



STROKE COMMUNITY SERVICES

Sudbury

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 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:

North East Community Care Access Centre (Sudbury Branch Office)

522- 3460 or 1- 800- 461- 2919
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. In-home caregiver relief.

Stroke Rehabilitation:

Services that help you regain independence (Nutrition; Occupational Therapy; Physiotherapy; Social Work; Speech Therapy)

Placement Services:

Point of entry for access to nursing homes and short term placement for respite. Point of entry for convalescent care at Extencicare York (Sudbury).

Ontario March of Dimes

669-4327

Sudbury Finnish Rest Home Society

674-2713

Ukrainian Senior Citizens Club of

Sudbury Inc.

671-1575

Victorian Order of Nurses

671-1574 ext. 233

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

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

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IN-HOME NURSING / PERSONAL CARE / HOMEMAKING

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

Aides aux Séniors (Sudbury East only)

898-2174

Bayshore Home Health

523-6668

Canadian Red Cross –Community Health Services

560-5926

ComCare Health Services

525-5934

For Seniors Only

522-0679

Independence Centre and Network (ICAN)

673-0655

We Care Home Health Services

523-4008

Ontario Community Support

1-800-267-6272

for other information about services in your area

www.ocsa.on.ca/carefinder.html

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

ABORIGINAL COMMUNITY RESOURCES

N'Swakamok Native Friendship

Centre

674-2128

Shkagamik-kwe Health Centre

675-1596

ADULT DAY PROGRAMS

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

Aide aux Séniors (Sudbury East only)

898-2174

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



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FINANCIAL RESOURCES (continued)

Ontario Disability Support Program (ODSP)

564-4515 or 1-800-665-9718

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

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)

Elizabeth Centre
897-7695

Extencicare Falconbridge
566-7980

Extencicare York
674-4221

Pioneer Manor
566-4270

St. Joseph's Villa
674-4447

Sudbury Finnish Rest Home Society
524-3137

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

MEAL SERVICES

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

Aides aux Séniors (Sudbury East only)
898-2174

Meals on Wheels
525-4554

RECREATION

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

Gatchell Pool
675-7415

Howard Armstrong Recreation Centre (Hanmer)
969-4666

ParkSide Older Adult Centre
673-6227

Peer Support of Sudbury Inc.
675-1319
www.oacsudbury.ca

Y.M.C.A. of Sudbury District
674-8315

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

See **Yellow Pages** under: "Recreation Centre; Retirement Communities and Homes"

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)
673-0655

Ontario March of Dimes

669-4327

Y.M.C.A. - Exercise Group
673-4754

Private

Fee for service

See **Yellow Pages** under: "Physiotherapists; 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 may assist you in preventing another stroke.

Heart and Stroke Foundation
673-2228 or 1-888-473-4636
www.heartandstroke.ca

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

Sudbury & District Health Unit
522-9200

SUPPORT, COUNSELLING AND EDUCATION

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

Canadian Mental Health Association

675-7252 or 1-866-285-2642

ICAN – "Living with Stroke" Program
673-0655

Heart and Stroke Foundation
www.heartandstroke.ca

673-2228 or 1-888-473-4636

Northeast Mental Health Centre
675-9192

ParkSide Seniors' Information Line
673-3636

Stroke Recovery Canada
www.strokerecoverycanada.com
1-888-540-6666

Sudbury Stroke Discussion Group
522-8640

Sudbury Regional Hospital (HRSRH) Mental Health and Addictions Programs
523-4988
www.hrsrh.on.ca

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 HOUSING

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

Independence Centre and Network (ICAN)
673-0655

Victorian Order of Nurses – Supportive Housing Units
671-1575

Ontario March of Dimes – ABI Supportive Housing units as well as congregate care
669-4327

TRANSPORTATION & DRIVING

Aides aux Séniors (Sudbury East only)
898-2174

Canadian Red Cross Seniors Transportation Program
674-0737

Le Centre de Santé Communautaire de Sudbury
673-7594

Sudbury Handi Transit
670-2300

If you need a driving assessment:

Ministry of Transportation Office (MTO) – Sudbury
566-0315

MTO offices

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

Sudbury Vocational Resource Centre
671-2544

Ontario March of Dimes
674-3377

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