



VICTORIAN ORDER OF NURSES

# **KINGSTON COMMUNITY RESOURCE GUIDE FOR STROKE SURVIVORS**



Created in partnership  
with Queen's University

2018



# INTRODUCTION

This resource guide was created to connect stroke survivors of all ages to community services available in the Kingston area. The aim of this guide is to support stroke survivors in their transition back home and their recovery in the community.

In partnership with the VON Greater Kingston site, two occupational therapy students from Queen's University conducted a needs analysis survey to identify the needs of stroke survivors in Kingston and to determine gaps in the community.

Recognizing a gap in the knowledge of services available in the Kingston, individuals and families may enter the community feeling unsupported and/or overwhelmed. Therefore, this resource guide was created, with the goal to help stroke survivors and their families become more aware and knowledgeable of the programs, services, and resources available in Kingston.

**Michelle Hau & Katie Ng**

Queen's University  
Occupational Therapy Students

**Lynda Lennox**

VON Canada  
Kingston Stroke Support Coordinator

**Victorian Order of Nurses (VON) Greater Kingston**

1469 Princess Street, Kingston, ON K7M 3E9

Tel: 613-634-0130 or 1-800-301-0076

Fax: 613-634-0125

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

# TABLE OF CONTENTS


<b>Introduction</b>	<b>1</b>
<b>Community Programs and Services</b>	
Equipment and Home Modifications	<b>3</b>
Home, Vision and Personal Care	<b>6</b>
Driving	<b>11</b>
	<b>1</b>
Transportation Services	<b>2</b>
Active and Leisure	<b>16</b>
Meal Delivery	<b>20</b>
Employment	<b>23</b>
Caregiver Support and Respite Care	<b>24</b>
Peer/Stroke Support Services	<b>25</b>
Sexuality and Intimacy	<b>28</b>
Additional Resources	<b>29</b>
<b>How To Provide Feedback</b>	<b>30</b>


# Equipment and Home Modifications

## Independent Order of Oddfellows Kingston

Occasionally provides financial assistance to organizations in the field of health upon written request.

**Eligibility:** Application and membership fee required. Must be age 18+ years.

 218 Concession St, Kingston, ON K7K 2B5


 613-546-1937 or 613-384-8112

 [grandlodgeofontario.ioof.net](http://grandlodgeofontario.ioof.net)

## Ministry of Health & Long-term Care – Assistive Devices Program

Funds up to 75% of cost for equipment and supplies regardless of income.

**Eligibility:** Must have physical disability for at least 6 months and referred by an occupational therapist (OT) or physiotherapist (PT). Must be approved before purchasing from Assistive Device Program vendor.

 1-800-268-6021

 [adp@ontario.ca](mailto:adp@ontario.ca)

 [www.ontario.ca/page/assistive-devices-program](http://www.ontario.ca/page/assistive-devices-program)


## Motion Specialities – Kingston

Authorized Assistive Devices Program (ADP) vendor for conventional limb prosthetics and mobility equipment such as walkers and wheelchairs. Assistive devices includes sick room supplies, seating, bath aids, incontinence supplies, vehicle modifications, ceiling track lifts, lift reclining chairs, and stair lifts.

**Fees:** Set costs. May receive coverage through WSIB, Easter Seals, Ministry of Health Long Term Care – Assistive Devices Program.

**Eligibility:** No restrictions. Self-referral.

 2293 Princess St, Kingston, ON K7M 3G1

 613-384-0400

 [www.motionspecialties.com/locations/kingston](http://www.motionspecialties.com/locations/kingston)


## Ontario March of Dimes – Kingston

**Assistive Devices Program (ADP):** Assists adults with physical disabilities who are in financial need to purchase devices that increase their mobility and functional independence.

**Home & Vehicle Modification program:** Provides funding for basic home and/or vehicle modifications.

**DesignAbility Program:** Offers custom-build solutions and modifications to the everyday challenges that can be faced by people living with mobility issues.

**Eligibility:** People with disabilities; in financial need; 19+ years of age; permanent resident of Ontario

 613-549-4141 or 1-888-686-0663

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


### Shoppers Home Health Care – Kingston

Assistive Devices Program (ADP) registered vendor and Blue Cross provider. Home medical equipment and rehabilitation products available for purchase, including wheelchairs, walkers, stair lifts, braces, ostomy and incontinence products, aids to daily living, bathroom safety, compression hosiery, and mastectomy products.

