

# STAY ON YOUR FEET

## Transportation Services for Older Adults



### Transportation Services

#### East Parry Sound Community Support Services

Volunteer Drivers and Wheelchair Accessible Van available for both local and out of town medical appointments of all types; errands such as banking/groceries; and seniors programming. Fees apply.

**Phone:** 705-724-6028 or 1-888-521-0000 **Email:** [lprice@eastholme.ca](mailto:lprice@eastholme.ca)

#### West Parry Sound Community Support Services

Non-emergency door-through-door transportation to local and long-distance medical appointments and to local exercise classes, physio appointments, social activities and personal errands. Fees apply.

**Phone:** 1-800-883-0058 or 705-746-5602 **Email:** [linda@csswest.ca](mailto:linda@csswest.ca)

#### Parry Sound Friendship Centre

Non-emergency transportation to local and long-distance medical appointments and regular activities (ex. grocery shopping). Free.

**Contact:** Myles Tabobondung

**Phone:** 705-746-5970 **Email:** [executiveassistant@psfc.ca](mailto:executiveassistant@psfc.ca)

#### Sturgeon Falls Community Support Services

Non-emergency door-through-door transportation to local and long-distance medical appointments and regular activities. Fees apply.

**Phone:** 705-753-7116 **Email:** [Kymberly.budge@auchateau.ca](mailto:Kymberly.budge@auchateau.ca)

**For more information:**  
[healthy.living@healthunit.ca](mailto:healthy.living@healthunit.ca)  
or 1-800-563-2808 ext. 5210

*Current as of June 2022*



North Bay Parry Sound District

**Health Unit**



**Bureau de santé**  
du district de North Bay-Parry Sound

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## Transportation Services for Older Adults



### Transportation Services

#### Dokis First Nation

Provides door to door non-emergency transportation for errands to North Bay and Sturgeon Falls and non-emergency transportation to medical appointments located in North Bay, Sturgeon Falls, and Sudbury. For members of Dokis First Nation.

**Contact:** Denise Dokis

**Phone:** 705-763-2112 **Email:** [healthclerk@dokis.ca](mailto:healthclerk@dokis.ca)

#### North Bay Transit - Parabus

Residents who are unable to board the conventional transit system or walk a distance of 175 meters due to a physical disability are eligible to use the North Bay ParaBus. \$3.00 fare per ride, multiple fare cards are available.

**Applications:** available at the Transit Terminal located at 190 Wyld St.

#### Metis Nation of Ontario

Non-emergency transportation to local medical appointments and regular activities for those who self-identify as Metis.

**Phone (Mattawa):** 705-744-2225

**Email (Mattawa):** [nelsoncanoe@hotmail.com](mailto:nelsoncanoe@hotmail.com)

**Phone (North Bay):** 705-474-2767 x 307

**Email (North Bay):** [amandad@metisnation.org](mailto:amandad@metisnation.org)

**For more information:**  
[healthy.living@healthunit.ca](mailto:healthy.living@healthunit.ca)  
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### Medical Transportation

#### Henvey Inlet First Nation

Non-emergency transportation to medical appointments in Sudbury (Mon, Thur), Parry Sound (Tue), and Britt Nursing Station (Wed). For members of Henvey Inlet First Nation. Free.

**Contact:** Deborah Newton

**Phone:** 705-857-1221 **Email:** [debbie.newton@henveymedicalcentre.com](mailto:debbie.newton@henveymedicalcentre.com)

#### Shawanaga First Nation

Non-emergency transportation to doctors, optometrist, dentist appointments. For members of Shawanaga First Nation. In-town transportation: Tue, Thu; out of town transportation: Mon, Wed. Free.

**Phone:** 705-366-2378 **Email:** [receptionist.hc@shawanagafn.ca](mailto:receptionist.hc@shawanagafn.ca)

#### Wasauksing First Nation

Non-emergency transportation to medical, dental, doctor appointments. Wasauksing members must pre-arrange appointments directly with Wasauksing Health Station Medical Transportation Program. Free.

**Contact:** Marilyn Beaucage

**Phone:** 705-746-8022 **Email:** [mtw@wasauksing.ca](mailto:mtw@wasauksing.ca)

**For more information:**  
[healthy.living@healthunit.ca](mailto:healthy.living@healthunit.ca)  
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## Transportation Services for Older Adults



### Medical Transportation

#### Canadian Red Cross - North Bay

Non-emergency transportation to medical appointments, cancer treatment and dialysis. Fees apply.

**Phone:** 705-472-5760 **Email:** [northbay@redcross.ca](mailto:northbay@redcross.ca)

#### North Bay Indigenous Friendship Centre

Coordinates medical transportation services and assists with medical appointments in other communities. Free.

**Contact:** Chelsea Renaud

**Phone:** 705-472-2811 **Email:** [llc@nbifc.org](mailto:llc@nbifc.org)

**For more information:**  
[healthy.living@healthunit.ca](mailto:healthy.living@healthunit.ca)  
or 1-800-563-2808 ext. 5210

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