



STROKE NETWORK
of Southeastern Ontario

Community Stroke Recovery: Programs & Resources Making a Difference

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[It's important to get] connected back into life and the community. Sometimes he would just sit there, be in another world and then he would say something but it was not connected to what we had been doing or talking about. I tried to think of what would help...there's a lot of isolation after a stroke – it kind of closes doors, it's different. ~ Caregiver



Canadian Best Practice Recommendations for Stroke Care (2016)

Section 4 Community Reintegration Following Stroke

- Patients and families should be provided with information, support and access to services throughout transitions to the community following a stroke to optimize the return to life roles and activities



Quality-Based Procedures: Clinical Handbook for Stroke (Acute and Postacute) (2015)

Module 6 Predischarge/Discharge Planning

- 6.3.1, 6.3.2 Linking to supports and services

Module 8 Community Assessment

- General Considerations – referral to community services based on individual need

Module 9 Community Treatment

- 9.4.5, 9.13 - connecting to community services, leisure activities

Module 10 Cross-Continuum Processes

- 10.1, 10.5 – support services, peer support, support groups

SNSEO Community Consultation



What We Heard: Charting A Course For Successful Community Reintegration After Stroke

A New Normal

- *[Community Program] provides an opportunity to socialize and talk to people in a comfortable setting with friends, providers. It gives spouse some respite and helps with aphasia as we keep talking. Helps with cognitive development. ~ Stroke Survivor*
- As caregivers struggle to find their “new normal”, they may also be seeing a narrowing of their world as “their social life and interests” become limited. (Salter, 2013)
- “While “going home” is seen as an important milestone in the rehabilitation process, “being home” is accompanied by the development of greater self-awareness of deficits.” (Nanninga et al, 2014)

Reconnecting

- *It's important to be able to do what you love, to find something that you love in this life. It gives you a sense of accomplishment, a reason for existence. ~ Stroke Survivor*
- Leisure activities can also “create commonality of experience”. It is the social interaction inherent in leisure activities that provides the additional benefit of “two individuals [that] accommodate each other and create a mutual interest that triggers relationships.” (Lee et al, 2001)

Peer Support

- *Need to know about stroke support groups. Lots of people need it but are afraid to go out; to show the effects of their stroke. ~ Stroke Survivor*
- *Also need support groups for the families of stroke survivors – a place where they feel free to air their concerns. ~ Caregiver*
- Study reported that peer support provided social validation and promoted feelings of empowerment. At the same time, peer support was found to be associated with “decreased loneliness and feelings of difference, as well as enhanced social competence, social acceptance, and increased acceptance of chronic conditions.” (Kessler et al, 2014)

Caregiver Support

- *Respite is very important as I do most everything so get at the end of myself sometimes. Even when we go away on a holiday, it's not really a holiday; it's just me in a different place. ~ Caregiver*
- Up to 70% of caregivers “have clinically significant depressive symptoms and of those, between one-quarter and one-half have major symptoms of depression...The impact on physical health also is profound...” (Lutz et al, 2010)
- While friends and family may provide good support to the caregiver initially; those same caregivers reported receiving few supports one year post-stroke. (Salter et al, 2013)

Navigating the System

- *Nobody mentioned any supports. If things were available I was unaware at the time and am still unaware. ~ Caregiver*
- *I had to do an enormous amount of work on my own. The timing of information needs to be right; maybe in discharge package not early in hospital. You come home and you lay out all this stuff and you say, okay, now I need to look at all this stuff. ~ Caregiver*
- *Should be some way that in hospital the caregiver has immediate access to information, maybe peer visiting. Need to know how to live when you get home. ~ Caregiver*
- System navigation provides several benefits including “lessening social isolation, supporting care partners and symptom management and decreasing use of both acute and long term care services.” (Montgomery et al, 2015)
- “Lack of education or the absence of a liaison with community services already available may contribute to the under use of important services available to stroke survivors.” (Lyons, 2002)

Community Reintegration

- *Weren't a lot of connections; we used to be more active but that changed after the stroke...people with stroke have to get out and do things. It makes you part of the community ... ~ Caregiver*
- *Once I found out about the support group then I was able to link in to other services and supports like additional care and a scooter for my husband. This meant he could go out without me; it increased his independence and safety. You have to take you hands off at some point and let the person be free. ~ Caregiver*
- As stroke survivors continue to move through challenges, confidence in community living also increases due to the stroke survivor's expanded experiences combined with exposure to "other confidence-building sources." (Wood et al, 2010)

Resources



<http://strokenetworkseo.ca>

COMMUNITY RESOURCE LISTING

CLIENT/FAMILY RESOURCES		
RESOURCE	DESCRIPTION	WHERE TO ACCESS
Aphasia Institute (Toronto) Aphasia Centre (Ottawa)	Web-based resource providing information and tools to support individuals with aphasia and their families. Note that there may be a cost for some resources.	The Aphasia Institute at http://www.aphasia.ca/ The Aphasia Centre http://aphasiaottawa.org/
Aphasia Group	Program for stroke survivors who are experiencing aphasia. Groups are facilitated by a speech-language pathologist.	Community Care for South Hastings (613) 969-0130 -
Community-Based Exercise Programs for People with Stroke	Brochure designed for persons with stroke and families to assist them in determining if a community-based exercise program will meet their needs. Brochure is based on the provincially developed <i>Guidelines for Community-Based Exercise Programs for People with Stroke</i> .	Stroke Network of Southeastern Ontario website under Best Practice & Education at http://strokenetworkseo.ca/best-practice-education/guidelines-recommendations
Healthline – Stroke Resources	Web-based resource. Stroke Resources tab provides information for individuals with stroke and families/caregivers in ten different domains including communication, a child with a stroke, financial & social supports, transportation and health.	Southeast CCAC Healthline at http://strokeresources.southeasthealthline.ca or http://stroke.southeasthealthline.ca
Heart & Stroke Publications	Several publications are available at no cost through the HSF including: <ul style="list-style-type: none"> • <i>Your Stroke Journey</i> • <i>Taking Charge of Your Stroke Recovery</i> • <i>Stroke in Young Adults (includes returning to work/school)</i> • <i>A Family Guide to Pediatric Stroke</i> Additional information sheets, interactive programs and booklets may also be accessed on the site including information on driving after stroke.	Heart & Stroke website at www.heartandstroke.com (Go to Health Information > Publications > Stroke)

Community Resource Listing

March of Dimes



A CAREGIVER'S GUIDE TO STROKE RECOVERY



[March of Dimes](#)

Family Caregivers Voice

The Stages of Caregiving

"Caregiving is a linear process in a sense that it has a beginning and an end, but the journey is dynamic and full of ups and downs. Any changes in the patient's health status, or the caregiver's mental and physical health or personal life, mean that the caregiver needs to go through an adjustment process to redefine and renegotiate their role based on the new situation...the patient's recovery or death does not mark the end of the caregiving instead it shows that there follows another adjustment period, in which family caregivers need to redefine their life again in order to move forward and start a new chapter in their life."

From The Change Foundation Report - Shedding New Light, 2016

Where am I on my journey?

Becoming a Caregiver:

- I became a caregiver on...
- I provide care for...
- I can get help from...

Adjustment Periods:

(Examples - Hospital discharge, Nursing home placement, etc.)

- Have I taken on too much?
- What kind of support do I need right now?

