

Access Our Services

To access our services, you must be referred by a relevant social worker from the Centre Intégré de la Santé et des Services Sociaux de l'Outaouais (CISSSO).

For people who need less physical care, your caseworker should complete the referral form, i.e. the Contact Referral PDF document, along with the social history.

Admission and participation criteria of Entre Deux Roues:

- Be 16 years of age or older.
- Living with a physical impairment (even severely disabled and having special care e.g. gastric tube, trachea etc.) regardless of the cause of the physical impairment, and which is not associated with or developed by aging, intellectual disability, behavior problem or any other significant problem.
- Willing to participate in activities or the group offered at the centre and have the ability to integrate into group functions.
- Need physical care and/or support with activities of daily living (ADL), hobbies, etc.
- Accept the supervision necessary to ensure the follow-up, maintenance and increase of autonomy and its overall condition.
- Want to become as independent as possible, depending on their state of health, and support services in an environment adapted to their needs to maximize their autonomy.
- Participate in the objectives as established in their Intervention Plan or Life Project.

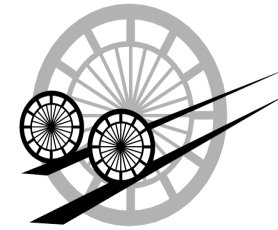
Our Partners

- Centraide Outaouais
- CISSSO, La ResourSe, CLSC
- CÉGEP de Hull
- L'UQO
- Table DI, RAPHO
- La Relance Outaouais
- Ville de Gatineau
- OPHQ
- ROSHCO
- Regroupement des associations de personnes handicapées de l'Outaouais (RAPHO)
- Loisirs sports Outaouais (LSO)
- Table régionale des organismes communautaire autonomes de l'Outaouais (TROCAO)
- L'Alternative Outaouais
- APHVO
- Le Tremplin des lecteurs
- Emploi Québec
- Services technologiques La Relance (STLR)
- SACO (Service action communautaire Outaouais)
- Réseau Outaouais (Insertion sociale et professionnelle)
- Logement intégré de Hull
- Société de transport de l'Outaouais (STO)
- Université d'Ottawa

You must agree to use the services and materials of Entre deux Roues properly and respect the instructions of participation with honesty, transparency, civility, and good faith. You agree to make use of the services according to your real needs for support and personal research and to contribute to the improvement of services and the organization for people and future families living with disability.

ENTRE DEUX ROUES

*Centre for individuals with
Physical disability*



Several services are available

For the Activity Centre

This service is available 5 days a week and can be split if the person's medical condition prevents them from participating full-time or if the request is for respite services.

For other Community Services & Outreach Programs

These services are available and assessed on a case-by-case basis and according to the needs of the person, their integration, and their inclusion in their community.

**124 rue Sainte-Marie
Gatineau, Québec
J8Y 2B1**

**Tel: (819)770-2233
Fax: (819) 770-0922**

Email
direction@entredouxroues.org

**Web: www.entredouxroues.org
Facebook: Entre deux roues OSBL**

Twitter: entre2roues

OUR ACTIVITIES

Possible Weekday Schedule*

Monday 8h30: Exercise program
PM: Learning, sharing and discussion workshop.

Tuesday 8h30: Craft or painting workshop
PM: Gardening and committee meetings.

Mercredi 9h30: Computer training
PM: Community kitchen or outdoor activity.
Evening: 16h30 - Board games

Thursday: Adaptive yoga

Vendredi: Coffee meeting and therapeutic bath sessions (SPA).
Evening: Movie 16h30-21h00
(According to schedule)

Saturday: Dinner party with music.

All day: Community dinner and activities - Living at home.

OPENING HOURS

Monday, Tuesday, Thursday
(8:30 to 17:00)
Wednesday and Friday (8:30 to 21:00)

**Please refer the activity calendars posted internally and on our private Facebook for further information*

ADAPTED SERVICES

Our Services**

- Community/home support services
- Video conferences and workshops
- Centre for socio-professional activities;
- Social integration, leisure activities and adaptive sports
- Cybercafé
- Adaptive training centre
- Support centre adapted for ADL
- Initiation Centre "Living at Home"
- Community gardening
- Sessions in the therapeutic bath (Spa)
- Centre for the consolidation of achievements and support for new acquisitions
- Adapted training and support in computer skills and use of work equipment
- Respite centre for caregivers
- Meeting place

** **If allowed by the pandemic*

Important to Know

You must agree to use the services and materials of Entre Deux Roues properly and respect the instructions for participation with honesty, transparency, civility, and good faith. You accept to make use of the services according to your real needs for support and in search of personal autonomy and to contribute the improvement of services and the organization for people and future families living with disability.

ENTRE DEUX ROUES

ABOUT US

Entre Deux Roues is a non-profit community organization that offers services to people living with a significant physical disability and for their families.

OUR MISSION

Improve the quality of life of the people living with a significant physical disability.

OUR OBJECTIVES

- We strive to break the isolation of people with reduced mobility and their families by offering activities and a respite centre as well as various visits and activities.
- Provide quality services to persons with reduced mobility and their family.
- Promote the social and cultural integration and reintegration of people.
- We believe that anyone can learn regardless of age or disability. Dependency only creates the feelings of frustration and contributes to the psychological and physical deterioration of the person who is living with a significant disability.