**Fees:** Set costs

**Eligibility:** No restrictions. Self-referral.


 1011 Princess St, Kingston, ON K7L 1H3

 613-531-4104

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

### Silvert's Adaptive Clothing & Footwear

Supplies adaptive equipment to help with daily activities, mobility, and home accessibility. Online store available, free shipping on orders over \$100 anywhere in Canada.

 1-800-387-7088

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


# Home and Personal Care


## Bahay CAREgiver Services

Offers various types of caregiving services including short- or long-term, part- or full-time, live-in or live-out caregivers, and on-call caregiving services.

**Fees:** Recruitment, referral, and/or hourly fees apply.

**Languages:** English, Spanish, Filipino

 24 Gibson Avenue, Kingston ON, K7L 4R2


 613-549-0833


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

## CBI Home Health Services – Kingston Branch

Home support workers provides assistance with personal care, such as bathing, dressing, toileting and feeding, and lifestyle support, including meal preparation, light housekeeping, companionship care, and medical appointment, accompaniment. Self-referral via telephone.

**Fees:** Mileage fee may apply to some areas + service fee

 785 Midpark Dr, Suite 102, Kingston ON, K7M 6P6

 613-384-7891


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


## Comfort Keepers – Home Health Care Services

Offers home care, personal care, and in-home companionship and care services. Self-referral.

**Fees:** Per service, varies

## KINGSTON COMMUNITY RESOURCE GUIDE

 1786 Bath Rd Unit 12, Kingston ON, K7M 4Y2


 613-634-2273

 [www.kingston.comfortkeepers.ca](http://www.kingston.comfortkeepers.ca)

Also called Saint Elizabeth Health Care (SEH). Offers housekeeping services as well as personal care in the home.

**Fees:** Fee varies (self-referral). Costs are covered if referred by physician through SELHIN.

 1471 John Counter Blvd #410, Kingston, ON K7M 8S8


 613-530-3400

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

Self-service and full-service wash, fold, pick-up and delivery. Dry cleaning, repairs and alterations can also be provided.

**Fees:** Fee for service

1300 Bath Rd, Kingston ON, K7M 4X4

 613-548-0355

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






### Limestone City Home Healthcare Services

Offers in-home personal support.

**Fees:** Determined upon assessment.






 993 Princess St Unit 14 Suite 1424, Kingston ON, K7L 1H3  
 613-767-4303  
 [www.limestonecityhomehealthcare.com](http://www.limestonecityhomehealthcare.com)

## Paramed – Personal In-Home Care





Provides personal home support services for clients of all ages, across a wide spectrum of life stages. Offers assistance with personal activities of daily living such as bathing, grooming, dressing, eating, mobility, personal bathroom needs, and medication assistance.

**Fees:** Varies, all clients receive complimentary in-home care assessment.

 786 Blackburn Mews, Kingston ON, K7P 2N7  
 613-549-0112 or 1-800-267-7853  
 [www.paramed.com](http://www.paramed.com)

## Providence Care Community and Personal Support Programs

Offers the Attendant Care Outreach Program (ACOP) and the Supportive Living Program for anyone with physical disabilities age 16+ years.

 275 Sydenham Street, Kingston ON  
 613-548-7222 ext. 3181  
 [ACOP\\_HC\\_intake@providencecare.ca](mailto:ACOP_HC_intake@providencecare.ca)  
 [www.providencecare.ca/community-services/community-personal-support-programs/](http://www.providencecare.ca/community-services/community-personal-support-programs/)


## REPUTE Healthcare

Provides home and personal support services such as personal care assistance, medication reminders, meal planning & preparation, errands & transportation, light housekeeping and laundry.

**Fees:** Provides free in-home assessment. Cost varies.

**Languages:** English, Hindi, Punjabi

 2447 Princess St Unit E, Kingston ON, K7M3G1

 613-531-0931

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


## South East Local Health Integration Network (LHIN)

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.

**Eligibility:** People of all ages who are facing the challenges of age, illness, injury, or disability. No referral required for most services. Requires health card, address, and contact phone numbers.