New Beginning

- Have I settled in my role?
- If not, what would help me?
- What are my plans for the future?

What Do We do?

Sara Shearkhani and Carole Ann Alloway are Co-Founders of Family Caregivers Voice. After our difficult experiences as caregivers, we wanted to help other caregivers who are distressed.

We learn and then educate you, so you can learn and educate other caregivers, creating a caregiver village.

Both Sara and Carole Ann have won awards for their advocacy work. They volunteer for Health Quality Ontario, The Change Foundation, Ministry of Health and Long Term Care and others, to help improve the health care system. They also meet with organizations supporting caregivers, talking about their journeys and giving advice and support. Currently, they are working on a project with a Toronto hospital to recognize and support caregivers as the care recipient enters the hospital, through discharge and entering homecare.

Contact us at:

Sara Shearkhani (647) 542-5628
sara.shearkhani@gmail.com

Carole Ann Alloway (416) 427-9989
ca.alloway@rogers.com

www.familycaregiversvoice.ca

What's On Your Wish List?



Family Caregivers Voice



Who is a family caregiver?

A caregiver is a family member or friend who, while unpaid, provides emotional, physical, spiritual or financial assistance to an individual who is unable to take care of all or parts of their life. This assistance could be one hour a week or 24/7. The caregiver could be a parent, child, spouse, sister, brother, friend or neighbour.

Educate yourself on your journey!

Over 8.1 million Canadians aged 15 years and older provided care to a chronically ill, disabled, or aging family member or friend in 2012. Those numbers are growing.

The Change Foundation and Health Quality Ontario have recently found that caregiver distress is reaching critical proportions, resulting in anger, depression and, in some cases, the inability to continue providing care. Understanding your caregiving journey is the first step to addressing this growing problem.

KGH iBook

Partners in Stroke Recovery

A guide to help you begin your journey



Stroke Prevention Clinics

Stroke Prevention Clinics

Q. What is a Stroke Prevention Clinic?

A. A Stroke Prevention Clinic (SPC) is an outpatient clinic for people who are at risk of having a TIA or stroke or who have risk factors for stroke.

Q. What can I expect when I go to the Stroke Prevention Clinic?

A. A health care team at the clinic will work with you to develop a plan of care to reduce your risk factors for TIA or stroke. For example, the team may support you to quit smoking or lose weight. You may be sent for some blood work and diagnostic tests such as a CAT scan or carotid dopplers before your SPC appointment.

Q. How can I be referred to a Stroke Prevention Clinic?

A. You will need a referral from a doctor such as your family doctor, a specialist or a doctor you have seen in the emergency department or after hours clinic.

Q. If I am referred to the Stroke Prevention Clinic will I continue to see my family doctor?

A. The Stroke Prevention Clinic does not replace your family doctor. Your family doctor is a partner in your stroke prevention plan and will be notified about your visit to the SPC.

Southeastern Ontario Stroke Prevention Clinics

Q. Is there a Stroke Prevention Clinic in my community?

A. Stroke Prevention Clinics are located in:

Hasting and Prince Edward Counties
Quinte District Stroke Prevention Clinic
Quinte Health Care-Belleville General Site
265 Dundas Street East, Sills 2
Belleville, ON K8N 5A9
Tel 613-969-7400 ext 2871
Fax 613-961-2544

Leeds and Grenville Counties
Brockville Stroke Prevention Clinic
Brockville General Hospital
75 Charles Street,
Brockville, ON K6V 1S8
Tel 613-345-5645 ext 1410
Fax 613-345-8348

Lanark County
Vascular Protection Clinic
Perth and Smith Falls District Hospital
Perth Site
33 Drummond Street West,
Perth, ON K7H 2K1
Tel 613-267-1500 ext 4263
Fax 613-267-7158

**Frontenac, Lennox and Addington
Counties**
KGH Stroke Prevention Clinic Office
Kingston General Hospital
76 Stuart Street,
Kingston, ON K7L 2V7
Tel 613-549-6666 ext 6320
Fax 613-548-2537

STROKE NETWORK
of Southeastern Ontario

**Are you at risk for
stroke?**

**What you should
know about Stroke
Prevention Clinics**



Visit

www.strokenetworkseo.ca

[Stroke Prevention Clinics](#)

Enhanced CCAC Community Rehab

ENHANCING SERVICES

Timely, enhanced community and LTC rehabilitation services have been provided to stroke survivors in Southeastern Ontario since February 2009 with the launch of an innovative LHIN-funded project. In April, 2011, recognizing the critical role this enhanced service plays in both improving stroke survivors' functional outcomes and health system utilization as evidenced by reduced lengths of stay, the LHIN committed to ongoing funding for this regional standard of service in support of best practice in stroke care.

Eligible stroke survivors will continue to be considered for enhanced Physiotherapy (PT), Occupational Therapy (OT), Social Work (SW) and Speech Language Pathology (SLP) services through the CCAC for two months following discharge home. For stroke survivors discharged to Long Term Care (LTC), PT will be provided by the LTC Home with enhanced OT, SLP and SW being provided through the CCAC.



Enhanced Service Objectives:

For Stroke Survivors: to improve access to timely enhanced community and LTC rehab services for improved function, emotional support and satisfaction with transition to home.

For Healthcare Providers: to improve information flow and stroke care expertise.

For the Health Care System: to decrease length of stay, Emergency Room visits and hospital readmissions by supporting transition to home for those with new stroke, providing timely enhanced community and LTC rehabilitation support.

CONTACTS

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patti.dixon-medora@se.ccac-ont.ca

**ENHANCING COMMUNITY
AND LONG TERM CARE
STROKE REHABILITATION
IN SOUTHEASTERN
ONTARIO:
DISCHARGE LINK**

**IMPROVING THE SYSTEM
OF STROKE CARE**



**STROKE NETWORK
of Southeastern Ontario**

Ontario
Stroke System
Fewer strokes. Better outcomes.

Funded by the South East LHIN

Enhanced CCAC Community Rehab Program

Support Groups



Stroke Services Program



HEALTH STARTS AT HOME
LA SANTÉ COMMENCE CHEZ SOI

VON - Greater Kingston Site
1469 Princess Street
Kingston ON K7M 3E9

Phone: (613) 634-0130
Toll Free: 1-800-301-0076
Fax: (613) 634-0125
Visit us at: www.von.ca



Individual & Group Services

- Confidential
- For stroke survivors & their caregivers
- Provide information, support and referral to community resources
- Free of charge

Stroke Support Groups

- Meet monthly
- Professionally facilitated
- Open to new members

Survivor Group: for people who have had a stroke

Family Group: for people who are caring for someone close to them who have had a stroke

Couples Group: for people who have had strokes and their partners – can be a spouse, family member or close friend

"I've gained a lot of companionship and support through the group sessions. It gives me a lot of hope hearing other people's stories. They know how hard it can be." – Group Member

Living with Stroke

Six session program focusing on different aspects of stroke recovery including: physical and cognitive changes, communication, nutrition, emotions, relationships, activities and reducing stroke risk.

Folks with Strokes

- A social/recreational group for stroke survivors and partners
- Meets monthly for conversation and leisure activities.

Peer Visiting Program

Trained stroke survivors visit other survivors in the hospital and community to offer personal experience, information and encouragement.



