



STROKE COMMUNITY SERVICES

Parry Sound

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 (Parry Sound Branch)

773-4602 or 1-800- 440- 6762

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 "Physiotherapists".

Placement Services:

This is the point of entry for access to nursing homes and short term placement for respite as well as convalescent care beds (Extendicare York - Sudbury)

EMERGENCY RESPONSE SYSTEMS

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

Canadian Red Cross

1-800-563-1054

Helpline

1-800-667-8019

Medic Aid Response Systems – Huntsville

645-4567

VIPCO/Peerless Security

1-800-367-8091

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

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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.

The Friends Outreach Program

746-5102

Ontario Community Support Organization

1-800-267-6272

Belvedere Heights Community Support Services

746-5602 or 1-800-883-0058

For other information about services in your area

www.ocsa.on.ca/carefinder.html

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

ABORIGINAL COMMUNITY RESOURCES

Native Health Services

746-5807

Native Mental Health Program

746-2512

Parry Sound Friendship Centre

746-5970

ADULT DAY PROGRAMS

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

The Friends Adult Day Away Program

746-5102 or 1-888-259-6661

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)

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

www.hrsdc.gc.ca

**Ontario Disability Support Program
(ODSP)**

1-800-665-9718

564-4515

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

**Ontario Works (Income Assistance)
for under age 65**
746-8886

**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)

**Belvedere Heights Home for the
Aged**
746-9367

Lakeland Long Term Care
746-9667

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.

**Belvedere Heights Community and
Support Services**
746-5602

**For other programs in your area,
contact the West Parry Sound
CCAC**
773-4602 or 1-800-440-6762

SUPPORTIVE HOUSING

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

No Services Listed

RECREATION

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

Seniors' Clubs

For one in your area call
“Caregivers’ Support Network”

646-2579 or 1-800-777-2205

**Parry Sound Seguin Drop-In
Centre**
746-7186

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

**West Parry Sound Health Centre
Outpatient Rehab**
746-4540 ext. 1302

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
1-888-473-4636
673-2228

www.heartandstroke.ca

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

**Muskoka-Parry Sound Health Unit
(Parry Sound)**
746-5801

SUPPORT, COUNSELLING AND EDUCATION

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

Community Mental Health Services
746-4264

Caregiver's Support Network
646-2579 or 1-800-777-2205

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

**Parry Sound Area Stroke
Support Group**
746-4540 ext. 1302

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

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

**Belvedere Heights Community
Support Services**
746-5602 or 1-800-883-0058

If you need a driving assessment:

**Ministry of Transportation Office
(MTO) – Huntsville**
789-3459

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**

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

1-800-461-3422

www.hrsdc.gc.ca

Human Resources Centre
746-9374

Ontario March of Dimes (Sudbury)
669-0120

**Northern Lights Vocational
Services**
1-800-361-4642

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