**Fees:** All costs covered by OHIP

 1471 John Counter Blvd, Suite 200, Kingston ON

 613-544-7090

 [www.healthcareathome.ca/southeast](http://www.healthcareathome.ca/southeast)

## Vision- South East Ontario Vision Rehabilitation Service (SOVRS)

The South East Ontario Vision Rehabilitation Service (SOVRS) provides service for individuals with vision loss living throughout the South East Local Health Integration Network (i.e., Kingston, and communities in Quinte, Rural Hastings, Rural Frontenac, Lennox, Addington, Leeds, Lanark, and Grenville regions).

Vision loss affects everyone differently. It may impact how well you see or how much you see or how you use what vision you have. Vision rehabilitation aims to support individuals with vision loss in continuing or getting back to the activities that are important to them.

SOVRS brings together a team of vision rehabilitation professionals from Vision Loss Rehabilitation Ontario (VLRO) and the Vision Rehabilitation Clinic at Kingston Health Sciences Centre-Hotel Dieu Site (KHSC). We will work with you to find out what is most important to you and how your vision is impacting your day to day activities. From there, we will determine what techniques, equipment, or services can help you increase your independence, improve your safety, and meet your goals.




Our referral Form can be found on the Queen's University website at <https://ophthalmology.queensu.ca/clinic/SOVRS> or you can phone us to request a copy.


## VON Greater Kingston – Personal Support Services & Foot Care

**Personal Support Services:** Personal support workers (PSWs) assist people with activities of daily living in the comfort of their own homes. Provides support with respite and caregiver relief, emotional support and stimulation, meal preparation, cueing of medications, personal care, and household tasks.

**Foot Care:** Specially trained team of Foot Care Nurses provide a wide range of services in the community which includes in home Foot Care and Foot Care clinics.

**Fees:** Fee for service, please call.

 1469 Princess St, Kingston, ON K7M 3E9

 613-634-0130

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

## Driving




### DAC Medical Vision

Conducts medical-cognitive and vision-waiver assessments for driving. Provides written and road test preparation for drivers who have experienced an injury or illness that is affecting their ability to drive (including an acquired brain injury), or drivers whose licenses have been medically suspended or are under review by a doctor or the Ontario Ministry of Transportation.

**Eligibility:** Driving assessment referral form required (available on website).

**Fees:** May range from \$500-800




## KINGSTON COMMUNITY RESOURCE GUIDE

 400 Elliot Ave, Kingston, ON K7K 1A1  
 613-544-0034 ext. 2475  
 [www.dacmedicalvision.org](http://www.dacmedicalvision.org)

### **Saint Elizabeth's Healthcare – Driver Assessment and Training**

Saint Elizabeth Driver Assessment & Training is a Ministry of Transportation of Ontario approved driver rehabilitation facility that provides a comprehensive range of services including: medical fitness to drive assessments, vision waiver assessments, vehicle access assessments and training for adaptive driving controls and driver reintegration.

**Fees:** May range from \$500-800

 1471 John Counter Blvd, Suite 410, Kingston K7M 8S8  
 416-398-1035 or 1-877-397-1035  
 [www.saintelizabeth.com/drive](http://www.saintelizabeth.com/drive)

## Transportation


### **Kingston Access Bus – Patient Shuttle (KAPS) & Access Bus**


Charitable non-profit organization. Rides may be booked up to a maximum of 2 weeks prior to the day of the trip, and up to one hour in advance of the required time provided there is remaining availability. Bookings are made by phone or e-mail. Vehicles are wheelchair accessible.


**Eligibility:** Must reside in the City of Kingston AND have a disability which prevents the person from using conventional fixed-route transit services offered by the City of Kingston through Kingston Transit. Eligibility based on a case-to-case basis.

**Application:** Application form available on website. Healthcare Professional review required. Forms can be returned through fax, e-mail, or mail/delivered to Kingston Access Services.

**Fees:** Affordable transit monthly pass for adults or seniors are available (specific qualifications required).

 Kingston Access Services, 751 Dalton Avenue, Kingston, ON K7M 8N6


 T: 613-542-2512      F: 613-549-6318

 [www.kingston.org/kas](http://www.kingston.org/kas)

## **March of Dimes – MODMobility Accessible Transportation**

Provides group excursion bus rental services for people with disabilities. Does NOT provide transportation to individuals.

