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**Timmins and Area
Stroke Resource Guide**

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**Timmins & Area
Community
Resource Guide**

**For Stroke Survivors and
their Caregivers**

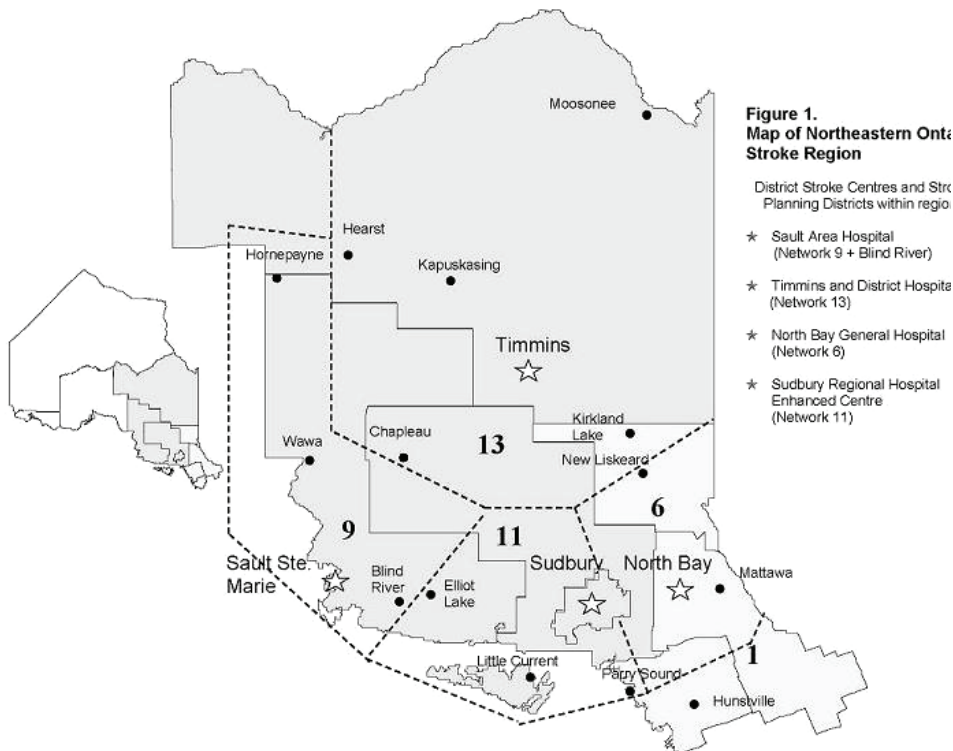


As seen on the way to Moosonee aboard the Polar Bear Express

Last update: July 2007

Network 13 Timmins Stroke District

Map of the coverage area on the Northeastern Ontario Stroke Network which includes Network 13, the Timmins District Stroke Centre coverage area.



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It is always advisable to contact your CCAC first when attempting to access community services

In-home Support Services

COMMUNITY CARE ACCESS CENTRE (CCAC)

CCACs provide services funded by the Ontario Ministry of Health and Long Term Care. The CCAC can help you access the following services:

Information and Referral: To assist you in finding community support services in your area.

Other services provided to eligible clients:

Nursing

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

Stroke Rehabilitation: Services that help you regain independence, e.g., Occupational Therapy, Physiotherapy, Speech Therapy. Information on private rehabilitation services can also be obtained from the yellow pages under “Rehabilitation Services”.

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

North East Community Care Access Centre—Branch Offices:

Kirkland Lake: 567-2222 or 1-888-602-2222

Timmins: 267-7766 or 1-888-668-2222

Satellite Offices:

Cochrane: 27 2-2626

Englehart: 544-2222

Hearst: 362-6633

Iroquois Falls: 232-5123

Kapuskasing: 335-2600

Matheson: 1-888-273-1611

Moosonee: 336-2233

Smooth Rock Falls: 1-877-513-2626

Useful Websites

- Canadian Health Network
www.canadian-health-network.ca
- Canadian Diabetes Association
www.diabetes.ca
- Chapleau Health Services
www.sschs.ca
- Cochrane Dementia Network
www.cochrane.ca
- Government of Ontario
www.gov.on.ca
- Heart & Stroke Foundation
www.heartandstroke.ca
- Ministry of Health
www.health.on.ca
- **Northeastern Ontario Stroke Network**
www.neostrokestrategy.com
(Copies of this document can be obtained at this site)
- Ontario’s Seniors’ Secretariat
Ministry of Citizenship & Immigration
www.gov.on.ca/citizenship.seniors
- Stroke Recovery Canada
www.strokerecoverycanada.com
- Stroke Survivors Association of Ottawa
www.strokesurvivors.ca

