



Senior Support Services
*Supporting Seniors Independence
at Home and in the Community.*

Stroke Focused Day Program

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Health Promoter/Recreational Therapist

Stroke Support Services



Description

- Adult Day Program for Stroke Survivors, designed for social interaction, physical and mental well-being. Education and 1:1 support provided by qualified trained staff: Recreation Therapist, Exercise and Falls Prevention Specialist and Personal Support Workers.
- Program is offered at Senior Support Services-CPHC Brockville Ontario
- Offered weekly on Tuesdays from 9:00am-3:00pm



What need does this fill?

Benefits:

- supportive environment for stroke survivors
- reduces isolation
- promotes continued healing process through physical exercise, cognitive activities, social interaction and education
- conversation opportunities in a safe supportive environment
- coping strategies, tips and tools following stroke
- continual nature of our group addresses longer term need for ongoing support.
- Provides caregivers respite from their daily caregiving role

Inspiration:

Following Covid 19 pandemic people were more isolated, with my dual role as recreation therapist/health promoter a need was identified for our stroke survivors to have more opportunities for social engagement, physical activity and cognitive stimulation. Many programs were still not available in other community agencies that previously provided support.

Other info

Referrals can be made through:

- self referral
- referral by health care provider
- warm hand-offs with BGH

<https://cphcare.ca/wp-content/uploads/2021/11/SSS-CPHC-Referral-Form-REVISED-November-3-2021.pdf>

Tools/Resources used:

- Staff members have completed SCA training with the Aphasia Institute
- Timed Get up and Go Assessment
- Inter Cha Rai assessment
- Acuity Rating Scale
- Care Plans Completed with client involvement
- CCAA certified exercise instruction

Contact info

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