



Timiskaming District Stroke Resource Guide

This is a list of community agencies that provide direct services or link stroke survivors and caregivers to other community programs that can assist in the recovery from stroke. It may not contain all of the community resources related to stroke; however, these organizations can direct you to the appropriate resource or information.

Note: there may be fees charged for some of these services.

For a description of these types of services refer to the Heart and Stroke Foundation's **Living with Stroke** booklet.

Unless otherwise noted, all of the numbers are in the 705 area code.

COMMUNITY CARE ACCESS CENTRES (CCAC)

The CCAC can help you access the following services.
Cost: No Fee

Information and Referral:

To assist you in finding community support services in your area

Other services provided to eligible clients:

Nursing

Personal Care/Respite: Help with personal hygiene and activities of daily living, e.g. help with bathing. In-home caregiver respite.

Stroke Rehabilitation: Services that help you regain independence, e.g. occupational therapy, speech therapy, physiotherapy, social work, dietitian.

Placement Services: Point of entry for access to nursing homes and short-term placement for respite.

Community Care Access Centre

1-888-602-2222 or
567-2222 (Kirkland Lake Branch office)
544-2222 (Englehart Satellite Office)
672-2222 (Haileybury Satellite Office)

IN-HOME NURSING / PERSONAL CARE / HOMEMAKING

Agencies other than the CCAC that can provide these services. Cost: Fee

Victoria Order of Nurses (VON):
567-3369 (Kirkland Lake)

Timiskaming Home Support:
1-800-361-5820 or
647-2060 (New Liskeard)
544-2324 (Englehart)
567-7383(Kirkland Lake)

Rainbow Providers

647-6191 (New Liskeard)

For other information about services in your area
Ontario Community Support Association
www.ocsa.on.ca/carefinder.html

See Yellow Pages under: "Home Health Care Services; Nurses"

ABORIGINAL/MÉTIS COMMUNITY RESOURCES

Temiskaming Métis Community Council
672-1192 (Haileybury)

ADULT DAY PROGRAMS

Provide supervised and structured group settings and offer activities, care, health counselling, lunch and relief for family caregivers. Cost: Fee for service

Timiskaming Home Support

1-800-361-5820 or
647-2060 (New Liskeard)
544-2324 (Englehart)
567-7383 (Kirkland Lake)

Temiskaming Lodge
672-2123 (Haileybury)

EMERGENCY RESPONSE SYSTEMS

Medical Emergency: Call 9-1-1

Non-Urgent Health Care:

Telehealth Ontario: Free access to a registered nurse
24 hours a day, 7 days a week
1-866-797-0000 TTY: 1-866-797-0007

Timiskaming Crisis Response System
1-888-665-8888

Agencies that provide 24-hour emergency assistance through the use of personal alarm systems. Cost: Fee

Lifeline Systems (Canada) Inc.: 1-800-387-8120

See the Yellow Pages under: "Medical Alarms"

FINANCIAL RESOURCES

It is suggested that you check with your insurance carrier to see if you are eligible for additional coverage. If you are a veteran you may also qualify for assistance from Veterans Affairs Canada (see under Financial Resources)

Assistive Devices Program

Up to 75% funding of assistive devices for persons with a physical disability who are eligible.

1-800-268-6021 or

www.mcsc.gov.on.ca/mcsc/english/pillars/social/odsp-is-directives/ODSP_incomesupport

Home and Vehicle Modifications Program

c/o March of Dimes: 1-877-369-4867

Human Resources Income Security Program

(CPP Disability Benefits)

1-800-277-9914 or www.hrsdc.gc.ca

Ontario Disability Support Program (ODSP)

Income Support 1-800-461-4961 or 567-3391 (KL)

www.mcsc.gov.on.ca/mcsc/english/pillars/social/odsp-is-directives/ODSP_incomesupport.htm

Ontario Works (Income Assistance) for under age 65
647-7447 (New Liskeard & Englehart)
567-9366 (Kirkland Lake)

Workplace Safety and Insurance Board (WSIB)

Formerly Workers Compensation Board (WCB)

1-800-461-9521 or 472-5200 (North Bay)

Private Insurance

Determine if you have "extended health care benefits" at your workplace/previous workplace, or if you are dependent of someone who has "extended health care benefits" to assist with your care.