Financial Resources

Agency	Telephone
Assistive Devices Program (NECCAC)	1-800-268-6021
Canada Pension Plan (CPP) - Disability Benefits	1-800-277-9914
District of Cochrane Social Services Administrative Board	General Inquiries 1-877-259-7722 or 268-7722 Housing 264-5274
Employment Insurance Compassionate Care Benefits	1-800-206-7218
Guaranteed Annual Income System (GAINS)	1-800-263-7965
Home and Vehicle Modification Program c/o March of Dimes	1-877-369-4867
Income Security (Involuntary Separation)	1-800-277-9914
Old Age Security (OAS)	1-800-277-9914
Residential Rehabilitation Assistance Program for Persons with Disabilities (RRAP-Disabilities)	1-800-704-6488 (Sudbury)
Ontario Disability Support Program (ODSP) - Income Support	1-888-461-4961
Ontario Health Insurance Plan (OHIP)	1-800-268-1154
Ontario Works	864-0430 (CH) 647-7447 (EGLH) 567-9366 (KL)
Seniors Information Line—Medication Assistance Program for over age 65	1-800-405-0405
Veterans Affairs Canada (VAC)	1-800-465-0111

OTHER IN-HOME SUPPORT SERVICES

These are agencies, other than the CCAC that provide in-home nursing, personal care, caregiver respite and homemaking. For other listings, see **Yellow Pages** under: “*Home Health Services and Supplies; Senior Citizens Services and Centre*”

Agency	Telephone
Bayshore Home Health	268-6088 or 1-888-759-4447 (CH)
Canadian Red Cross (Home Support Services)	272-6770 (CO) 362-5676 (HRST) 335-4200 (SRF) 264-6788(TIM)
City of Timmins—Community Home Support Program	360-2644 ext.4512
Ontario March of Dimes—Acquired Brain Injury Outreach Program	267-3986
Timiskaming Home Support	1-800-361-5820 or 544-2324 EGLH) 567-7383 (KL)
Victorian Order of Nurses (VON)	267-8444 (TIM) 567-3369 (KL)

MEAL SERVICES

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

For other in-home meal providers, see **Yellow Pages** under: “*Foods—Take Out*” or contact the NE CCAC

Agency	Telephone
Canadian Red Cross (Home Support Services)	272-6770 (CO) 362-5676 (HRST) 335-4200 (SRF) 264-6788(TIM)
Meals on Wheels (Chapleau)	864-1919 (CH)
Meals on Wheels/Timiskaming Home Support	544-2324 (EGLH) 567-7383 (KL)

RECREATION

The agencies listed below provide recreational activities that are accessible throughout Timmins & District. You may also want to contact your local Royal Canadian Legion or Church Group.

Agency / Program	Telephone
Chapleau Recreation Centre	864-0154 (CH)
Timmins Senior Citizens Recreation Centre	267-4234

VOCATIONAL

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

Agency / Program	Telephone
CPP Disability Vocational Rehabilitation Program. (Assistance to CPP disability pensioners to return to former, modified or new job)	1-800-461-3422
Human Resources Centres	567-9205 (KL)
Ontario March of Dimes—Sudbury Employment assessments	1-877-705-7854
Ontario Disability Support Program (ODSP)	1-888-461-4961

Recreation & Leisure Activities

ADULT DAY PROGRAMS

The agencies listed below provide supervised and structured group settings and offer activities, care, health counseling, lunch and relief for family caregivers.

Agency	Telephone
City of Timmins—Community Home Support Program—Adult Day Program	360-2644 ext. 4512
Timiskaming Home Support	1-800-361-5820 or 544-2324 (EGLH) or 567-7383 (KL)

EXERCISE PROGRAMS

The agencies listed below provide physical activities that may not be stroke-specific. For Private Clubs, see **Yellow Pages** under: “*Health, Fitness & Exercise Services*”.

Agency	Telephone
Fitness, Tanning and Such	864-1724 (CH)
Seniors Walking Club	864-1610 (CH)

SUPPORTIVE DEVICES

The agencies listed below may provide device sales or rentals that assist in daily living such as mobility aids and bath equipment.

See “Heart & Stroke: Let’s Talk About Stroke—An Information Guide for Survivors and Their Families”, Sections 4 and 10..

Equipment; Hearing Aids; Orthopedic Appliances; Wheelchairs”

Equipment Loans: Many local service clubs have loan cupboards. Examples: Contact you local branch of the: Royal Canadian Legion, Elks, Rotary, Lions, Masons, Kinsmen and Independent Order of Odd Fellows, etc.

Agency	Telephone
Canadian National Institute for the Blind (CNIB)	264-2312
Medi Chair	264-2299
North East CCAC	See page 4 for local number
Northern Mobility	360-5333
Ontario March of Dimes Home and Vehicle Modification Program	1-877-369-4867
Ontario March of Dimes Assistive Devices Program	1-866-765-7237
Shoppers Home Health Care	268-6893

MEDICAL EMERGENCY CALL 9-1-1

EMERGENCY RESPONSE SYSTEMS

The agencies listed below provide 24-hour emergency assistance through the use of personal alarm systems.

