

## Defend your Rights

**ACEF Lanaudière**  
450-756-1333 or (toll free) 1-866-414-1333

Information concerning personal finance, use of credit and debt management. Tools to help consumers make informed choices and to advocate for their rights.

**Action-Logement Lanaudière**  
450-394-1778 or (toll free) 1-855-394-1778  
Defending tenants' rights. Training.

**Association québécoise de défense des personnes retraitées, pré-retraitées (AQDR)** (for those retired or semi-retired)  
Brandon (Ste-Émélie-de-l'Énergie sector) 450-835-4705#3499  
Chertsey 450-882-4795

**ATTAJ** 450-834-1220  
**ATTAM** 450-833-1507  
Support, listening and referrals for injured workers. Assistance with CSST claims.

**Centre d'Assistance et d'accompagnement aux plaintes de Lanaudière (CAAP - Lanaudière)**  
450-759-7700 or (toll free) 1-800-882-5622  
Assistance and support for those dissatisfied with services offered by an establishment of the Lanaudière health and social service network.

**Centre d'aide aux victimes d'actes criminels**  
450-755-6127 or (toll free) 1-866-532-2822  
Information on rights and legal recourse. Technical assistance, support and psychological/social/legal interventions.

**Pleins droits Lanaudière** 450-394-0779  
Information and support on rights and legal recourse regarding mental health

## Respite and Housing

**Baluchon Alzheimer** 514-762-2667

Home respite for caregivers of people with Alzheimer's disease, from 4 to 14 days. Referral from the CLSC required. About \$15/day.

**Carrefour pour souffler à tête reposée**  
450-836-2020 or (toll free) 1-877-374-8783

Information portal on respite resources of the region and bank of trained caregivers. For all families living with a cognitively impaired or physically disabled person under the age of 65.

**Entraide pour la déficience intellectuelle du Joliette Métropolitain** 450-759-9621  
Respite services for families living with person with an intellectual impairment. Leisure activities, adapted workshops and day care. You must provide transportation.

**Groupe Santé Arbec** 450-834-4121  
Respite services for families and day-care centre for seniors. Located in Rawdon.

**La Lueur du phare de Lanaudière**  
450-752-4544 or (toll free) 1-800-465-4544  
Respite services for close relatives of a person living with a mental health problem. Financial allocation and recreational activities.

**La Maison Clémentine** 450-755-2591  
Respite services, help and care center for people under the age of 65 living with an intellectual impairment or a sensorimotor deficit.

**Les Maisons d'à côté de Lanaudière** 450-753-5444  
Permanent housing for a person living with a severe physical impairment (e.g. multiple sclerosis, etc.). Referral from a health care worker required.

**Les répits de Gaby** 1-866-753-3914  
Respite for families of children with an autism spectrum disorder aged 5 and over. Membership in the organization is required.

**Société Alzheimer de Lanaudière**  
450-759-3057 or (toll free) 1-877-759-3077

Respite, Supportive Care and Stimulation Program: stimulation services offered to people suffering from Alzheimer's combined with respite for the caregiver.

## Monitoring Services

**P.A.I.R. Program** 450-882-1089 or (toll free) 1-888-882-1086  
Automated daily telephone service that calls seniors to make sure they're in good health. Free of charge.

**Life Line Security System (\$)** 1-866-784-1992  
Medical alert service that allows you to ask for help 24 hours a day.

## Be Heard

**Centre de prévention du suicide Lanaudière** 1-866-277-3553  
Phone intervention to help people affected directly or indirectly by suicide.  
7 days a week, 24 hours a day

**DIRA-Joliette** 450-867-3561  
Accompaniment in abusive situations. Disclosure, information, referrals. Aged 50 and over.

**Info-Caregiver Line** 1-855-852-7784  
Professional listening service, information, support and referrals adapted to the needs of those caring for seniors.  
Monday to Friday, from 8:30 am to 5 pm.

**Senior Abuse Help Line** 1-888-489-2287  
Listening service, support and information to break the silence on senior abuse. 7 days a week from 8 am to 8 pm.

