



# Independence Training Centre

## Transitioning clients back into a supported home or community environment

The Independence Training Centre is an integral part of ICAN - Independence Centre and Network's flow through model of rehabilitation services.

About the Independence Training Centre:

- Each client works with a Rehabilitation Support Worker as their central point of contact for services and a professional trans-disciplinary team to develop an individual service plan
- Service plans are designed to attain independence within the home or community through specific, measurable and time sensitive goals
- Programs are developed on an individual basis and are client centered

### ICAN - Independence Centre and Network

765 Brennan Road, Sudbury ON P3C 1C4

Telephone: 705-673-0655

Toll Free: 1-866-439-4226

info@ican-cerd.com

#### Please Note:

We are able to provide independent living assessments.

Referrals can be made by:

- self-referral, a family member, physician, case manager, rehabilitation facility or hospital

#### For more information or to register, please contact:

Diane Loyer, Client Services Supervisor

Telephone: 705-673-0655 ext. 206

E-mail: dloyer@ican-cerd.com

#### Who is Eligible?

- Persons with a permanent physical disability
- 16 years of age or older
- Have a valid OHIP card
- Able to have medical/professional needs met by existing community health network
- Capable or potentially capable of directing services
- Able to be left safely unattended (assistance is by appointment)

#### Available Programs & Services:

- Physical Activities – upper & lower extremities (with access to O.T/P.T.)
- Life Skills Training
- Occupational & Physio Assessment (fee for service)
- Aqua Fitness
- Horticulture Program
- Collective Kitchen
- Post Stroke Program
- Living with Stroke Group
- T.I.M.E. Together in Movement Exercises
- Peer Support
- Youth Services

www.ican-cerd.com

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