Also contact the NE CCAC for an updated list or see the “**Yellow Pages**” under: “*Medical Alarms*”

Agency	Telephone
Helpline	267-2131 ext. 6347 or 1-800-667-8019 or 864-1919 (CH)
Life Call Response Centre	1-800-661-5433
Lifeline Systems (Canada) Inc.	1-800387-8120

RESPIRE SERVICES

The agencies listed below provide caregiver relief in-home, centre-based or through other community programs.

Agency	Telephone
Bignucolo Residence	(CH)
Château Georgian	267-7935
North East CCAC	See page 4 for local number
Rainbow Suites	360-1130
Spruce Hill Lodge	235-8200
SSCHS Respite Care	864-1623 ((CH)
St. Mary’s Manor	268-8033

Transportation Services

BUS SERVICES

The agencies listed below provide accessible transit services at a reasonable cost. Appointments need to be booked in advance and applications may need to be completed

Agency	Telephone
Handi Trans Bus Services	360-8457
Handi-Transit	864-1520 (CH)

TAXI SERVICES

For listings, see **Yellow Pages** under: “*Taxis*”.

ADDITIONAL TRANSPORTATION SERVICES

The agencies listed below may provide volunteer drivers for rides to medical appointments, banking and grocery shopping. Costs may apply.

Agency	Telephone
City to Timmins Community Home Support Program	360-2644 ext. 4512
South Timiskaming Accessible Transit	567-7383 (KL)

Education Resources

See *“Heart & Stroke: Let’s Talk About Stroke—An Information Guide for Survivors and Their Families”*, Section 24.

The agencies listed below may provide information regarding recovery from stroke, including lifestyle changes.

Agency	Telephone
Diabetes Education	264-6803
Heart and Stroke Foundation	267-4645 1-888-473-4636
Ontario March of Dimes Acquired Brain Injury Program	267-3986
Porcupine Public Health	272-3394 (CO) 362-4854 (HRST) 232-4084 (IRF) 335-6101 (KAP) 273-2954 (MATH) 338-2654 (SRF) 267-1181 (TIM)
Seizure & Brain Injury Centre	264-2933
Seniors Computer Centre Project (NEOnet Inc.)	360-1353
Timmins & District Hospital District Stroke Centre	360-6098

Housing

See *“Heart & Stroke: Let’s Talk About Stroke—An Information Guide for Survivors and Their Families”*, Section 17.

SUPPORTIVE HOUSING

The agencies listed below provide personal support and homemaking to individuals who reside in specified supportive housing apartment. Contact the NE CCAC for current listings .For other listings, see **Yellow Pages** under: *“Retirement Communities and Homes”*

Agency	Telephone
Access Better Living	268-2240
Golden Manor Home Support	360-2644 ext.4508
Timiskaming Home Support	1-800-361-5820 544-2324 (EGLH) 567-7383 (KL)
Timmins Finnish Seniors Home	235-2410

CONVALESCENT CARE BEDS

These agencies provide convalescence and rehabilitation which can assist the stroke survivor to return home. Contact your local office of the North East CCAC (p. 3) for a listing of these services in your area.

HOUSING - LONG-TERM CARE HOMES

Agency	Telephone
Bignucolo Residence LTC Wing	864-1623 (CH)
Extendicare—Timmins	360-1060
Extendicare—Kapuskasing	335-6633 (KAP)
Extendicare—Kirkland Lake	567-3268 (KL)
Foyers des Pionniers	362-7086 (HRST)
Golden Manor	360-2644 ext.4508
North Centennial Manor	337-1091 (KAP)
Northview Nursing Home	544-8255 (EGLH)
Rosedale Centre	273-2727 (MATH)
Smooth Rock Falls –LTC Unit	338-2784 (SRF)
South Centennial Manor	258-3694 (IRF)
Teck Pioneer Residence	567-3268 (KL)
Villa Minto	272-7200 (CO)

FIRST NATIONS OR MÉTIS COMMUNITY RESOURCES

Offer a variety of health and social services.

Agency	Telephone
Kunuwanimano	1-800-461-1293 (CH)
Ininew Friendship Centre	272-4497 (CO)
Kapuskasing Friendship Centre	337-1935 (KAP)
Métis Nation of Ontario—Timmins	264-3939
Misiway Milopemahtesewia Health Centre	264-3986
Moosonee	336-2233 (MSN)
Timiskaming Métis Community Council	672-1192
Timmins Native Friendship Centre	268-6262

SUPPORT GROUPS / SERVICES

The agencies listed below provide support, education and social interaction in a group setting to both stroke survivors and their family members.