 920 Princess St, 3rd Fl Kingston, ON K7L 1H1

 613-549-4141 or 1-800-263-3463 ext. 7212

 [MODMobility@marchofdimes.ca](mailto:MODMobility@marchofdimes.ca)


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

## Modern City Taxi

Offers special transportation services within Kingston and surrounding areas. Fully accessible vans available - must request when booking trip.

**Fees:** Set rates based on distance and baggage.

 665 Montreal St., Kingston ON, K7K 3J3

 613-546-2222

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

## Rural Frontenac Community Services – Transportation Services


Volunteer drivers provide transportation services for adults, seniors and children living in North, Central and South Frontenac and Frontenac Islands.

**Fees & Booking:** Set fee per kilometer. Pre-booking by call is required. Requires a minimum of 72 hours notice.

 1020 Elizabeth St, Sharbot Lake, ON K0H 2P0


 613-279-3151 or 1-877-279-2044

 [transportation@rfcs.ca](mailto:transportation@rfcs.ca)

 [www.rfcs.ca/frontenac-transportation-services](http://www.rfcs.ca/frontenac-transportation-services)

## Ontario Ministry of Transportation

Offers information about licenses or accessible parking permits.


 1-800-387-3445


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

## South Frontenac Community Services – Transportation Services

Volunteer drivers provides transportation for adults, seniors and children living in North, Central and South Frontenac and Frontenac Islands.

**Fees & Booking:** Fees vary. Pre-booking by calling is required. Requires a minimum of 72 hours notice.

 4295 Stage Coach Rd, Sydenham, ON K0H 2T0

 613-376-6477 or 1-877-279-2044

 info@sfcsc.ca


 [www.sfcsc.ca/transportation-services](http://www.sfcsc.ca/transportation-services)

## VON Greater Kingston – Transportation Services

Volunteers provide seniors and adults with disabilities transportation to medical appointments, grocery shopping, adult day programs, and other outings. Vehicles are not wheelchair accessible.

**Fees:** Fees vary.

 1469 Princess St, Kingston, ON K7M 3E9

 613-634-0130

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




## Active and Leisure

### Able Sail Kingston Yacht Club

Offers an adapted sailing program for people with disabilities. No previous sailing experience is required.

**Fees:** Membership cost for the season, including corporate membership in Kingston Yacht Club. Groups of 3-4 can book to sail the Sonar with 2 qualified sailors for a minimal cost per person.

 1 Maitland St, Kingston, ON K7L 2V3

 613-548-3052

 [ask@kingstonyachtclub.ca](mailto:ask@kingstonyachtclub.ca)

 [www.kingstonyachtclub.com/ablesail](http://www.kingstonyachtclub.com/ablesail)


### ALL IN – Adapted Recreational & Leisure Activities

ALL IN frequently partners with various local organizations to host various events, including adaptive sports (wheelchair basketball, adaptive curling, seated volleyball, bocce ball, etc.), leisure activities (from adaptive sailing to movie nights), and regular social outings (Ladies' & Men's Night, Dinner Out, etc.).

**Eligibility:** Individuals with ANY type of mobility impairment, including families and friends.

**Fees:** Most sporting events are provided for free, but events may require a small, subsidized fee. Ladies' & Men's Night attendees are responsible for the cost of their own meals, although discounts are usually provided.





 613-541-7966 or 613-540-3228  
[www.all-in-ontario.com](http://www.all-in-ontario.com)

## Fung Lok Kok Institute of Taoism and Taoist Tai Chi Society of Canada – Kingston Branch

Offers tai chi classes for all ages, fitness levels, and experience. Can be done standing or sitting in a chair/wheelchair. Health recovery classes are available for those with serious health issues.

**Fees:** Set fee. Special rates available for seniors and students.

 302 Montreal St, Kingston ON, K7K 3H1 (Classes are available in several locations)

 613-544-4733


 [www.central.canada.taoist.org](http://www.central.canada.taoist.org)

## H'art Centre

Provides people with disabilities and those facing barriers with opportunities to study, practice, create and produce works in the arts. Offers high quality arts and education program for adults with developmental disabilities (H'art School program), a fully-accessible performing arts space (The Box), and ongoing series of talks, performances, and professional development workshops for artists with disability (Able Artists).