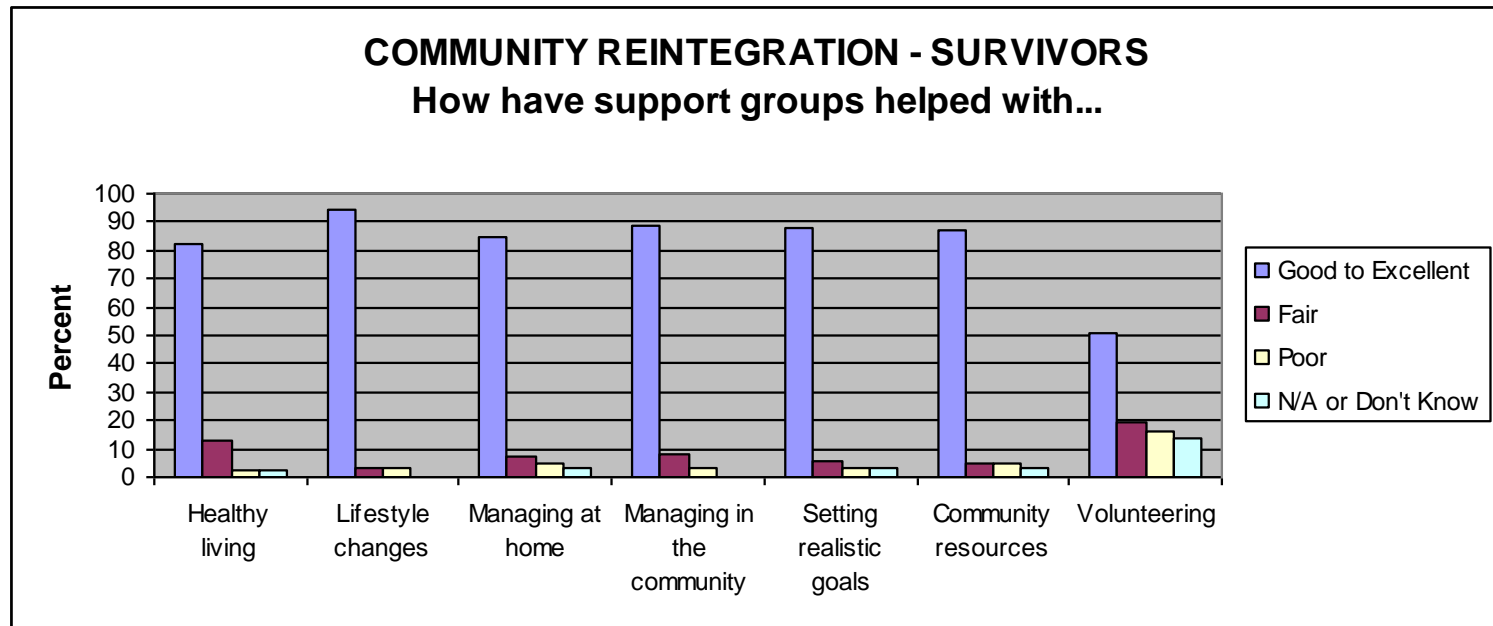
"It is enjoyable for both of us and it has helped me to hear from others how they are feeling and doing. It makes me feel less alone" –
Couples Group Member

VON Canada
Charitable Registration # 8870 27514 RR0001

Support group helped me a lot. Other people asking questions that I hadn't thought of. All strokes are a different experience and we can help each other. Sometimes just the talking helps. ~ Stroke Survivor

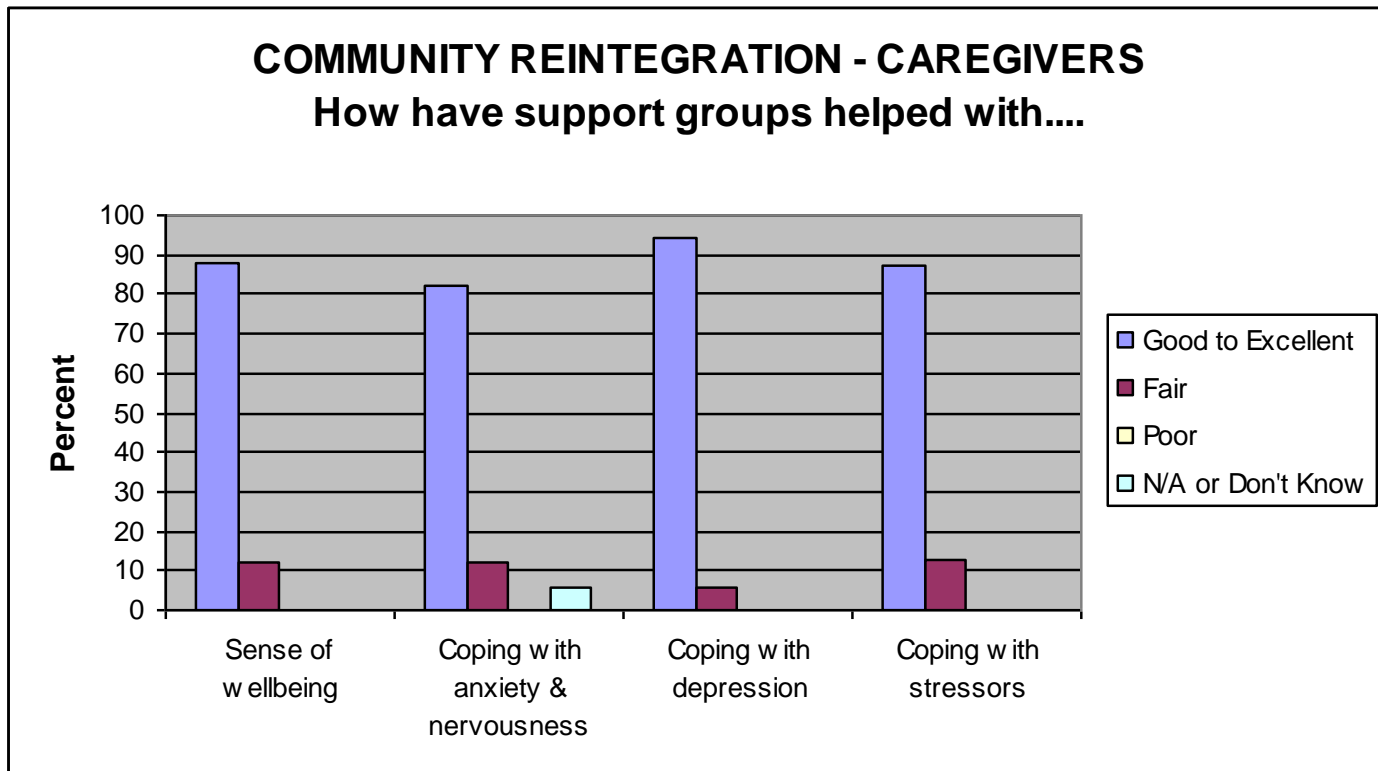
[Stroke Support Groups](#)

Reintegration - Survivors



"Am grateful to have this support system since I am living alone and my family is far away!" ~ Survivor

