



Medical Equipment Suppliers and Community Services Resource Guide

Kingston Health
Sciences Centre

Centre des sciences de
la santé de Kingston

Are you prepared for surgery?

The information in this booklet and the Patient's Guide to Hip or Knee Replacement booklets will help you get prepared for surgery.

Quick Checklist	
<input type="checkbox"/>	The patient's guide to hip or knee replacement surgery and Have you read pages 9-14 (2021 booklet) or 7-12 (2024 booklet)?
<input type="checkbox"/>	Attend the preparation class and/or Watch the online video
<input type="checkbox"/>	Someone to stay with you for 48 hours to one week or Respite care arranged
<input type="checkbox"/>	Someone to take you home from the hospital
<input type="checkbox"/>	A ride to your post-op appointments such as physiotherapy until you can drive
<input type="checkbox"/>	Care arranged for your loved ones or pet (if needed)
<input type="checkbox"/>	All of your equipment needed for surgery (see the equipment checklist)
<input type="checkbox"/>	Any other support needs to arrange: <ul style="list-style-type: none">• Meal services• Transportation• Laundry services

Medical Equipment Stores

Below are some locations where you can buy or rent all or some of the equipment you need for your surgery.

Belleville/Cobourg/Trenton

Align Home Health Care	6835 Highway 62 North, Belleville	(613) 799-0415
Kelly's Home Health Centre	411 Bridge Street East, Belleville	(613) 966-4302
Living Well Home Medical Equipment	7949 County Rd 2, Cobourg	(905) 372-7110
Motion	479 Dundas Street West, Belleville	(613) 966-6300
Wellwise by Shoppers Drug Mart	366 N Front Street Unit 6, Belleville	(613) 967-0782

Brockville/Cornwall

Brockville Home Health Care	163 Ormand Street Unit H, Brockville	(613) 342 4646
Medical Arts Pharmacy	165 Montreal Road, Cornwall	(613) 932 6501
Motion	613 Pitt Street, Cornwall	(613) 936 8745
TLC Medical Supply	691 Brookdale Ave, Cornwall	(613) 258 3344
TLC Medical Supply	2868 County Rd 43, Kemptville	(613) 258 3344

Gananoque/Kingston

Align Home Health Care	1407 John Counter Blvd, Kingston	(613) 766-1365
Guardian Pharmacy	220 King St E, Gananoque	(613) 382-1333
Kingston Oxygen Home Health Care Centre	700 Progress Avenue Unit 1, Kingston	(613) 548-7301
Motion	133 Dalton Avenue, Kingston	(613) 384-0400
Ontario Medical Supply	631 Fortune Crescent, Kingston	(613) 634-8429
Wellwise by Shoppers Drug Mart	1011 Princess Street, Kingston	(613) 531-4104

Perth/Smiths Falls

Home Health	264 Lombard Street, Smiths Falls	(613) 283-5700
Mobility Care Co.	1 Harris Street South, Perth	(613) 264-2969
Mobility Care Co.	10 Main Street West, Smith Falls	(613) 264-2969

Peterborough

Align Home Health Care	101 George Street	(705) 304-2000
Living Well Mobility	755 Erskine Avenue	(705) 740-2650
Medigas	697 The Kingsway	(705) 742-5533
Motion	329 McDonnell Street Unit 1	(705) 742-6185
Wellwise by Shopper Drug Mart	745 Lansdowne Street West	(705) 743-5100

Medical Equipment Loan Organizations

Below are some places where you can borrow equipment for free.

Civitan Club Almonte	500 Almonte Street, Almonte	(613) 256-6234
Civitan Club Carleton Place	PO Box 317, Carleton Place	(613) 257-5110
Civitan Club Perth	6787 County Road, Perth	(613) 267-2181
Civitan Club Smiths Falls	PO Box 426, Smiths Falls	(613) 283-2318
Community Lending Program	540 Montreal Street, Kingston	(613) 542-8353
Heart of Hastings	17 McKenzie Street, Madoc	(613) 473-1880
Hospice Lennox and Addington	8 Richmond Park Dr, Napanee	(613) 354-3301 Ext. 203
Hospice North Hastings	27 Bridge Street, Bancroft	(613) 332-8014
Mohawks Bay of Quinte - Community Wellbeing Centre	50 Meadow Drive, Deseronto For Indigenous community members with First Nation Status. Maximum 3-month loan	(613) 967-3603
Oddfellows and Rebekahs	42 Victoria Street, Cobourg	(905) 352-6692
St. Luke's Anglican Church	18 Main Street, Elgin	(613) 540-1684
The Rebekahs of the Oddfellows	41 Colebrook Rd, Harrowsmith	(613) 293-4795

Medical Equipment for Northern Communities

You can borrow equipment at the Weeneebayko General Hospital or in Moosonee.

