

1. What enhanced community-based rehab services are available to eligible stroke survivors?

Physiotherapy (PT), Occupational Therapy (OT), Social Work (SW) and Speech Language Pathology (SLP) services are available to eligible clients discharged to the community or LTC who have experienced a stroke, in addition to regular CCAC services. These enhanced services are funded through the LHIN and, with the exception of PT in LTC, are provided through the CCAC.

Eligible clients are 16 years of age or older, live in South East Ontario, have experienced a recent stroke or diagnosis of stroke and are eligible for CCAC follow up therapy at home or in a residential care facility.

	CCAC Baseline Services	Enhanced Services Initial 4 Weeks	Enhanced Services Second 4 Weeks
OT	Weekly for 8 weeks	Up to: 2 extra visits/wk of OT <i>CC could therefore authorize in the service plan up to 3 visits per week for the first 4 weeks</i>	Up to: 1 extra visit/wk of OT <i>CC could therefore authorize in the service plan up to 2 visits per week for the next 4 weeks</i>
PT	Weekly for 8 weeks	Up to: 2 extra visits/wk of PT <i>CC could therefore authorize in the service plan up to 3 visits per week for the first 4 weeks</i>	Up to: 1 extra visit/wk of PT <i>CC could therefore authorize in the service plan up to 2 visits per week for the next 4 weeks</i>
SW	Social Work is normally as required	Up to: 1 extra visit/wk of SW <i>CC could therefore authorize in the service plan up to weekly visits for the first 4 weeks</i> SW NOTE: * On a case-by-case basis if deemed appropriate, the service plan can be extended over 12 weeks (rather than 8) for Social Work services.	Up to: 1 extra visit/2wks of SW <i>CC could therefore authorize in the service plan up to bi-weekly for the next 4 weeks</i>
SLP	Weekly for the first 4 weeks and bi-weekly for the next 4 weeks	Up to: 1 extra visit/wk of SLP <i>CC could therefore authorize in the service plan up to 2 visits per week for the first 4 weeks</i>	Up to: Up to: 1 extra visit/2wks of SLP <i>CC could therefore authorize in the service plan up to weekly for the next 4 weeks</i>

2. How is the Enhanced Community-Based Rehab Therapy Services program initiated for stroke survivors?

The hospital inter-professional stroke team identifies the need for ongoing therapy and the focus of intervention for each discipline reflecting the goals identified by client and family. A referral is then made to CCAC by the hospital team for enhanced therapy services to determine eligibility. It is important to identify “Enhanced Stroke” on the referral and include the initial focus of intervention (i.e. PT for upper extremity weakness and coordination, gait and balance training).

3. How are the goals of treatment/treatment plan communicated between the hospital and community teams?

Communication ideally occurs via a Discharge Link meeting, close to the time of the client’s discharge (see Discharge Link – FAQ). When this is not possible, sharing of therapy notes/plans/information from the hospital team is very valuable.

4. When should referrals to SW be considered?

A referral to SW should be considered throughout the recovery journey. Referrals for psychosocial support, counselling and assistance with financial applications can be of significant benefit. The client/family may initially be reluctant to accept a SW referral immediately following discharge. For this reason, the window for SW visits has been extended to 12 weeks versus the 8 week time frame for other therapy providers. Community providers should assess the need for a SW referral throughout the client’s recovery and communicate recommendation to the Care Coordinator.

5. Will the service plan change after a client is discharged?

The initial plan is authorized for 4 weeks by the CCAC Care Coordinator. The community provider(s) working with the client/family will then make recommendations to the CCAC CC which continue to align with the client and family goals. The CCAC CC will then authorize services for the next 4 weeks.

6. Will clients be able continue with therapy after the 8 weeks?

In some cases additional therapy visits may be authorized based on client's needs and progress. However, this will fall under the regular CCAC program as the enhanced stroke program will be complete.

7. If a client is attending outpatient therapy can they still access the Enhanced Community-Based Rehab Therapy Services ?

In some cases a client may be eligible for both. For example, a client might be attending outpatient PT but require OT in-home services for a very specific focus of intervention. It is best to discuss these with a CC directly at time of referral.

8. Are clients who have an extended hospital stay entitled to these enhanced services?

Yes. For example clients who are waiting for LTC placement in hospital, are eligible for services once transition to LTC has occurred.

9. Who provides enhanced rehab services in LTC and how are these services arranged?

Hospital teams can initiate enhanced rehab services for clients transitioning to LTC with a CCAC referral for an OT visit for Enhanced Stroke. Ideally, this service is arranged by the CCAC Care Coordinator prior to the client's transition from hospital to LTC. The Community OT will arrange a care plan meeting in the LTC home and make recommendations for enhanced services (i.e. OT, SLP, SW) to the Community Care Coordinator. The LTC Home provides PT services. A LTC home may also initiate a referral to CCAC for enhanced rehab services if this has not occurred prior to discharge. It is, however, ideal for the client and LTC care team if hospital team initiates the referral.

10. What resources are available to stroke survivors and where can this information be accessed?

Examples:

- Stroke Survivor & Caregiver Support Groups (including Living with Stroke® programs)
- Stroke Specific Exercise Programs
- Heart & Stroke Foundation on-line and hard copy informational books and brochures

These and many other resources can be accessed through:

South East Health Line Stroke Resources: <http://stroke.southeasthealthline.ca>

Community Resource page of Stroke Network website: <http://www.strokenetworkseo.ca/recovery-resources>

Heart & Stroke website at www.heartandstroke.com (Go to Health Information > Publications > Stroke)