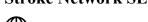
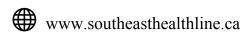
Additional Resources

Stroke Network SEO



www.strokenetworkseo.ca/community-supports

Southeasthealthline



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/Strokengine/

Philips Lifeline Medical Alarm Service



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

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

Homemaking and Personal Care



St. Elizabeth Health Care



613-530-3400



www.saintelizabeth.com

Land O' Lakes Community Services: Homemaking Program

Offering housekeeping services



613-336-8934



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

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

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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:

Lennox and Addington Seniors Outreach Service



613-354-6668



www lasos ca

Land O' Lakes Community Services



1-877-679-6636



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

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

Respite Care

For services that provide caregiver relief:

Lennox & Addington Seniors Outreach Services

Offers an adult day program and respite care.



613-354-6668



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

Land O' Lakes Community Services

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



613-336-8934



www loles com

*Contact your local grocery store to inquire about grocery delivery