

## **Additional Resources**

### **Stroke Network SEO**

 [www.strokenetworkseo.ca/community-supports](http://www.strokenetworkseo.ca/community-supports)

### **Southeasthealthline**

 [www.southeasthealthline.ca](http://www.southeasthealthline.ca)

### **Disability Tax Credit Information**



1-877-838-2320



[www.cra-arc.gc.ca/disability](http://www.cra-arc.gc.ca/disability)

### **Stroke Recovery Canada**



1-888-540-6666



[www.cra-arc.gc.ca/disability](http://www.cra-arc.gc.ca/disability)

### **The Aphasia Institute**



[www.aphasia.org](http://www.aphasia.org)

### **Canadian Stroke Best Practices**



[www.strokebestpractices.ca](http://www.strokebestpractices.ca)

### **Heart and Stroke Foundation**



[www.heartandstroke.on.ca](http://www.heartandstroke.on.ca)

### **Stroke Engine**



[www.medicine.mcgill.ca/Strokingengine/](http://www.medicine.mcgill.ca/Strokingengine/)

### **Philips Lifeline Medical Alarm Service**



[www.lifeline.ca](http://www.lifeline.ca)

# Community Resources for Stroke Recovery



**CONNECT BACK TO YOUR LIFE!**

**Lennox and Addington**

## 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](http://www.silverts.com)

For equipment loan cupboards:

### **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](http://www.marchofdimes.ca)

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

## Homemaking and Personal Care



### **St. Elizabeth Health Care**



613-530-3400



[www.saintelizabeth.com](http://www.saintelizabeth.com)

### **Land O' Lakes Community Services: Homemaking Program**

Offering housekeeping services



613-336-8934



[www.lolcs.com](http://www.lolcs.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](http://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](http://www.mto.gov.on.ca)


For services that provide transportation around the community:

### Lennox and Addington Seniors Outreach Service

 613-354-6668

 [www.lasos.ca](http://www.lasos.ca)

### Land O' Lakes Community Services

 1-877-679-6636

 [www.lolcs.com](http://www.lolcs.com)

**\*Please refer to your phonebook/ online yellow pages under “transportation” for a list of private providers**


## Active and Leisure

### VON Stroke Recovery Fitness Program

Offered in:

Belleville: @ YMCA of Central East Ontario-433 Victoria Ave.


Wednesdays and Fridays 1:00-2:00pm

 1-888-279-4866 ext. 5350




Kingston: @ YMCA West 745 Progress Ave.

Mondays 10:30-11:30am


 613-634-0130

### VON Support Groups for Stroke Survivors and Family/Caregivers

 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](mailto:revvedup@queensu.ca)




## Respite Care

For services that provide caregiver relief:


### **Lennox & Addington Seniors Outreach Services**

Offers an adult day program and respite care.

 613-354-6668

 [www.lasos.ca](http://www.lasos.ca)

### **VON Greater Kingston Location**

 613-634-0130




## Meal Delivery Services

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



### **Lennox & Addington Seniors Outreach Services**


Offering meals- on-wheels and social dinners every Thursday at different halls throughout Odessa, Napanee, and South Fredericksburg.

 613-354-6668

 [www.lasos.ca](http://www.lasos.ca)

### **Land O' Lakes Community Services**

Offering meals-on-wheels, social and congregate dining every Tuesday at the Lion's Hall in Northbrook and every 1<sup>st</sup> Monday of the month at the Denibigh Community Centre.

 613-336-8934

 [www.lolcs.com](http://www.lolcs.com)

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