Health & Wellbeing - Caregivers



"Our care group is very good and a comfort to be involved in." ~ Caregiver

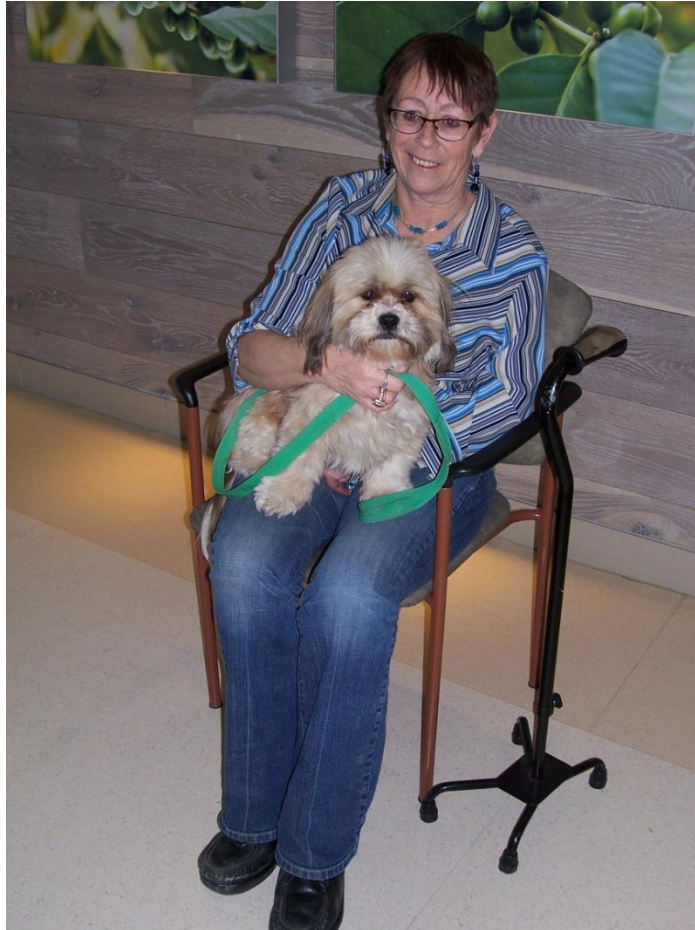
"The group is always useful and a good social gathering of like minds." ~ Caregiver

Folks With Strokes

- Social-recreational group for people with stroke
- Aims to provide opportunity for socialization and therapeutic activity
- OT students helped with capacity building
- Longer-term goal to facilitate leisure experiences in the community



Peer Visiting Volunteers



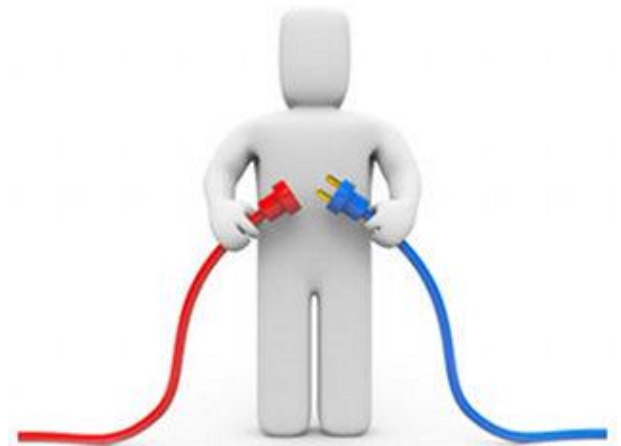
Acquired Brain Injury

The screenshot shows a web browser window with the URL braininjuryhelp.ca/resource-directory/. The page header includes the logo for braininjuryhelp.ca, which features a lighthouse icon, and the text "Acquired Brain Injury System Navigation of Southeastern Ontario". There are also social media icons for Facebook and Twitter, along with the text "We're here to help! 613-547-6969". A navigation menu contains links for Home, Brain Injury, Concussion, Professionals, Looking for Help?, Navigator Updates, and Français. Below the menu is a large orange banner with the text "Southeastern Ontario ABI Resource Directory". Underneath the banner, there is a breadcrumb trail: "Home → Southeastern Ontario ABI Resource Directory". To the right, there are font size controls: "Font Size » Larger | Smaller". A central instruction reads: "Select your region, then click menu options to sort alphabetically, or search by keyword." Below this, a link says "Not sure which region to view? Check our Map." There are three tabs for region selection: "Hastings & Prince Edward" (selected), "Frontenac, Lennox & Addington", and "South Lanark, South Grenville & Leeds". A text box below the tabs says: "This is the listing for Hastings and Prince Edward Counties. For other counties, select from the tabs above." At the bottom of the text box, there is a "Show 20 entries" dropdown and a "Search:" input field.

[Acquired Brain Injury](#)

Support Group -Outreach

- Pilot began in November 2015
- One couple from Wellington on the Lake joined existing Couples Group
- Coordinated by Belleville & Quinte West Community Health Centre
- Future plans include other sites, OTN group



Living With Stroke™ Program

Heart & Stroke **LIVING** with **STROKE**



Living with Stroke is a free group learning program that consists of 6 two-hour workshops conducted weekly. It has been developed for people who have had a stroke and for the individuals who care for them.

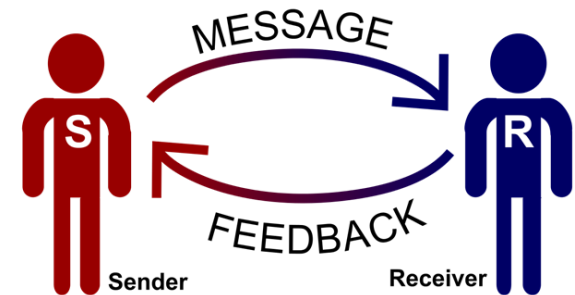
Topics include:

- Understanding Stroke
- Physical changes and challenges
- Swallowing and nutrition
- Cognition, perception and communication
- Emotions
- Activities and relationships
- Reducing the risk of stroke
- Moving forward

[Living with Stroke](#)

Living With Stroke & Aphasia

- 8 week program held in spring 2016
- co-facilitated by Stroke Services Coordinator and Speech Language Pathologist
- 11 participants – 6 clients with aphasia and 5 caregivers
- used a variety of different assistive tools



Exercise & Stroke

- *There was person [at an activity centre] who believed in and pushed me. She got me to believe in myself and she got me to swim and to walk again. She gave me my legs. ~
Stroke Survivor*

Stroke Specific Exercise Programs



In Partnership with



VON is offering a FREE Stroke Recovery Fitness Program

When:
Monday
10:30-11:30 am

Where:
YMCA West
745 Progress Ave.
Kingston



Caregivers are welcome to join!

Classes are designed to be safe and effective for people living with stroke.
Location is fully accessible with ample parking.

For more information, please call: 613-634-0130 ext 3414

The VON would like to thank our funders, the Ministry of Health and the SE LHIN (South East Local Health Integrated Network) to bring this program to participants in the Greater Kingston community.



Stroke Specific Exercise Programs

Community Exercise Guidelines

Exercising after your stroke

Exercising after a stroke can help recovery, prevent a second stroke, and improve physical and emotional health.

Consider looking for a program that incorporates several components such as aerobic exercise, strengthening, stretching, coordination and balance activities.

The Ontario Stroke System has developed guidelines to assist community exercise providers design quality exercise programs to meet the needs of people who have had a stroke.



Before starting an exercise program, consult with your doctor or nurse practitioner in order to identify any exercise restrictions you may have.

Helpful Tips For Choosing An Exercise Program

- ✓ Book time to meet with the facility staff or class instructor.
- ✓ Bring a caregiver or friend along.
- ✓ Observe a class prior to enrolling.
- ✓ Bring the checklist in this brochure with you.

