

# Post Stroke Transitional Care Program

Not ready to go home from the hospital after your stroke?  
Finding the assistance you need can be overwhelming. Let us help you:

## Move Forward

The goals of the program are to maximize stroke recovery and provide multiple avenues for successful community re-integration by:

- offering a comprehensive continuum of services including education, socialization, recreation, assessment and therapy
- connecting individuals to needed community health and social services

The Supportive Housing Unit is for individuals transitioning from hospital to the community who are ready to begin getting out in the community.

Services are designed to assist in a variety of situations, such as respite/caregiver relief and a transition home to a private residence, long-term care facility or retirement home.



**ICAN - Independence Centre and Network**  
765 Brennan Road, Sudbury ON P3C 1C4

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

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You are eligible if you are:

- An adult who has had a stroke
- Able to direct or learn to direct services
- Able to participate in all activities of daily living
- Willing to participate in educational opportunities, if applicable
- Able to live safely unattended (assistance is by appointment)
- Require up to 3 hours of attendant care/day
- Able to transition from unit after an agreed time as residence is only temporary

About our Transitional Unit:

- Modern furnished, 4 bedroom, 2 bathroom, barrier free apartment
- Emergency call system
- Modest daily fee of \$35 to cover cost of lodging, meals & trained Independent Living Assistants on site 24/7

Access Our Programs:

- *Living with Stroke™*
- Aqua Fitness
- T.I.M.E. Together in Movement Exercises
- Peer Support Program
- Collective Kitchen
- Horticulture Program

[www.ican-cerd.com](http://www.ican-cerd.com)  
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