

Care Day brings health and community supports together at the Mel Lloyd Centre

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LOCAL JOURNALISM INITIATIVE REPORTER

Shelburne residents will have an opportunity to connect with local health and community services under one roof when a Care Day event comes to the Mel Lloyd Centre on Oct. 29.

The event, running from 1 to 4 p.m. in the centre's New Horizons space, is being organized by the Dufferin Area Family Health Team in partnership with the Hills of Headwaters Collaborative Ontario Health Team and Dufferin County Community Support Services. Held during Community Support Month, the event will focus on services and resources for seniors.

Visitors can connect with health and social service providers, access foot care, attend informative presentations and participate in activities. Light refreshments will also be available.

Heidi Vanderhorst, director of operations for the Dufferin Area Family Health Team and lead for Care Days across Dufferin County, said the initiative is designed to make accessing support as straightforward as possible.

"The whole concept is to be barrier-free," she said. "So you don't need to register. You don't need a health card. There's nothing like that that's needed at all. You can just walk in and access the services you need."

Vanderhorst continued, "For instance, if you needed some mental health support, and maybe you've been a bit leery to reach out and speak to someone, if we have a mental health therapist that day, you can actually have a short session with them to get an idea of what it would be like. And then we can refer you to those services ongoing. That's really the idea: we can support the person on the spot at that moment."

Unlike a traditional health fair, Care Days allow visitors to have meaningful conversations with providers and, where available, receive support directly at the event. Attendees can also be connected with appropriate services for continued assistance afterward.

Visitors can explore services independently or ask a navigator to help them find the right providers. Private spaces are also available for confidential conversations.

Organizations expected to participate in the Shelburne event include the Alzheimer Society, community paramedics, TeleCheck services, a registered dietitian and an occupational therapist.

Care Days began in March 2025 as a collaboration between the Dufferin Area Family Health Team and the Ontario Health Team. Since then, 41 events have supported more than 500 people across Dufferin County and Caledon.

The events also provide an opportunity for residents without a primary care physician to learn about a patient portal and wait-list process that can help connect them with a local family doctor.

Vanderhorst encourages residents to attend, even if they are unsure which services they need, noting that visitors can explore at their own pace without committing to participate.

The Care Day takes place Oct. 29 from 1 to 4 p.m. at the Mel Lloyd Centre in Shelburne.

Those looking to learn more about Care Days and access the care provider portal can go to:
hillsofheadwaterscollaborative.ca/accessprimarycare