SAFETY FIRST!

It is important that:

- ✓ You feel safe at all times when participating in an exercise program.
- ✓ The instructor has first aid and emergency training.
- ✓ The instructor understands your condition and specific needs.

Community Exercise Program Checklist

Use this checklist when you are inquiring about a new exercise program. The program you choose will have more responses in the "yes" column. Think about how the "no" responses will affect your condition. Speak to the instructor to see if they can meet your needs.

Program Name: _____

Contact: _____

Programs	yes	no
The program is designed for people with stroke.		
The class meets my specific needs.		
There is a registration or screening process.		
The intake process asked about my:		
Balance		
Mobility		
Functional Abilities		
Fatigue		
Range of Motion		
Pain		
Health and Wellness		
Medications		
A clearance letter from my doctor or nurse practitioner is required.		
The program is at a convenient time.		
The program offers strengthening, aerobic, balance, coordination and flexibility exercises.		
The instructor will show me how to monitor my level of exertion during class.		
I feel safe and comfortable with the level of supervision provided.		
There is something for me to hold on to if I need support during the class.		

Exercise Equipment	yes	no
The equipment is designed to accommodate special needs.		

Staff	yes	no
Staff are trained in emergency & first aid, including use of an automated external defibrillator.		
Staff can identify the signs of fatigue and stroke warning signs.		
The staff understand my condition.		

Facility	yes	no
The location is convenient.		
There is enough accessible parking.		
The parking lot is well lit.		
The main doors are easy to open.		
The facility is clean		
The locker rooms are accessible.		
The flooring is non-slip.		
There is elevator/ramp access.		
A trial membership or a free orientation class offered.		
There are flexible payment options or subsidies.		
The room temperature is comfortable.		
Emergency phones are available.		
An automated external defibrillator is available.		
Drinking water is available.		

Revved Up - Kingston



Kingston's Assisted Exercise Program

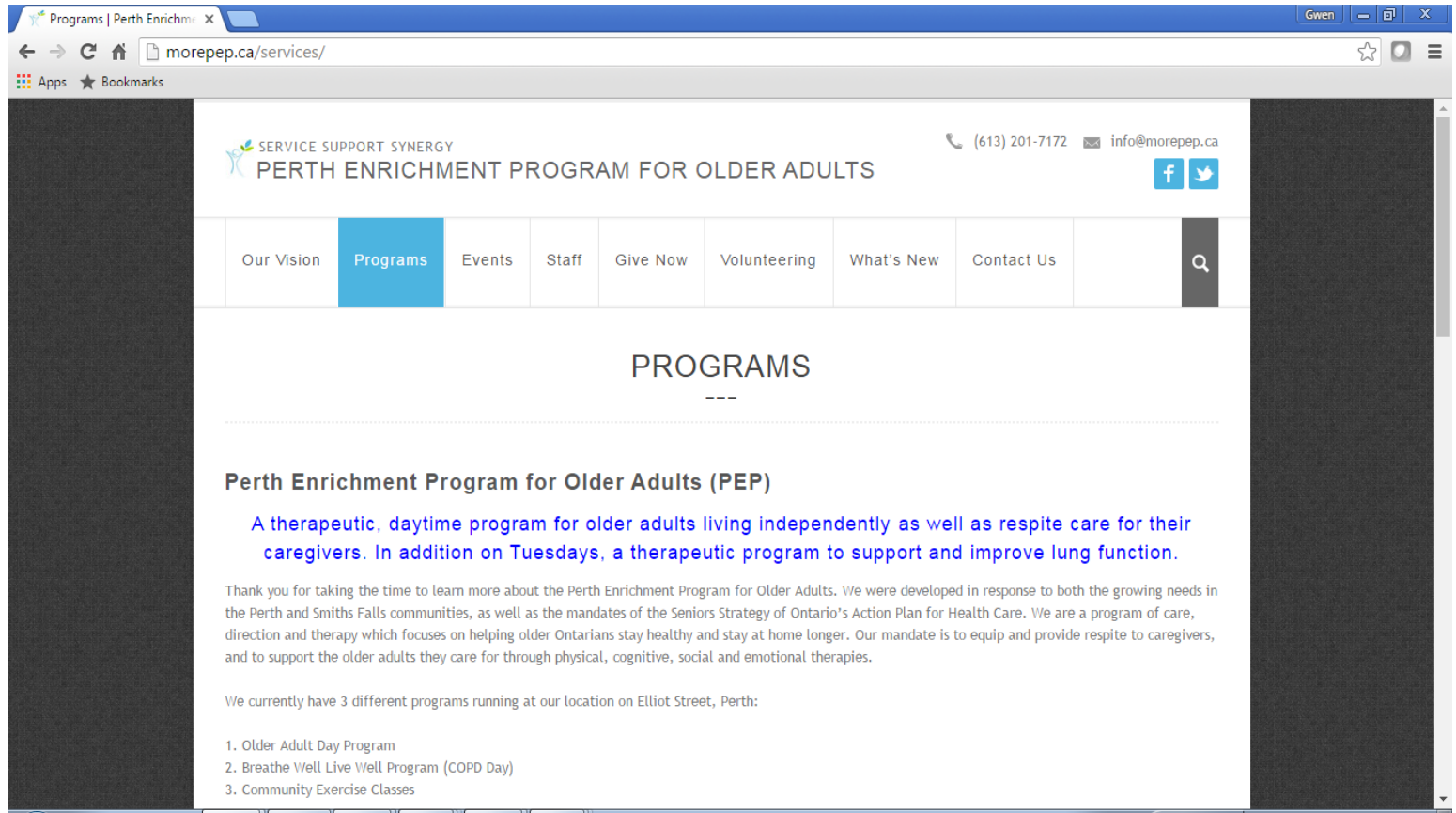
Currently funded by...



*A twice weekly exercise
program for adults with
mobility impairments*

[Revved Up](#)

Perth Enrichment Program (PEP)



The screenshot shows a web browser window with the URL morepep.ca/services/. The page header includes the logo for 'SERVICE SUPPORT SYNERGY' and 'PERTH ENRICHMENT PROGRAM FOR OLDER ADULTS', along with contact information: (613) 201-7172 and info@morepep.ca. There are also social media icons for Facebook and Twitter. A navigation menu is visible with the following items: Our Vision, Programs (highlighted), Events, Staff, Give Now, Volunteering, What's New, Contact Us, and a search icon. The main content area is titled 'PROGRAMS' and features a sub-heading 'Perth Enrichment Program for Older Adults (PEP)'. Below this, there is a blue text block: 'A therapeutic, daytime program for older adults living independently as well as respite care for their caregivers. In addition on Tuesdays, a therapeutic program to support and improve lung function.' This is followed by a paragraph of text: 'Thank you for taking the time to learn more about the Perth Enrichment Program for Older Adults. We were developed in response to both the growing needs in the Perth and Smiths Falls communities, as well as the mandates of the Seniors Strategy of Ontario's Action Plan for Health Care. We are a program of care, direction and therapy which focuses on helping older Ontarians stay healthy and stay at home longer. Our mandate is to equip and provide respite to caregivers, and to support the older adults they care for through physical, cognitive, social and emotional therapies.' At the bottom, it states 'We currently have 3 different programs running at our location on Elliot Street, Perth:' followed by a numbered list: 1. Older Adult Day Program, 2. Breathe Well Live Well Program (COPD Day), and 3. Community Exercise Classes.