Moose Factory	Weeneebayko General Hospital	(705) 658-4544 <ul style="list-style-type: none"> • Ext. 2298 (Registration) • Ext. 2299 (Physiotherapist) • Ext. 2616 (Physiotherapist)
Moosonee	Leanne (Ontario Health at Home)	(705) 336-2233

For a more complete list of medical equipment and supplies for sale, rent, and/or loan in the region, visit <https://www.southeasthealthline.ca>.

Vendors for Cryotherapy (Cold Therapy)

If you are having a knee replacement surgery, cryotherapy (cold therapy) is an important part of your post-op recovery and can help with both short-term relief and long-term joint replacement success. Cold therapy helps reduce, pain, swelling, blood loss, and secondary tissue damage. A cryotherapy machine can be purchase or rented.

Device	Local Vendor(s)	Estimated Cost	Privacy Insurance Cover
CryoCuff	Best Health Physio 2-1329 Gardiners Road, Kingston (613) 634-2378	\$305 Purchase Only	<p>Most private insurance will cover part or all costs.</p> <p>Contact your insurance for more information.</p> <p>If you need a prescription, please contact your surgeon's office.</p>
Game Ready	Best Health Physio 2-1329 Gardiners Road, Kingston (613) 634-2378 Verve 15845-6 Yonge Street, Aurora (905) 713-3730	\$250 per week Rental Only Min. Rental 2 Weeks	
IceMan	Best Health Physio 2-1329 Gardiners Road, Kingston (613) 634-2378 V2 Innovations 12-745 Gardiners Road, Kingston (613) 767-2641 Active Orthopaedics 1469 Princess St., Kingston (613) 530-2233	\$196 to \$386 Depending on Location Purchase Only	

Community Services Information Sheet

Many agencies provide services you may need or find helpful as you recover from your surgery. You will have to pay for most of these services.

Home Support

These agencies may offer services such as laundry, housekeeping, personal care, meal preparation, driving, shopping and attending appointments. Some may also offer medical support such as nursing, physiotherapy, occupational therapy, and wound care. You will need the pay out of pocket for these services.

Bayshore Home Health	(613) 417-3361
Comfort Keepers Home Health Care Services	(613) 634-2273
Evolve Home Care	(613) 389-0101
Limestone City Home Health Care Services	(613) 767-4204
ParaMed	1-800-267-4354
Repute Home and Health Care	(613) 531-0931
VON Greater Kingston	(613) 634-0130

For a more complete list of home care services in the region, visit <https://www.southeasthealthline.ca/listServices.aspx?id=10363>.

Meal Services

Having meals made ahead of time and placed in the freezer in smaller portions, will be helpful for when you get home. While most restaurants provide take-out or delivery options, there are services that will deliver meals to your home.

Executive Nutrition	(613) 389-2446
Heart to Home	1-888-777-2219
Meals on Wheels Provided by different organizations based on location	1-800-267-6272
Ramekins Heat & Take	(613) 384-0793

Meal Delivery Kits

Meal delivery kits that are shipped to your home and you make yourself are available by different companies.

Hello Fresh	Chefs Plate	Good Food	Cook it	Plant Prepped	We Cook
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Laundry Services

It may be difficult to carry your laundry after surgery, especially if the laundry room is on a different level of your house. These companies provide laundry services. Some may offer to pick up or drop off your laundry to your home, while others will need your laundry to be dropped off and picked up at the facility.

Fresh Laundry Services	(613) 546-9030
Loads of Fun!	(343) 505-0695
Spinz Laundry and Linens to Go	(613) 507-7484
Surf's Up! Laundry and Dry Cleaning	(613) 542-2345

Transportation and Accessible Parking Permit

Some of the companies listed under the Home Support section may provide a transportation service. The companies listed below only deal with transportation needs.

