#### **Additional Resources**

**Stroke Network SEO** 



www.strokenetworkseo.ca/community-supports

#### Southeasthealthline



www.southeasthealthline.ca





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

Stroke Recovery Canada



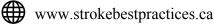
1-888-540-6666 www.cra-arc.gc.ca/disability

The Aphasia Institute



www.aphasia.org

**Canadian Stroke Best Practices** 



#### 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!** 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



C

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

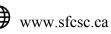


www.nfcs.ca

#### **South Frontenac Community Services**



1-877-279-2044



## 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 <sup>™</sup> 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**



**C** 613-634-0130

#### **Hildegarde 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

