



Additional Resources



Stroke Network SEO

 www.strokenetworkseo.ca/community-supports



Southeasthealthline

 www.southeasthealthline.ca

Disability Tax Credit Information

 1-877-838-2320
 www.cra-arc.gc.ca/disability

Stroke Recovery Canada

 1-888-540-6666
 www.cra-arc.gc.ca/disability

The Aphasia Institute

 www.aphasia.org

Canadian Stroke Best Practices

 www.strokebestpractices.ca

Heart and Stroke Foundation

 www.heartandstroke.on.ca

Stroke Engine

 www.medicine.mcgill.ca/Strokingengine/

Philips Lifeline Medical Alarm Service

 www.lifeline.ca

Community Resources for Stroke Recovery



CONNECT BACK TO YOUR LIFE!

Kingston and Frontenac

Equipment and Home Modification



For adaptive equipment to help with daily activities, mobility, and home accessibility:

Adaptive Clothing by Silvert's



1-800-387-7088



www.silverts.com

For equipment loan cupboards:

Westport Lions Club



613-273-2064



www.westportlions.com

Independent Order of Oddfellows Kingston



613-546-1937

For assistance with funding contact:

Ontario March of Dimes



1-800-263-3463 ext. 7211



www.marchofdimes.ca

***Please refer to your phonebook yellow pages under “home health” for a list of private providers**

Homemaking and Personal Care



VON in Home Assistance Program

Light housekeeping services such as vacuuming, dusting, washing floors, cleaning fridges and stoves, laundry, ironing, washing windows, and meal preparation.



613-634-0130

South East St. Elizabeth- Elizz Help at Home

Offering housekeeping services as well as personal care in the home.



613-530-3400



www.elizz.com

South East Community Care Access Centre (CCAC)

Access to healthcare support at home or in the community. Care coordinators work with people in the community or leaving the hospital to determine what help is needed and make referrals to community resources.



613-544-7090



www.healthcareathome.ca/southeast

***Please refer to your phonebook yellow pages under “home health” for a list of private providers**

Transportation



For information about licenses or accessible parking permits:

Ontario Ministry of Transportation



1-800-387-3445



www.mto.gov.on.ca

For services that provide transportation around the community:

VON Greater Kingston



613-634-0130

Kingston Access Bus



613-542-2512



www.kingston.org/kas

Northern Frontenac Community Services



1-877-279-2044



www.nfcs.ca

South Frontenac Community Services



1-877-279-2044



www.sfesc.ca

Active and Leisure

VON Stroke Recovery Fitness Program

Mondays 10:30-11:30 @ YMCA West
745 Progress Ave. Kingston, ON



VON Stroke Services Support Programs

Offering survivor, caregiver, and couple groups once monthly for conversation, support, and leisure activities.



613-634-0130

Revved Up Exercise Program

A twice weekly 1-hour exercise program for adults with mobility impairments.



613-533-6000 ext. 79283



revvedup@queensu.ca

All In

Offering expert information, education, support, and opportunity for all individuals and organization in regard to mobility impairment.



613-541-7966



information@all-in-ontario.com

Able Sail Kingston Yacht Club

Offering an adapted sailing program for people with disabilities.




613-548-3052

Respite Care

For services that provide caregiver relief:


VON Greater Kingston

 613-634-0130

Hildegard Centre- Providence Care

*Requires referral through CCAC

Offers an adult day program and weekend/ overnight respite for older adults and members of the community with physical disabilities, memory deficits, and sensory limitations.

 613-548-7222 ext. 3183

 www.providencecare.ca




Meal Delivery Services

Nourishing ready-made meals (choice of hot or frozen) delivered to your home for your convenience. Prices vary by service.





VON Meals on Wheels

 613-634-0130

 gkmealsonwheels@von.ca


Ramekins Restaurant

 613-384-0694

 www.ramekins.ca

Heart to Home


 1-844-384-2333

 www.hearttohomemeals.ca

Mrs. Grocery Delivery Service

Order online or by phone from any store in Kingston. \$10 for service and 10% off your shopping bill

 800-617-7232

 www.kingston.mrsgrocery.com

***Contact your local grocery store to inquire about grocery delivery**