

Getting to our office

Accessibility

- ▶ From the 417 Queensway, exit at Parkdale
- ▶ North on Parkdale
- ▶ East onto Wellington Street
- ▶ Our building is bordered by McCormick and Carruthers St.
- ▶ Side Street Parking, available, maximum 3 hours
- ▶ OC Transpo Bus Route #2
- ▶ Limited transportation spots are available through OWCS. Please call to inquire.



Supported by:



OTTAWA WEST
COMMUNITY
SUPPORT

1137 Wellington Street
Ottawa, Ontario K1Y 2Y8
(613) 728-6016 (fax) (613) 728-3718
www.owcs.ca



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Foot Care Guidelines

- ▶ Foot Care is available to seniors and adults with disabilities city wide.
- ▶ Foot Care is provided by a Registered Nurse who specializes in Foot Care.
- ▶ Clinics are held every Wednesday and every second Thursday. **An appointment is required.**
- ▶ Appointments are booked every 8 weeks, however, if required can be scheduled every 6 weeks. Each client rotates automatically to the next clinic date. If an appointment is missed or cancelled, the client will be placed on a waiting list and added to the next available clinic date.
- ▶ The initial appointment may take 30-40 minutes. Follow up visits will take approximately 20 minutes.
- ▶ A reasonable fee applies.

Please do not soak your feet prior to attending the clinic.



Nursing Foot Care

ASSESSMENT

- Circulation • Diabetes Assessment
- Skin, Nails • Bony deformities • Foot Wear



Care

- Cut Nails • File Nails • Corn Care
- Callous Care
- Prevention Care Treatment of ingrown toe nails and thick nails



- ▶ Is a non-profit Community Support Agency and a registered charity
- ▶ Has been serving seniors in our community for over 40 years
- ▶ Believes in the inherent dignity and value of each person
- ▶ Is committed to responding to seniors and physically disabled persons needing assistance to remain living independently at home. This assistance is provided through a creative community based support service.

Ask us about our full range of Community Support Services!