**Fees:** Free!

 237 Wellington St, Kingston ON, K7K 0B5

 613-545-1392

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

### Kingston Frontenac Public Library Central Branch (Extension Services)

Monthly delivery of library materials to home, open to all residents who are unable to leave their home due to health problems.



 130 Johnson St, Kingston ON, K7L 1X8  
 613-549-8888 ext. 3578  
 [www.kfpl.ca/library-services/home-library-service](http://www.kfpl.ca/library-services/home-library-service)

### Ongwanada Kinsmen Rehabilitation Centre – Hydrotherapy Pool

Offers access to hydrotherapy to those who could benefit from it, such as seniors, people with physical disabilities, and those recovering from surgery.

**Eligibility:** Application for use required





**Fees:** Varies

 613-548-4417 ext. 1179  
 [www.ongwanada.com](http://www.ongwanada.com)

### Revved Up Exercise Program

A twice weekly 1-hour exercise program for adults with mobility impairment or developmental disability, run by the Queen's University School of Kinesiology and Health Sciences.

**Fees:** Monthly fee with a set start up payment for first 3 months required.




-  Providence Care, 752 King St West, Kingston, ON
-  The School of Kinesiology and Health Studies, 28 Division St, Kingston, ON
-  613-533-6000 ext. 79283
-  [revvedup@queensu.ca](mailto:revvedup@queensu.ca)

## YMCA – Kingston

Community recreation centre that offers various recreational programs for all ages and abilities. Accessible facility and washroom/change rooms.

**Y's Hearts Program:** An exercise program for people with cardiovascular disease. Physician referral required.




**Fees:** Membership fee includes access to most programs. Subsidy applications available.

-  100 Wright Cres, Kingston, ON K7L 4T9
-  613-546-2647
-  [www.executivenutrition.ca](http://www.executivenutrition.ca)

## VON Greater Kingston – SMART Exercise Group

Group based exercise class to improve muscular strength, balance and flexibility led by certified staff in various locations across Kingston. Specialty group classes available for stroke survivors. Call to apply.

**Fees:** Free (no referral required)


-  1469 Princess St, Kingston, ON K7M 3E9
-  613-634-0130 ext. 3414
-  [www.von.ca](http://www.von.ca)


# Meal Delivery

## Executive Nutrition

A Kingston based complete meal service that provides healthy, balanced and prepared meals with Sunday and Tuesday evening meal pick up or delivery.

**Fees:** Meal subscriptions available from 5 to 15 meals, pricing varies.

 745 Gardiners Rd Unit 17, Kingston ON, K7M 3Y5

 613-888-6719

 [info@executivenutrition.ca](mailto:info@executivenutrition.ca)


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

## Heart to Home Meals Kingston

Provides nutritious and delicious frozen meal delivery service. Over 150 options all-diabetic-friendly. Orders are completed by phone or online through the Heart to Home Meals website.

**Fees:** Purchase of meal required. Free delivery, no minimum order, no tax, and no commitment.

 870 Selkirk Rd, Kingston, ON K7P 1B6


 1-844-384-2333


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

## Mrs. Grocery Delivery Service

Provides same-day grocery shopping and delivery services from any store in all of Kingston and surrounding areas. Orders are completed by phone or online through the website.

**Fees:** Varies, please call.

 1-800-553-0950 or 506-870-0939

 Kingston@MrsGrocery


 Kingston.mrsgrocery.com

## Ramekins Restaurant

Family restaurant providing heat and serve meals or to freeze.

**Fees & Order:** Offers 7 meal package for a fee plus tax and delivery charge. Call for your order a day ahead of time or order online.

 1540 Bath Rd, Kingston, ON K7M 4X6

 613-384-0793


 www.ramekins.ca

## VON Greater Kingston – Meals on Wheels

Volunteers deliver hot or frozen meals to individuals in the Kingston community who qualify. It is available to seniors who need nutritional help, adults with an acute or chronic illness, or adult with a mental or physical challenge.

**Fees:** Varies for hot, frozen and side orders

 1469 Princess St, Kingston, ON K7M 3E9

 613-634-0123

 www.von.ca


# Employment

## KEYS Employment Services

Employment centre that provides comprehensive employment services for people with disabilities. Specialized services and programs includes one-on-one coaching and support, work experience programs, access funding for training, workplace integration programs, and employer education and development.