Residential Rehabilitation Assistance Program for Persons with Disabilities (RRAP-Disabilities)

Financial Assistance to modify dwellings of low-income person with disabilities.

1-800-704-6488 (Sudbury)

377-7143 (Regional Rep)

www.cmhc-schl.gc.ca/en/co/prfinas/prfinas_003.cfm

Guaranteed Annual Income System (GAINS)

1-800-263-7965

Seniors Information Line – Medication Assistance Program for over age 65. 1-800-405-0405

Trillium Drug Program - Medication Assistance for under age 65. 1-800-575-5386

Self-Managed Attendant Services

Contact local CCAC

Veterans Affairs Canada

1-866-522-2122

LEGAL SERVICES

Legal Aid Ontario

1-877-585-3425 or 567-9349 (Kirkland Lake)

Ombudsman Ontario: 1-800-263-1830

LONG-TERM CARE HOMES (NURSING HOMES)

When care at home is no longer possible; short term or long term convalescence. **Contact the CCAC for information.** Cost: Fee

Temiskaming Lodge

672-2123 (Haileybury)

Extendicare Tri-Town

672-2151 (Haileybury)

Northview Nursing Home

544-8191 (Englehart)

Extendicare Kirkland Lake

567-3268

Teck Pioneer Residence

567-3257 (Kirkland Lake)

When care at home is no longer possible, but still able to live independently.

Contact directly. Cost: Fee

Northdale Manor Retirement Home

647-6992 (New Liskeard)

See Yellow Pages under: "Nursing Homes; Retirement Communities and Homes; Homes-Elderly People"

MEAL SERVICES

The agencies listed below provide in-home delivery of fresh or frozen meals. Cost: Fee

Meals on Wheels / Timiskaming Home Support

1-800-361-5820

647-2060 (New Liskeard)

544-2324 (Englehart)

567-7383 (Kirkland Lake)

SUPPORTIVE HOUSING

Provides personal support and homemaking to individuals who reside in specified supportive housing apartments.

Community Living Temiskaming South

672-2000 (Haileybury)

Timiskaming Home Support

1-800-361-5820

647-2060 (New Liskeard)

544-2324 (Englehart)

567-7383 (Kirkland Lake)

RECREATION

Please consult your physician before beginning any exercise program or recreational activity. Cost: Fee

Seniors Clubs:

Le Club de l'âge d'or d'Earlton: 563-2166

Cobalt Golden Age Club: 679-5994

Le Club Joyeux de Haileybury (âge d'or)

672-3262

Le Club du Sourire de New Liskeard (âge d'or)

647-6128

Also call local churches, municipal recreation departments, Royal Canadian Legions. Some retirement homes have seniors day programs.

See Yellow Pages under: "Recreation Centres; Retirement Communities & Homes"

REHABILITATION SERVICES

Services that help you regain independence e.g. Occupational Therapy, Physiotherapy, Speech Therapy

Publicly funded: No fee

Temiskaming Hospital (New Liskeard)

Outpatient Rehabilitation Services: 647-8121 ext 2286

Englehart & District Hospital

Outpatient Rehabilitation Services: 544-2301

Kirkland & District Hospital

Outpatient Rehabilitation Services: 567-5251

Private: Fee for service

Temiskaming Physiotherapy Clinic

647-1088 ext 2286 (New Liskeard)

Temiskaming Shores Rehab Centre

647-8121 ext 2286 (New Liskeard)

See Yellow Pages under: "Physiotherapists; Physiotherapy Equipment"

Equipment Loans:

Lions Club of Temiskaming Shores

647-5146 or 647-8588 (New Liskeard)

See Yellow Pages under: "Hospital Equipment and Supplies; Hearing Aids"

RESPIRE CARE

Community Care Access Centre Respite Services

1-888-602-2222 or

567-2222 (Kirkland Lake branch office)

544-2222 (Englehart satellite office)

672-2222 (Haileybury satellite office)

STROKE PREVENTION

Programs to assist you in preventing another stroke.