Hulpr	(613) 329-0484 There is a fee for this service.
Kingston Access Bus	(613) 542-2512 You need to be registered before using this service.
Kingston Transit	(613) 546-4291 A mobility assessment needs to be completed if you do not use a wheelchair. Cost is \$3 per way.

For an accessible parking permit please speak with your physician. Please review the following webpage for more information.

<https://www.ontario.ca/page/get-accessible-parking-permit#section-3>

Discharge Planning

You need someone to stay with you for at least **48 hours** immediately after you are discharged from the hospital. If you do not have someone to stay with you, respite care at a retirement home could be a good option for you. The private personal support worker's overnight rate to come to your home is approx. \$25-35 per hour.

Retirement Homes and Respite Care

These facilities offer up rooms in their homes to allow patients to recover safely, as it is not always feasible to do so in your own home. These facilities offer a variety of services to assist their patients such as meals/snacks, 24-hour nursing care available, physiotherapy, laundry, and personal care. Contact each facility to gather more information about the cost, services offered, and confirm if they have a minimum stay requirement, many require 2 weeks to 30 days.

Briargate	4567 Bath Road, Kingston	(613) 384-9333
Bayview Retirement Residence	435 Dundas Street West, Belleville	(613) 966-6268
Conservatory Pond	1499 Stoneridge Drive, Kingston	(613) 817-9875
Fox Run by the River	104 Thousand Island Parkway, Gananoque	(613) 382-8448
Normandy Retirement Living	630 MacLean Court, Kingston	(613) 887-1414
Rivera St. Lawrence Place Retirement Residence	181 Ontario Street, Kingston	(613) 544-5900
Rosedale Retirement Residence	1813 County Road 2 East, Brockville	(613) 499-9983
Rosewood	833 Sutton Mills Court, Kingston	(613) 384-7131
The Royale	2485 Princess Street, Kingston	(613) 634-5900
Trillium Retirement and Care Community	800 Edgar Street, Kingston	(613) 547-7003
Waterford Kingston Retirement Residence	471 Cataraqui Woods Drive, Kingston	(613) 634-7471
Wedgewood Retirement Residence	15 Market Street East, Brockville	(613) 499-9636
Windsor Retirement Residence	24 Park Crescent, Amherstview	(613) 389-8989

Family Doctor not Available or No Family Doctor

Many people do not have a family doctor and struggle to access health care. Below are some options you could find helpful. Please ensure you are registered with Health Care Connect to be on a waitlist for a family doctor. See the webpage below to register.

<https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner>

In-Person Clinics

CDK Family Medicine and Walk-in Clinic	175 Princess Street, Kingston	(613) 766-0318
Good Doctors	Many different locations depending on where you live. See www.gooddoctors.ca .	Kingston: (613) 777-0951 Belleville: (613) 902-0668
Kingston Community Health Centres	263 Weller Ave, Unit 4, Kingston 115 Barrack Street, Kingston 791 Princess Street, Suite 201, Kingston	(613) 542-2949 (613) 549- 1440 (613) 542-6793
Napanee Area Community Health Centre	26 Dundas Street West, Napanee	(613) 354-8937

Virtual Care

Cover Health (OHIP-Covered)	www.cover.health
East Region Virtual Care Clinic	www.virtualcareontario.ca
Gotodoctor	www.gotodoctor.ca
Maple	www.getmaple.ca
MD Connected	www.mdconnected.ca
RocketDoctor	www.rocketdoctor.ca
Telus Health MyCare	www.telus.com/en/health/my-care
Tia health	www.tiahealth.com

Disclaimer: The hospital does not endorse any one service provider over another listed in this booklet. This is not a complete list of agencies and we encourage you to seek out other agencies in your community. Please note these may be subject to change without notification.

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KHSC is located on the ancestral lands and waters of the Anishinaabeg and Haudenosaunee.

Kingston Health
Sciences Centre

Centre des sciences de
la santé de Kingston



Hôpital
Hotel Dieu
Hospital



Hôpital Général de
Kingston General
Hospital

76 Stuart St. Kingston ON Canada K7L 2V7 Tel: 613.549.6666

www.KingstonHSC.ca

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