PEP

HEALTH SERVICES FOR SOUTH EAST

September 1, 2015

Health Care Options

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- ▶ [Health Care Professions](#)
- ▶ [Home and Community Care](#)
- ▶ [Public Health](#)

Health Topics

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- ▶ [Diseases and Conditions](#)
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- ▶ [Health Coverage and Care Planning](#)
- ▶ [Healthy Living](#)
- ▶ [Information Services](#)
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Services Listed Alphabetically

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NEWS

[Monday August 31, 2015](#)
[Just a Few Hours Can Make a Difference](#)

[Monday August 31, 2015](#)
[Back To School Safety](#)

[Monday August 31, 2015](#)
[HPE Public Health Harmful Blue-Green Algae](#)

[More News...](#)

EVENTS

[Tuesday September 1, 2015](#)
[Tweed - Level 1 Multidisciplinary Palliative Care Education For Health Professionals, Health Caregivers and Palliative Care Volunteers - REGISTER NOW! - Tweed](#)

[Tuesday September 1, 2015](#)
[Kingston - Level 1 Multidisciplinary Palliative Care Education For Health Professionals, Health Caregivers and Palliative Care Volunteers - REGISTER NOW! - Kingston](#)

[More Events...](#)

CAREERS

[Monday August 31, 2015](#)
[Associate Medical Officer of Health \(AMOH\), Office of the MOH, KFL&A Public Health](#)

[Thursday August 27, 2015](#)
[Casual Part Time - Respite Caregiver](#)

[Thursday August 27, 2015](#)
[Hospice Palliative Care Nurse Practitioner - Quinte Region](#)

[More Careers...](#)



Need Help finding health & support services?
Call CCAC 310-2222

[Follow @SEhealthline](#)
[Follow @SEhealthlineHPE](#)
[Follow @SEhealthlineKFLA](#)

Stroke Resources

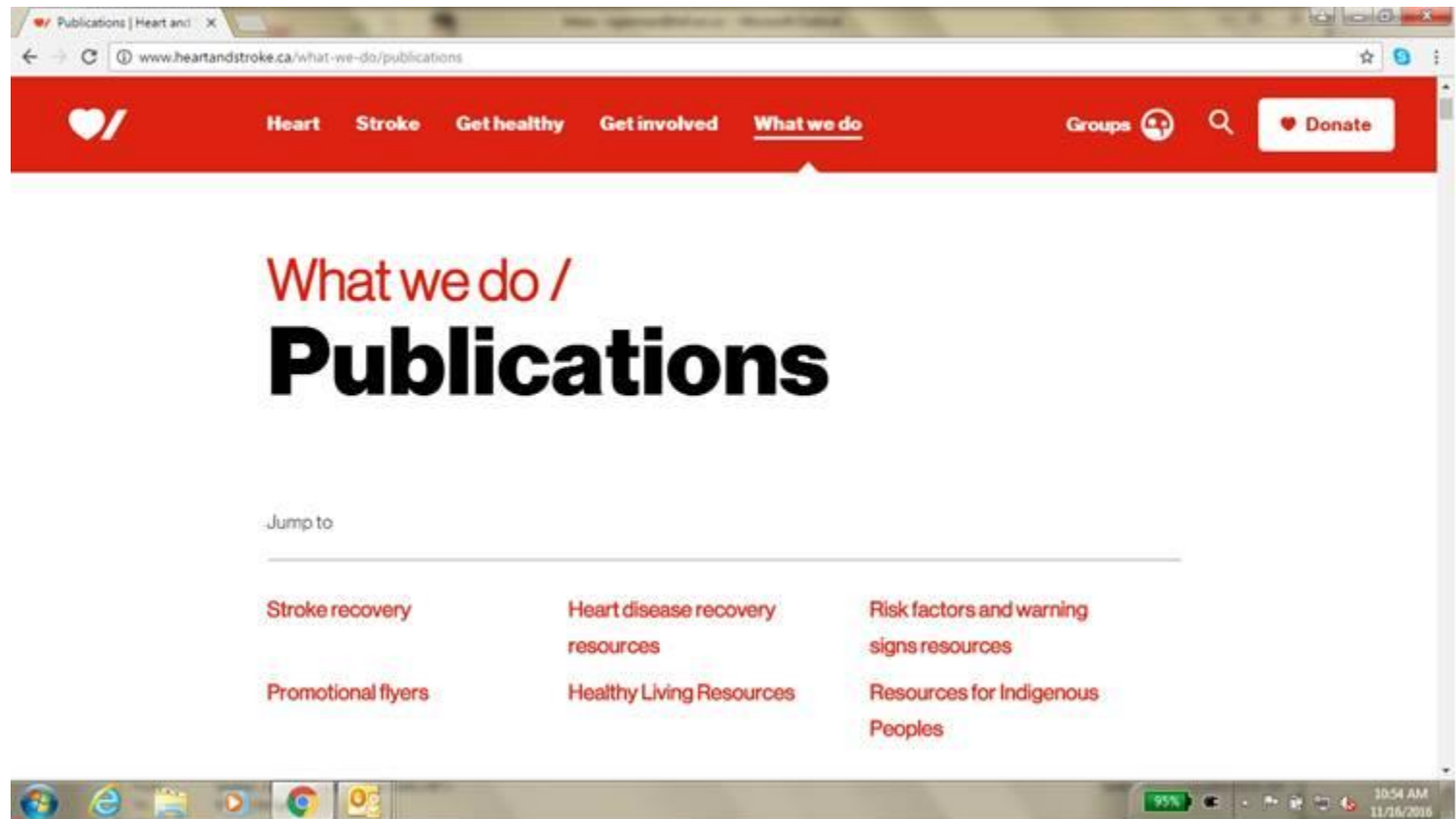
[Elder Abuse Ontario Provincial Conference](#)
Aging Well: Different Perspectives
November 2 - 4, 2015 | International Plaza Hotel
Toronto, ON

Stroke Resources Microsite

The screenshot shows a web browser window with the URL www.southeasthealthline.ca/libraryContent.aspx?id=21291. The page is titled "Stroke Resources" and features a navigation menu with categories like "South East", "Leads & Contacts", "Leads", "Partners & Sponsors", "Leads & Advertisers", "Mailings", "Private Release", and "Multimedia". Below the navigation, there is a search bar and a "Share" button. The main content area is titled "Stroke Resources" and includes a "Welcome" section with a paragraph of text: "If you, or someone you care about, has had a stroke, you probably want to know where you can get more information and help. Many services are available to help people who have survived a stroke, their family members, and their caregivers. The following list identifies areas where you may be having difficulty or need help following a stroke. Click on a category below to visit a list of resources related to that topic." Below this text is a section titled "Where can I find help with..." which contains ten yellow buttons with icons and text: "My health" (doctor icon), "Getting around" (car icon), "Where I live" (house icon), "Social supports" (group of people icon), "My roles and activities" (people icon), "Caregiver support" (person with child icon), "Communication" (two people talking icon), "Managing my money" (dollar sign icon), "My child who had a stroke" (child icon), and "Understanding my stroke" (person with question mark icon). At the bottom of the page, there is a small footer: "This resource was created in partnership with the Stroke Network of Southeastern Ontario and South-East Community Care Access Centre."