Heart and Stroke Foundation of Ontario

1-888-473-4636; 1-866-870-0574 (Timmins); (705)

476-6196 (North Bay); www.heartandstroke.ca

North Bay General Hospital

District Stroke Centre - Stroke Prevention Clinic

474-8600 ext. 2357

Physician referral required

Temiskaming Hospital

647-8121 (New Liskeard)

Englehart & District Hospital

544-2301 (Englehart)

Kirkland & District Hospital

567-5251 (Kirkland Lake)

Timiskaming Health Unit

1-866-747-4305 or 647-4305 (New Liskeard)

1-877-544-2221 or 544-2221 (Englehart)

1-866-967-9355 or 567-9355 (Kirkland Lake)

COUNSELLING / FAMILY SUPPORT

These agencies provide support, counselling and education to both stroke survivors and their families.

Community Care Access Centre

Social Worker:

1-888-602-2222 or

567-2222 (Kirkland Lake branch office)

544-2222 (Englehart satellite office)

672-2222 (Haileybury satellite office)

Canadian Mental Health Association

647-4444 (New Liskeard)

567-9596 (Kirkland Lake)

Centre de santé communautaire du Témiskaming

647-5775 (New Liskeard)

563-8110 (Earlton)

567-1414 (Kirkland Lake)

643-2442 (Larder Lake)

634-2223 (Virginiatown)

Temiskaming & District Victim Crisis

Assistance & Referral Service

647-0096 (New Liskeard)

See Yellow Pages under: "Marriage, Family and Individual Counsellors; Mental Health Services; Psychologists and Psychological Associates; Psychotherapy; Social and Human Service Organizations;"

STROKE EDUCATION / INFORMATION

Heart and Stroke Foundation – For information on heart disease and stroke, healthy living tips and resources. 1-888-473-4636
www.heartandstroke.ca

District Stroke Centre
North Bay General Hospital
474-8600 ext. 2357

Seizure & Brain Injury Centre
264-2933 (Timmins)

TRANSPORTATION & DRIVING

South Temiskaming Accessible Transit
647-2060 (New Liskeard)
567-7383 (Kirkland Lake)

If you need a driving assessment:
Sudbury Regional Hospital
Driver Assessment and Rehabilitation
523-7100 ext. 7098 / 3150

Ministry of Transportation Office (MTO)
472-7900 (North Bay)
564-7722 (Sudbury)

Ministry of Transportation Drive Test Centres
www.drivetest.ca/en/loc/Dec.aspx
568-4510 (Kirkland Lake)
647-5429 (New Liskeard)

VOCATIONAL

The agencies listed below can assist you in returning to work after a stroke.

CPP Disability Vocational Rehabilitation Program
Assistance to CPP disability pensioners to return to former, modified or new job.
1-800-461-3422 www.hrsdc.gc.ca

Human Resources Centres
647-6741 (New Liskeard)
567-9205 (Kirkland Lake)

Ontario March of Dimes – Sudbury
Employment Assessments: 1-877-705-7854

Ontario Disability Support Program (ODSP) Employment Supports
1-888-461-4961 or 567-3391 (Kirkland Lake)
www.mcsc.gov.on.ca/mcsc/english/pillars/social/odsp-es-directives/ODSP_employmentsupports.htm

WEBSITES

Northeastern Ontario Stroke Network
www.neostrokestrategy.com

Stroke Recovery Canada
1-800-540-6666
www.strokerecoverycanada.com

Stroke Survivors Association of Ottawa
www.strokesurvivors.ca

Ontario Seniors Secretariat
<http://www.citizenship.gov.on.ca/seniors/index.html>

Ontario Prevention Clearinghouse: Prevent Stroke:
www.preventstroke.ca

5 Warning Signs of Stroke

- 1. Sudden severe headache**
- 2. Weakness**
 - Numbness and/or tingling of the face, arm or leg
- 3. Dizziness**
 - Unsteadiness or sudden falls, especially with any of the above warning signs.
- 4. Vision trouble**
 - Sudden loss of vision, particularly in one eye, or double vision
- 5. Speech trouble**
 - Temporary loss of speech or trouble understanding speech.

If you or someone you know is having any of these signs, CALL 9-1-1 or your local emergency number immediately.



North Bay and District Hospital
Hôpital de North Bay et du district

For information about this guide contact:

North Bay General Hospital
District Stroke Centre
705 474-8600 ext. 4194

Funding for the production of this guide has been generously donated by:

