



## STROKE COMMUNITY SERVICES

# Espanola/Manitoulin Island

Unless otherwise listed,  
all phone numbers are in the

# 705

 Area Code

The following is a list of the types of community agencies that provide direct service or link stroke survivors and caregivers to other community programs that can assist in recovery from stroke. Though the list may not contain all of the community services related to stroke, each of these organizations can direct you to the appropriate resource or information.

### COMMUNITY CARE ACCESS CENTRES (CCAC)

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

#### North East Community Care Access Centre (Espanola Satellite Office)

**869-3790 or 1-800-370-0952**

[www.ne.ccac-ont.ca](http://www.ne.ccac-ont.ca)

#### 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 as well as in-home caregiver relief.

##### Stroke Rehabilitation:

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

##### Placement Services:

This is the point of entry for access to nursing homes and short term placement for respite. It is also the point of entry for convalescent care at Extendicare York (Sudbury).

### ADULT DAY PROGRAMS

Provide supervised and structured group settings and offer activities, care, health counseling, lunch and relief for family caregivers.

#### Victorian Order of Nurses (VON) – Espanola only

**869-3304**

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

### EMERGENCY RESPONSE SYSTEMS

These agencies provide 24-hour emergency assistance through the use of personal alarms systems.

#### Lifeline (VON – Sudbury) 522-7183

#### Helpline (Sudbury Regional Hospital (HRSRH)) 523-7000 or 1-800-667-8019

#### Medical Emergency Call 9-1-1

See **Yellow Pages** under:  
"Medical Alarms"

### FINANCIAL RESOURCES

#### Private Insurance

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

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 wheelchairs/walkers for persons with a physical disability of 6 months or longer

**1-800-268-6021**

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

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### IN-HOME NURSING / PERSONAL CARE / HOMEMAKING

These are agencies other than the CCAC that can provide these services. There may be a fee associated with these services.

#### Bayshore Home Health

**523-6668**

#### ICAN – Independence Centre and Network

**1- 866-HEY-ICAN**

#### Ontario Community Support Organization

**1-800-267-6272**

#### Victorian Order of Nurses (VON) (homemaking on Manitoulin Island)

**377-4225**

#### We Care Home Health Services

**523-4008**

For other information about services in your area

[www.ocsa.on.ca/carefinder.html](http://www.ocsa.on.ca/carefinder.html)

See **Yellow Pages** under: "Home Health Services and Supplies; Senior Citizens & Centres"

### ABORIGINAL COMMUNITY RESOURCES

**Aundeck Omni Kaning Health Center 368-3171**

**Birch Island Health Center 285-4354**

**Sheguindah First Nation Health Center 368-2718**

**Sheshegwaning First Nation Health Center 283-3030**

### THE 5 WARNING SIGNS OF STROKE

**SUDDEN WEAKNESS • TROUBLE SPEAKING • VISION PROBLEMS • HEADACHE • DIZZINESS**

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



## STROKE COMMUNITY SERVICES

# Espanola/ Manitoulin Island

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**705** Area Code

### FINANCIAL RESOURCES (continued)

**Home and Vehicle Modification Program c/o March of Dimes**  
1-877-369-4867

**Human Resources Income Security Program (CPP Disability Benefits)**  
1-800-277-9914

[www.hrsdc.gc.ca](http://www.hrsdc.gc.ca)

**Ontario Disability Support Program (ODSP)**  
1-800-665-9718  
564-4515

[www.cfcs.gov.on.ca/cfcs/en/programs/IES/OntarioDisabilitySupportProgram/default.htm](http://www.cfcs.gov.on.ca/cfcs/en/programs/IES/OntarioDisabilitySupportProgram/default.htm)

**Ontario Works (Income Assistance) for under age 65**  
675-2411

**Residential Rehabilitation Assistance Program for Persons with Disabilities (RRAP) Financial assistance**

To modify dwellings of low-income person with disabilities

523-2900

[www.cmhc-schl.gc.ca](http://www.cmhc-schl.gc.ca)

**Seniors Information Line – Medication Assistance for age 65+**  
1-800-405-0405

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

**Veterans Affairs Canada**  
1-866-522-2122

### LONG-TERM CARE HOMES (NURSING HOMES)

**Espanola Nursing Home**  
869-1420

**Manitoulin Centennial Manor**  
368-2710

**Manitoulin Lodge**  
282-2007

**Wikwemikong Nursing Home**  
859-3107

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.

**Victorian Order of Nurses (VON) Meals on Wheels Espanola**  
869-3304

**Manitoulin Island**  
377-4225

### RECREATION

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

#### No Services Listed

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

See **Yellow Pages** under: “Recreation Centres”

### REHABILITATION SERVICES

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

#### Publicly Funded

No fee for service

**Sudbury Regional Hospital (HRSRH) Outpatient Rehabilitation Services**  
523-7297

**Independence Centre and Network (ICAN)**  
1-866-HEY-ICAN

**Ontario March of Dimes**  
669-4327

#### Private

Fee for service

See **Yellow Pages** under: “Physiotherapist; Rehabilitation Services”

#### Equipment Loans

Many local service clubs have loan cupboards. Contact your local branch of the Royal Canadian Legion, Rotary, Lions, Kinsmen, Mason, etc.

See **Yellow Pages** under “Hospital Equipment; Hearing Aids”

### STROKE PREVENTION

These programs can assist you in preventing another stroke.

**Heart and Stroke Foundation**  
673-2228 or 1-888-473-4636

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

**Sudbury Regional Hospital – Secondary Prevention Clinic (Sudbury)**  
675-4793

**Sudbury & District Health Unit**  
522-9200

### SUPPORTIVE HOUSING

These agencies provide personal support and homemaking to individuals who reside in specified supportive housing apartments.

**Espanola Nursing Home**  
869-1420

### SUPPORT, COUNSELLING AND EDUCATION

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

**Canadian Mental Health Association**

1-866-285-2642 or 675-7252

**ICAN – “Living with Stroke” Program**  
1-866-HEY-ICAN

**Heart and Stroke Foundation**

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

1-888-473-4636n or 673-2228 (Sudbury)

**Northeast Mental Health Centre**  
675-9192 (Sudbury)

**Stroke Recovery Canada**  
[www.strorecoverycanada.com](http://www.strorecoverycanada.com)

1-888-540-6666

**Sudbury Regional Hospital (HRSRH) Central Intake and Referral Co-ordination Service Program**

[www.hrsrh.on.ca](http://www.hrsrh.on.ca)

523-4988

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”

### TRANSPORTATION & DRIVING

**Victorian Order of Nurses (VON)**

**Espanola**

869-3304

**Manitoulin Island**

377-4225

If you need a driving assessment:

**Ministry of Transportation Office (MTO) – Sudbury**

566-0315

**MTO offices**

[www.drivetest.ca/en/loc/Dec/aspx](http://www.drivetest.ca/en/loc/Dec/aspx)

### VOCATIONAL

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

**CPP Disability Vocational Rehabilitation Program**  
1-800-461-3422

Assistance to CPP disability pensioners to return to former, modified or new job

[www.hrsdc.gc.ca](http://www.hrsdc.gc.ca)

**Ontario March of Dimes – Sudbury**  
669-0120

See **Yellow Pages** under: “Educational Consultants; Outplacement Counselling; Personal Consultants”