**Tel-Aînés (Senior-Phone)** 1-877-353-2460  
Listening service for seniors and their caregivers.

## Be Active and Go Out

**FADOQ, Lanaudière Region** 450-759-7422 or (toll free) 1-800-828-3344  
Information and programming of diverse activities for people 50 and over. Advocacy. Call to obtain the contact information of your municipality's club.

**Maison des aînés de Chertsey** 450-882-1688  
Promotes, protects and develops economic, social and cultural interests of seniors. Promotes research and information about their needs, rights and on ways to meet them.

**Parrainage civique Lanaudière** 450-834-1728  
Pairing volunteers with people living with disabilities.

**Santé à cœur D'Autray Matawinie** 450-835-3592  
Various physical activities, workshops and seminars on maintaining autonomy and mobility.

**Elderhelp (Friday Friends)** 450-834-6604 or 450-834-5864  
Community-based activity group for English-speaking seniors aged 65 and over. Transportation and lunch are included. Small fee.

# Resources

**MRC Matawinie Home Support**

Many organizations in the RCM of Matawinie and the Lanaudière region offer services:

To caregivers  
To seniors  
To people with disabilities  
To the sick, those losing their autonomy or at the end of life



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## Emergencies

Ambulance - Police - Fire Department 9 1 1  
Sûreté du Québec 310-4141

## Get information and services

Info-santé and Info-social 8 1 1

### CLSCs in Matawinie

Chertsey: 450-882-2488 or (toll free)1-877-882-2442

Saint-Donat: 819-424-3699

Saint-Jean-de-Matha: 450-886-3861

Saint-Michel-des-Saints: 450-833-6334

Home care service requests: occupational therapy, social service, personal care, nursing care, equipment loans, physical rehabilitation, day centre, etc.

### Rural Nursing

Information, appointments and schedule:

CLSC Saint-Jean-de-Matha 450-886-3861

Health advice, injection of medication, ear wash, blood pressure measurement, blood and urine samples, etc.

Available for people aged 55 and over. For residents of the following municipalities: Saint-Côme, Saint-Alphonse,-Rodriguez, Sainte-Émélie-de-l'Énergie, Saint-Zénon, Saint-Damien, Sainte-Marcelline-de-Kildare, Sainte-Béatrix.

### Centre Communautaire Bénévole Matawinie (CCBM)

450-882-1089 or (toll free)1-888-882-1086

Information and referrals for community services offered. Support for caregivers, social groups for those 50 and over, P.I.E.D. program (Stand Up), multimedia room.

### English Community Organization of Lanaudière (ECOL)

450-421-5379

Information, accompaniment and referrals. Assistance in obtaining health and social services in English. Community animation.

## Food

### The Good Food Box

450-960-8185 or (toll free)1-855-960-8185

Fresh fruits and vegetables every two weeks. Many neighbourhood stops in Matawinie. Price list depending on the size of the box. For everyone.

### Popote Montcalm Matawinie (CCBM)

450-882-1089 or (toll free)1-888-882-1086

Variety of affordable frozen meals prepared with premium quality ingredients. Call for a list of our service points.

## Food (continued)

### Emergency Food Aid by municipality:

Chertsey 450-882-1863

Entrelacs 450-228-4100

Notre-Dame-de-la-Merci 819-424-7855

Rawdon 450-834-4958

Rawdon (Monday and Thursday) 450-834-4444

Rawdon 450-834-4911

Saint-Alphonse-Rodriguez 450-883-6427

Sainte-Béatrix 450-883-5252

Saint-Côme 450-883-2600

Saint-Damien 450-835-9228

Saint-Donat: 819-424-2839

Sainte-Émélie-de-l'Énergie 450-886-9009

Saint-Félix-de-Valois 450-889-2667

Saint-Jean-de-Matha 450-886-0222

Sainte-Marcelline-de-Kildare 450-883-8254

Saint-Michel-des-Saints 450-833-2174

Saint-Zénon 450-833-2174

## Getting Around

### Volunteer Transport-Accompaniment Service (CCBM)

450-882-1089 or (toll free)1-888-882-1086

For medical appointments and other essential services for people with temporary or permanent loss of autonomy. Services: depending on the availability of volunteers. Reservation required. Eligibility criteria and membership card. Fee schedule.