**Eligibility:** Some services are subject to eligibility and suitability. Call to book an appointment.

 182 Sydenham St., Kingston ON, K7K 3M2 (Main Office)

 613-546-5559


 [info@keys.ca](mailto:info@keys.ca)

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

## March of Dimes – Employment Services

Offers a full range of Employment Services to help people with disabilities to develop employment plans, prepare for work, overcome any employment barriers, and return to (or enter) the workforce. Provides ODSP employment supports program, vocational and functional assessments, and disability awareness information sessions.

**Fees:** Varies depending on program.

 920 Princess st, 3rd Fl, Kingston ON, K7L 1H1

 613-549-4141 or 1-888-686-0663

 [www.marchofdimes.ca/employment](http://www.marchofdimes.ca/employment)

# Caregiver Support and Respite Care


## Hildegarde Centre – Providence Care

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

**Eligibility:** Requires referral through CCAC

**Fees:** Daily fee to attend program

 Providence Manor, 275 Sydenham St, Kingston ON K7K 1G7


 613-548-7222 ext. 3183


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

## Hospice Kingston – Day Wellness Program & Caregiver Support

Offers weekly day program for individuals with life-limiting illnesses. Caregiver support groups offer opportunities for caregivers to meet other caregivers and share experiences, knowledge, and information in a friendly, supportive environment.

**Fee:** Caregiver support groups are offered for free.

 993 Princess St, Unit 14, Kingston, ON K7L 1H3

 613-542-5013




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



## Paramed – Respite Care and Caregiver Relief

Trained ParaMed staff provides flexible respite and in-home care services for caregivers. Offers help with meal planning and preparation; bathing, dressing, grooming; social connection; light housekeeping; bedside care; laundry and ironing; and feeding.




**Eligibility:** Fees covered by OHIP if referred by physician. Fees apply if self-referred.

 786 Blackburn Mews, Kingston ON, K7P 2N7  
 613-549-0112 or 1-800-267-7853  
 [www.paramed.com](http://www.paramed.com)

## VON Greater Kingston – Respite Care Services

Provides relief in the home for the caregiver, in order to ease the emotional and physical strain that may develop as a result of the constant responsibility of giving care. Visits are generally scheduled one a week, between 2 and 4 hour blocks of time, but they can vary according to need.

**Fees:** Varies, please call

 1469 Princess St, Kingston, ON K7M 3E9  
 613-634-0130  
 [www.von.ca](http://www.von.ca)

# Peer/Stroke Support Services

## ALL IN – Peer Support and Family Support Program

ALL IN matches up Peer Support Volunteers to individuals who have similar impairments and can share their experiences, how they navigate through everyday life and how to overcome obstacles, whether physically or emotionally. Provides support program for family members by pairing them up with individuals who have similar experiences and/or faced comparable challenges that can arise.

**Eligibility:** Individuals with any type of mobility impairment, whether temporary or permanent

**Fees:** No fee required



613-541-7966



[www.all-in-ontario.com](http://www.all-in-ontario.com)

## Independent Living Centre Kingston

Disability resource centre that provides information, support, and skills-building programs for people with disabilities, their families, and the community.

**Community Development:** Community resource library that offers information on topics such as food, shelter, and disability services in the community; offers a computer lab with internet access; assists people with disabilities to volunteer in the community.

**Direct Funding Self Managed Attendant Services:** Enables adults with physical disabilities to become employers of their own attendants. Assists with routine activities of living, such as dressing, grooming and bathing. Participants are fully responsible for managing their own employees within a budget that is developed on an individual basis.

**Independent Living Skills Development Services:** Assist individuals to find the resources they need and develop life management skills to reach their goals.


**Information Services:** Connects people with community income support programs, recreation, attendant services, poverty, relief, social supports, etc. Assist with the process of applying for programs such as ODSP and the Disability Tax Credit.

**Peer Support Programs:** Offers individuals with disabilities one-to-one support, a weekly social group, and a monthly diners' club.

