
Somerset West	613-238-1220
South-East Ottawa	613-737-4809
Ste. Anne Centre	613-789-1552

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