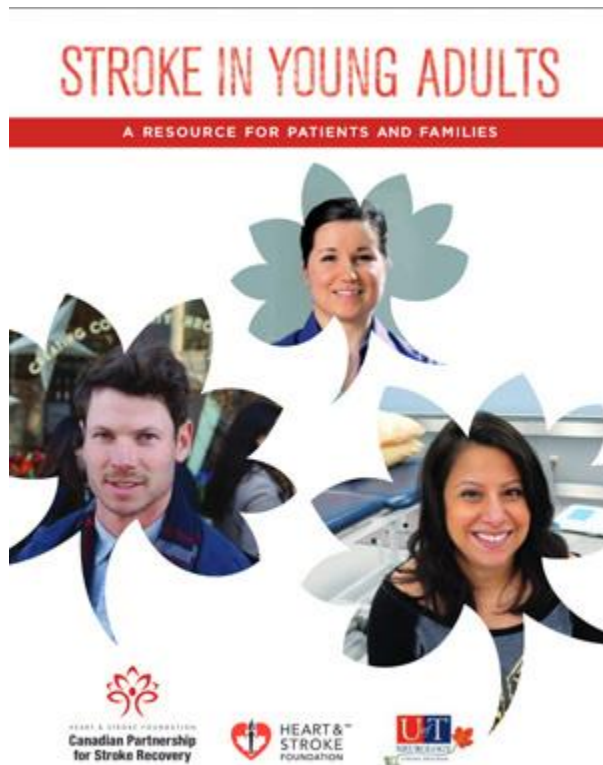
Stroke Resources Microsite

Heart & Stroke Foundation

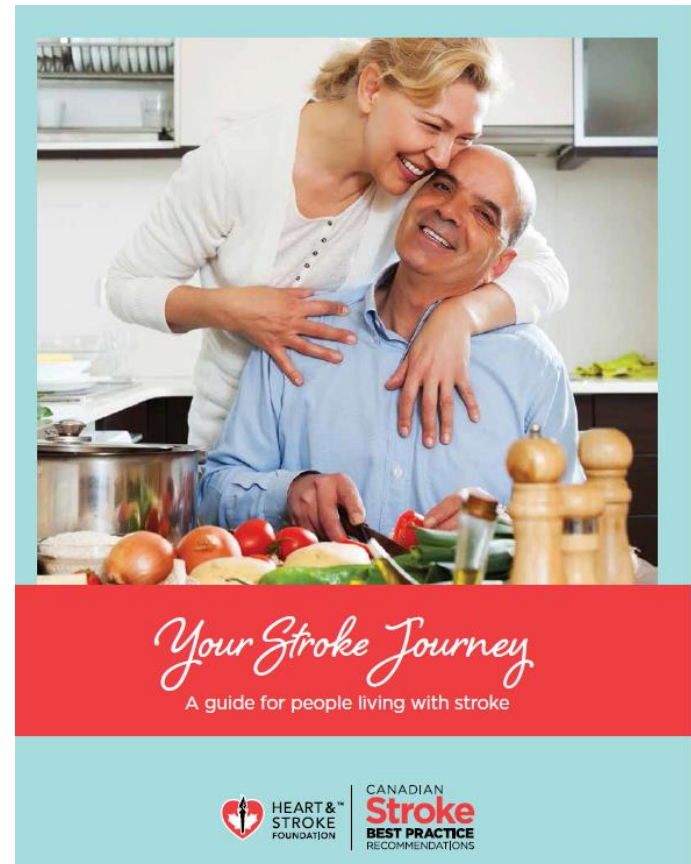


[Heart & Stroke Foundation Publications](http://www.heartandstroke.ca/what-we-do/publications)

Heart & Stroke Foundation



Stroke In Young Adults



Your Stroke Journey

Heart & Stroke Foundation



[A Family Guide to Pediatric Stroke](#)



[Taking Charge of Your Stroke Recovery: A Survivor's Guide To The Canadian Stroke Best Practice Recommendations](#)



[Post Stroke Checklist](#)

Stroke Engine

www.strokingengine.ca

The screenshot shows a web browser window displaying the homepage of the Stroke Engine website. The browser's address bar shows the URL www.strokingengine.ca. The website's header features the logo of the Heart & Stroke Foundation Canadian Partnership for Stroke Recovery on the left, the text "STROKE ENGINE" in a white box on a red background in the center, and a search bar on the right. Below the header is a navigation menu with links for Home, About Stroke Engine, The Team, Links, Contact Us, and GLOSSARY. The main content area has a "Welcome" section with the text "For families and health professionals who work in the field of stroke rehabilitation". Below this are four columns, each with a circular image of people, a red question mark icon, a title, a short description, and a "READ MORE" link. The titles are "Just had a Stroke", "Starting Rehabilitation", "Leaving the Hospital Soon", and "Living with Stroke". To the right of these columns are two circular icons labeled "ASSESSMENTS" and "INTERVENTIONS", each with a brief description of the services offered.

Home About Stroke Engine The Team Links Contact Us GLOSSARY

Welcome *For families and health professionals who work in the field of stroke rehabilitation*

Just had a Stroke
Click here for more information on stroke.
::READ MORE

Starting Rehabilitation
Click here for information on stroke rehabilitation and different types of intervention.
::READ MORE

Leaving the Hospital Soon
Click here for information to assist you or your family member with the transition.
::READ MORE

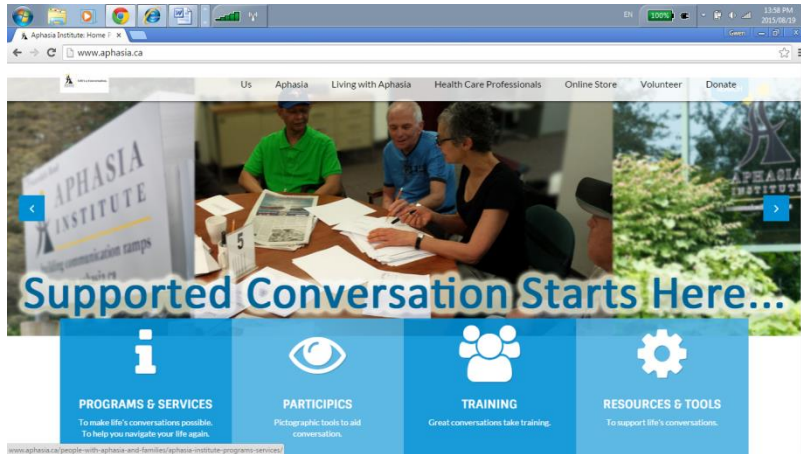
Living with Stroke
Click here for information about recovering from stroke over time.
::READ MORE

ASSESSMENTS
Assessments: offers a detailed review of over 90 assessment tools useful in stroke rehabilitation.

INTERVENTIONS
Interventions: offers a detailed review of the effectiveness of over 45 stroke rehabilitation interventions.