**Eligibility:** Anyone with a disability, families, and general public.

**Fees:** Services are free except one-to-one computer training.

 540 Montreal St, Kingston ON, K7K 3J2

 613-542-8353

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


## Providence Continuing Care Centre – Regional Community Brain Injury Services (RCBIS)


Primarily individual rehabilitation and support services to individuals with acquired brain injury. Offers group activities, outreach services, Assisted Living Program (up to 24-hour), and Psychology Services.

**Eligibility:** Individuals with acquired brain injury (ages 18-64 years). Referral form with medical documentation is required. Forms are available in office or from website.

**Fees:** Most services are covered by OHIP. Fees are charged for participants who have access to private rehabilitation funding.

 LaSalle Mews, 303 Bagot Street, Suite 401, Kingston, ON K7K 5W7

 613-547-6969 ext. 128


 <http://www.providencecare.ca/community-services/community-brain-injury-services/>


## VON Greater Kingston – Stroke Support Program

Support services for people recovering from a stroke and their families. Provides information on support and referrals; monthly support groups for people with stroke, family caregivers, and couples; annual 7-week self-management program (Living with Stroke); social recreational group (Folks with Strokes); Aphasia group, young survivors group, one-on-one volunteer Aphasia Buddies and peer volunteer visiting.

**Fee:** Free

 1469 Princess St, Kingston, ON K7M 3E9

 613-634-0130

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

# Sexuality and Intimacy

## Heart and Stroke Foundation


### Stroke Engine – Sexuality

 [www.strokingengine.ca/patient-info/sexuality-info](http://www.strokingengine.ca/patient-info/sexuality-info)

### Your Stroke Recovery


 [www.heartandstroke.ca/-/media/pdf-files/canada/your-stroke-journey/en-your-stroke-journey-v20.ashx](http://www.heartandstroke.ca/-/media/pdf-files/canada/your-stroke-journey/en-your-stroke-journey-v20.ashx)

### Recovery and Support: Sex and Intimacy


 [www.heartandstroke.ca/stroke/recovery-and-support/relationships/sex-and-intimacy](http://www.heartandstroke.ca/stroke/recovery-and-support/relationships/sex-and-intimacy)

## Toronto Stroke Network

### Getting Back into Life: Your Sexual Relationship


 [www.tostroke.com/wp-content/uploads/2012/12/your-sexual-relationship.pdf](http://www.tostroke.com/wp-content/uploads/2012/12/your-sexual-relationship.pdf)

### Being Intimate With Your Partner


 [strokerecovery.guide/how-to-be-intimate-with-your-partner](http://strokerecovery.guide/how-to-be-intimate-with-your-partner)

## National Stroke Association

### iHOPE Online Education Series: Sex and Sexuality After Stroke

 [www.stroke.org/stroke-resources/resource-library/ihope-sex-and-sexuality-after-stroke](http://www.stroke.org/stroke-resources/resource-library/ihope-sex-and-sexuality-after-stroke)

### Sex and Sexuality

 <http://www.stroke.org/we-can-help/stroke-survivors/living-stroke/lifestyle/relationships/sex-and-sexuality?docID=999>

## Stroke Foundation of New Zealand

### Intimacy After Stroke

 [www.stroke.org.nz/resources/Sexuality-Booklet.pdf](http://www.stroke.org.nz/resources/Sexuality-Booklet.pdf)

# Additional Resources

## **Stroke Network SEO**

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

## **South East Health Line**

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

720 Progress Ave, Kingston ON, K7M 4W9

613-384-2871

## **Toronto Stroke Network**

[Strokerecovery.guide](http://Strokerecovery.guide)

## **Stroke Engine**

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

## **Philips Lifeline Medical Alarm Service**

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

## YOUR FEEDBACK IS WELCOMED

We hope you found this resource guide helpful and we greatly appreciate all feedback regarding the contents of this guide. We would like to ensure that Kingston Community Resource Guide remains user-friendly and accurate to support individuals, families, and caregivers along their stroke recovery in the community.

See any inaccurate information? Did we miss any community resources that should be included in this guide? Have any questions? Let us know!

Call: **613-634-0130 ext. 3469**

**Victorian Order of Nurses (VON) Greater Kingston**  
1469 Princess Street, Kingston, ON K7M 3E9  
Tel: 613-634-0130 or 1-800-301-0076  
Fax: 613-634-0125  
[www.von.ca](http://www.von.ca)



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Created in partnership between Victorian Order of  
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