Agency	Telephone
Canadian Mental Health Association	267-8100
Heart and Stroke Foundation — “Living with Stroke” Program	267-4647
Ontario March of Dimes Acquired Brain Injury Program—Caregiver Support Group and Community Kitchens	267-3986
Ontario March of Dimes — “Stroke Recovery Canada”	1-888-540-6666
Seizure and Brain Injury Centre	264-2933
Timmins Family Counselling	267-7333
Timmins Grief Support Group	267-0427
Turning Point Décisif	864-1919

Rehabilitation Services

Services that help you regain independence

See *“Heart & Stroke: Let’s Talk About Stroke—An Information Guide for Survivors and Their Families”*, Sections 4, 8, and 9.

You may be eligible for services through the NECCAC. Please call the NECCAC for an assessment.

DIETICIAN SERVICES

The agencies listed below provide outpatient dietary services.

Agency	Telephone
North East CCAC	See page 4 for local number
Diabetes Program	864-0210 (CH)

OCCUPATIONAL THERAPY

The agencies listed below provide outpatient or in-home therapy to increase independence with activities of daily living.

Agency	Telephone
North East CCAC	See page 4 for local number
Service de Santé de Chapleau Health	864-1520 (CH)

PHYSIOTHERAPY

The agencies listed below provide outpatient or in-home therapy to optimize physical recovery following a stroke.

For other listings, see **Yellow Pages** under: “*Rehabilitation Services*”.

Agency	Telephone
North East CCAC	See page 4 for local number
Service de Santé de Chapleau Health Services	864-1520 (CH)

SPEECH THERAPY

The agencies listed below provide outpatient or in-home therapy to address swallowing, communication and cognitive retraining.

Agency	Telephone
North East CCAC	See page 4 for local number

COUNSELING SERVICES - AREA SPECIFIC

The agencies listed below offer counseling services in specific areas.

Agency	Telephone
HKS Counselling	372-1933 (HRST) 335-8468 (KAP) 338-2989 (SRF)
Minto Counselling Center	272-2255 (CO) 232-5115 (IRF) 273-2255 (MATH) 338-2989 (SRF)

Counseling Services

See *“Heart & Stroke: Let’s Talk About Stroke—An Information Guide for Survivors and Their Families”*, Section 16.

For other listings, see **Yellow Pages** under: *“Career Counselling; Marriage, Family and Individual Counsellors; Mental Health Services; Psychologists and Psychological Associates; Psychotherapy; Social and Human Service Organizations; Stress Management and Counselling”*.

SUPPORTIVE COUNSELING/SOCIAL WORK/MENTAL HEALTH SERVICES

The agencies listed below provide individual or group counseling to stroke survivors and/or their family members. These services are designed to assist in coping with the changes associated with having a stroke. Services may also include financial counseling.

Agency	Telephone
North East CCAC	See page 4 for local number
Canadian Mental Health Association	267-8100 (TIM) 567-9596 (KL)
Horizons—Timmins Palliative Care Inc.	267-3434 or 1-866-510-0985
Seniors Mental Health Services	267-2131
Timmins and District Hospital—Crisis Intervention Program	264-3003 or 1-888-340-3003

REHABILITATION SERVICES - AREA SPECIFIC

The following are listings of area specific treatment resources including the services they provide.

Agency	Telephone
Englehart & District Hospital Services: Outpatient Rehabilitation Services	544-2301 (EGLH)
Kirkland & District Hospital Services: Outpatient Rehabilitation Services	567-5251
MIC Group (Matheson, Iroquois Falls, Cochrane) Services: Laboratory, Physiotherapy, Medical Supplies	338-2784
Sensenbrenner Hospital Services: Laboratory, Occupational Therapy, Medical Supplies	337-4001
Smooth Rock Falls General Hospital Services: Laboratory, Physiotherapy, Medical Supplies	338-2784
Weeneebayko General Hospital (Moose Factory) Services: Laboratory, Physiotherapy, Occupational Therapy	658-4544

STROKE PREVENTION

Programs to assist you in preventing another stroke.

See *“Heart & Stroke: Let’s Talk About Stroke—An Information Guide for Survivors and Their Families”, Section 7*

Agency	Telephone
Heart and Stroke Foundation of Ontario	267-4645 1-888-HSF-INFO
Timmins & District Hospital District Stroke Centre Secondary Prevention Clinic	360-6098

DEMENTIA SERVICES — GERIATRIC ASSESSMENT SERVICES

The agencies listed below provide assessment and treatment recommendations for the management of dementia. Services may require a physician referral.

Agency	Telephone
Alzheimer Society	265-4554
Alzheimer Society—Forget Me Not	864-1520 (CH)
Northeastern Ontario Dementia Assessment and Consultations (NODAC) Network	566-4282 ext. 3217
Seniors Mental Health Services	267-2131