### Transport en commun adapté Matawinie

450-834-5441 or (toll free)1-800-264-5441 #7065

For disabled persons. Mandatory admission process. Reservation: Monday to Friday from 8:30 a.m. to 4:30 p.m. 24 hrs in advance. Daily service, from 7:00 a.m. to midnight. Fee schedule.

### Medical Transport - Mi-Zé-Vie 450-833-6040

For everyone. Reservation: 48 hrs in advance minimum. Daily service. Eligibility criteria. Fee schedule, but free for welfare recipients.

### Medical Transport - AQDR Brandon (Ste-Émélie sector)

450-886-2509

Flexible schedule. Reservation is required. Aged 50 and over. Fee schedule.

### Transport d'Entrelacs 450-228-8635 or 450-228-4859

Public transport for residents of Entrelacs. Service: from Monday to Friday. Reservation is required. Fee schedule.

## Getting services linked to an intellectual disability or physical health problem

### Association de parents d'enfant trisomique-21 de Lanaudière 450-477-4116

Language stimulation workshop, occupational therapy, parent support, information and toy library. For all people with Down's Syndrome and their families.

### Association des personnes handicapées de la Matawinie 450-834-5434 or (toll free)1-877-834-5434

Saint-Jean-de-Matha Service Point 450-803-6992

Rights advocacy for people living with a physical, intellectual, sensory or psychological disability, referrals, coffee meetings, leisure activities, social integration, day centre, stimulation room.

### Association des personnes handicapées de Saint-Michel-des-Saints et Saint-Zénon 450-833-2727

Daily activities and animation, annual excursions for people with an intellectual impairment.

### Association des Sourds de Lanaudière 450-752-1426

Information and referrals for the hearing impaired. Leisure activities. Quebec sign language course.

### Centre de réadaptation La Myriade

450-753-9600 or (toll free)1-877-753-9622

Specialized services for people with an intellectual impairment or an autism spectrum disorder and for their close contacts. A referral from the CLSC is required.

### Centre de Réadaptation Le Bouclier

450-755-2741 or (toll free)1-888-363-2783

Specialized services for people with hearing, language, motor or visual impairments and their close contacts. A referral from a health professional is required.

### Service régional d'interprétariat de Lanaudière

1-866-787-9788

Interpretation services and communication assistance for the hearing impaired.

## Getting information and services linked to a mental health problem

### La Lueur du phare

450-752-4544 or (toll free)1-800-465-4544

Support, information and respite for those close to a person with a mental health problem. 16 and over.

### La Rescousse amicale 450-834-3151

Help and support for people having or having had mental health problems or emotional distress. Located in Rawdon.

### Mi-Zé-Vie 450-833-6040

Support group for people with mental health issues. Located in Saint-Michel-des-Saints.

## Getting information and services for a specific illness

### Association régionale de fibromyalgie de Lanaudière 450-755-1184

Information, conferences, discussion groups for those with fibromyalgia.

### Association Sclérose en plaques de Lanaudière

450-753-5545

Information, referrals, assistance, support, social and leisure activities, coffee meetings for those with multiple sclerosis and their close contacts.

### Cancer-Aide Lanaudière 450-756-0869

Monthly meetings and phone support.

### Société Alzheimer Lanaudière

450-759-3057 or (toll free)1 877-759-3077

Information, listening, referrals, documentation, training, conferences, workshops, meetings and respite for caregivers.

## Maintain, Renovate, Adapt Your Home

### Services à la communauté Rousseau

450-834-1160 or (toll free)1-888-834-1160

Housekeeping, laundry, grocery shopping, cooking. Respite and daily living assistance services.

Monday to Friday from 8:30 am to 4:30 pm. Fee schedule. Possible financial assistance.

### Rénovation solidaire Lanaudière

514-317-0401

Accompaniment service linked with renovation help and home adaptation programs. Technical advice, planning, referrals.

### Rénovation Lanaudière

514-317-0401

Social economy enterprise and licensed RBQ contractor. Construction and renovation services.

## Mourning

### Aux couleurs de la vie 450-752-4436

Support and comfort in illness, loss, death and grief.

### Centre de prévention du suicide 1-866-277-3553

Support group for people bereaved by suicide.