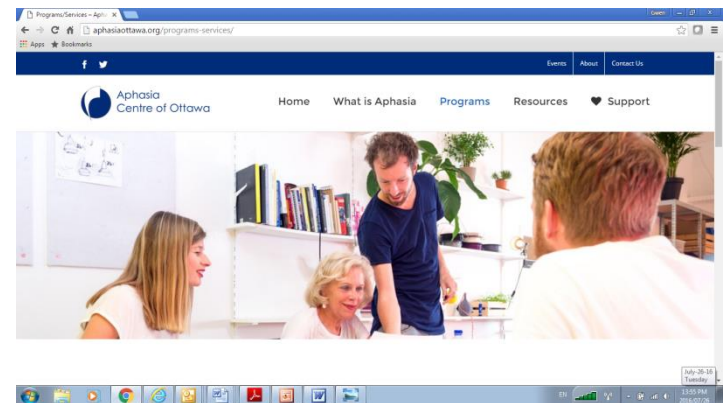
[Stroke Engine](http://www.strokingengine.ca)

Aphasia



The Aphasia Institute - Toronto

The Aphasia Centre - Ottawa

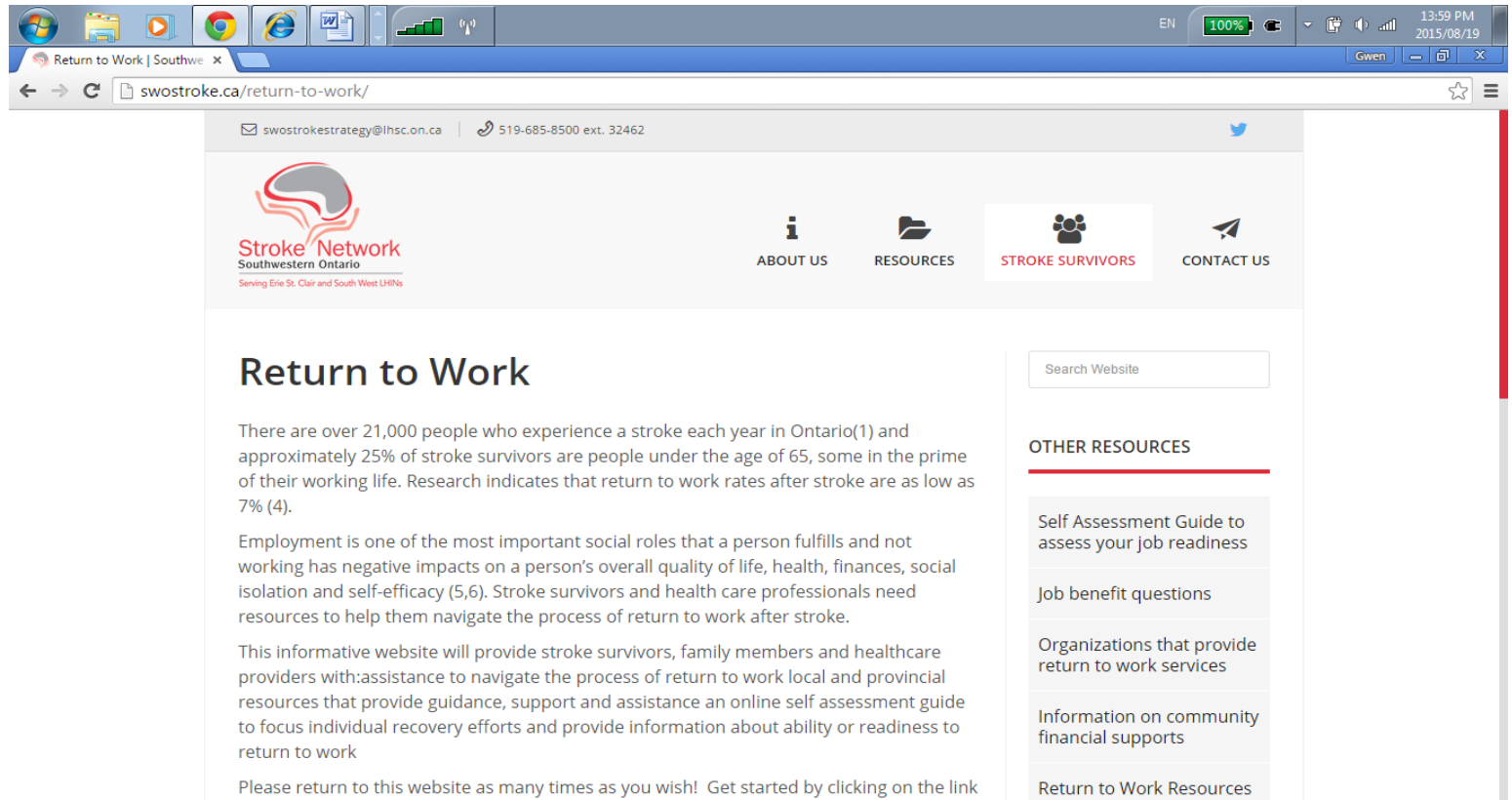


Conversation Group

- Partnership between CCSH and Quinte Rehab
- Speech Language Pathologist (SLP) with Communication Disorders Assistant (CDA) support
- Maximum 6 participants per group
- One day a week for 8 weeks
- Participants recruited from BGH, Quinte Rehab and self referral
- Various conversation topics
- Caregiver group offered



Return to Work - SWO



The screenshot shows a web browser window displaying the 'Return to Work' page on the SWO website. The browser's address bar shows 'swostroke.ca/return-to-work/'. The website header includes the Stroke Network Southwestern Ontario logo and navigation links for 'ABOUT US', 'RESOURCES', 'STROKE SURVIVORS', and 'CONTACT US'. The main content area features a 'Return to Work' section with introductory text and a list of 'OTHER RESOURCES' including a self-assessment guide, job benefit questions, and return to work services.

swostrokestrategy@lhsc.on.ca | 519-685-8500 ext. 32462

Stroke Network
Southwestern Ontario
Serving Erie St. Clair and South West LHINs

ABOUT US **RESOURCES** **STROKE SURVIVORS** **CONTACT US**

Return to Work

There are over 21,000 people who experience a stroke each year in Ontario(1) and approximately 25% of stroke survivors are people under the age of 65, some in the prime of their working life. Research indicates that return to work rates after stroke are as low as 7% (4).

Employment is one of the most important social roles that a person fulfills and not working has negative impacts on a person's overall quality of life, health, finances, social isolation and self-efficacy (5,6). Stroke survivors and health care professionals need resources to help them navigate the process of return to work after stroke.

This informative website will provide stroke survivors, family members and healthcare providers with: assistance to navigate the process of return to work local and provincial resources that provide guidance, support and assistance an online self assessment guide to focus individual recovery efforts and provide information about ability or readiness to return to work

Please return to this website as many times as you wish! Get started by clicking on the link

Search Website

OTHER RESOURCES

- Self Assessment Guide to assess your job readiness
- Job benefit questions
- Organizations that provide return to work services
- Information on community financial supports
- Return to Work Resources

Return to Work Toolkit



What We Heard...

- *You don't get told what is available, they just give you pieces of paper...you have to think of things yourself. [They] don't really explain things, you're given a book and they make an issue out of things that aren't important and don't address things that are.*
- *Sometimes they let you know what community supports are available but then leave you to make the connections. It would be good to do this before discharge; this would make an easier transition. To integrate the post-discharge links (e.g., support groups) into the rehab process.*

What We Heard...

- *When first was out of hospital I felt that we fell through the cracks. No one was there to help us. I saw an ad in the paper for the support group.*
- *The individual experiences fear at discharge [so it's important to prepare] the individual for a positive experience after discharge; ensuring services and equipment are in place in one's own community with follow-up home based care. [It's important to ask] the individual "What do YOU need to go home?" and then including the person in the planning to give the person some control.*

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Questions





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