

WHAT IS A STROKE, AND WHAT ARE THE EFFECTS OF STROKE?

Stroke is a sudden loss of brain function caused by the interruption of blood flow to the brain or the rupture of blood vessels that causes brain cells in that area to die.

While each stroke affects a person differently, some of the common effects may include weakness or paralysis on one side of the body, vision problems, balance difficulties, fatigue, emotional changes, swallowing difficulties, trouble reading, talking, thinking, and remembering things.

WHAT ABOUT RECOVERY?

A person's recovery from stroke depends on what part of the brain was injured, their health before the stroke, and the rehabilitation done afterwards.

Efficient recovery improves with education, exercise (Brain and Body), eating well, and engaging with others. Each step you take improves your chances for success.

Whether you or a loved one has experienced a stroke recently or years ago, you don't have to travel the road of recovery alone.



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If you, or a loved one is living with the effects of a stroke,
we can help.



DID YOU KNOW...

Every **ten minutes**, someone in Canada has a stroke totalling 50,000 strokes each year. 75% of people who suffer a stroke are left with some long-term impairment. It is estimated that **300,000 Canadians** are currently living with the effects of stroke.

We take pride in our commitment to creating a society that includes and promotes Full accessibility to community services for individuals with physical disabilities. Our team of professionals are client-focused and have proven experience working with individuals living with stroke. We are committed to continuing to develop as a centre for excellence in stroke service delivery.

STROKE COMMUNITY NAVIGATION SERVICE

Our Stroke Community Navigator will facilitate connections to all kinds of stroke based services in the community and even accompany stroke clients to appointments and recreational centres. We provide help in finding transportation solutions, in-home nursing, personal care and housekeeping, physical activities programs, or other services offered by various agencies in the area. If a client requires home modifications or permanent housing, we can assist them in finding agencies to assist with the renovations, as well as helping them in the process of finding an appropriate residence or applying for Supportive Housing or Outreach Services.

YOUR ROAD OF RECOVERY BEGINS HERE:

1. **Call, email, mail or Fax us to let us know you are interested in learning more about our programs and services.**
2. **Our Navigator will call to arrange a meeting with you and your Family to discuss services and complete the application forms.**
3. **After being accepted as a client, a plan will be made with you to address your plans and goals for recovery.**
4. **You will be referred to any services within our agency or other community agency in order to ensure you get the right help at the right time and in the right place.**

Being familiar with the multitude of community services available to our stroke clients, our navigator can guide them in the right direction and help to make this part of their recovery easier. Because we know that a person has a 20% greater chance of having another stroke within two years and that 80% of secondary strokes are preventable, educating the stroke client and their family is important in helping them to self-manage their risk factors and make effective lifestyle changes.

POST STROKE TRANSITIONAL CARE PROGRAM

Stroke recovery is a lifelong journey with ups and downs and we want to be there to help you along the way. In addition to the service of our Stroke Community Navigator who will work with you on building a plan for recovery and connect you to agencies that can offer the help you need, we have many programs you can access during your recovery.

Helping individuals who have had a stroke to get back to daily activities and live the fullest life possible.



Living with Stroke™ – Support and educational group developed by the Heart and Stroke Foundation that is led by trained facilitators. After 8 weekly sessions, you and your loved one and/or caregiver will have had opportunities to hear others' stories and advice, share your own experiences and have a better understanding of stroke risk factors.

Monthly Support Group/Peer Support – Connect with other stroke survivors and caregivers.

Assessment Services – Consulting Occupational and Physical Therapists collaborate with our Rehabilitation Support Team to identify target areas for improvement and create individualized plans aimed at increasing your independence and getting you back to doing everyday activities.

Cognitive Remediation – Learn strategies for improving your memory, concentration, organizational abilities, communication, reading, writing, and other life skills.

Heart Healthy Kitchen – Learn how to incorporate spices and use healthy foods to make delicious meals. This group's members meet regularly to cook and share a meal together.

Individually Designed Physical Therapy Programs – Exercises suited for you to assist you in maintaining and increasing strength, balance, endurance, coordination, range of motion, and flexibility. We also work with you on incorporating practice with the activities you enjoy.

T.I.M.E. Together in Movement and Exercise™ – Physical exercise program designed by physiotherapists for those living with neurological conditions like stroke. This 12 week program was developed by Toronto Rehab and the City of Toronto Parks, Forestry and Recreation with the goals of increasing strength, energy level, endurance, and mobility.

F.A.M.E. Fitness and Mobility Exercise™ – This group exercise program designed in Vancouver, Canada by Janice Eng PhD PT/OT addresses the multiple impairments that arise from the multiple chronic health conditions of stroke including balance, muscle strength, bone health, mobility, cardiovascular fitness and depression. The FAME program has been proven to improve the physical and cognitive abilities of people living with a stroke and reduce the risk for secondary complications such as falls, fractures and heart disease.

Aqua Fitness – Weekly pool exercise sessions led by our rehabilitation support staff.

Outreach Attendant Services – Our trained staff will visit you in your home to assist with many of your daily activities like rising and retiring, dressing and undressing, meal preparation, and light housekeeping.

Supportive Housing – Apartment complex with support staff available on site for individuals with physical disabilities.

Check with your Navigator for program availability in your area.



“When I first arrived at the stroke unit, I rated my recovery as 50%. I now feel that I am at 85% and believe that with your help, I can reach 100%.”

– Impact statement from a client about their stay in the PSTC unit

POST STROKE TRANSITIONAL CARE UNIT OPTION:

If needed, we also offer a temporary place for you to stay while you recover to help ease the transition from hospital to home, whether it be a private residence, long-term care facility or retirement home. You can stay with us for several weeks while we help you adjust to changes and get back to your daily activities. Our unit can also be accessed for shorter stays when your caregiver is unavailable or when you or your caregiver need some respite. You can book a weekend stay or even just come for the day.



OUR TRANSITIONAL CARE APARTMENT:

- ▶ **Modern furnished barrier-free**
- ▶ **Call bell system**
- ▶ **Trained support staff on site 24/7**

Check with your Navigator for availability and details.