



PROGRAM INFORMATION



WELCOME TO OUR COMMUNITY

**MANY PEOPLE SAY IF THEY COULD DESCRIBE ICAN
IN ONE WORD, IT WOULD BE “COMMUNITY”.**

We are proud of the fact that, as service providers, our clients and their families describe ICAN as a community that cares about people. When it comes to our employees, many of them have been with ICAN for more than a decade. That continuity and expertise helps foster that feeling of community and family at ICAN.

WE LOOK FORWARD TO HAVING
YOU JOIN OUR COMMUNITY.

Supported by / Financé par :



Ontario

North East Local Health
Integration Network
Réseau local d'intégration
des services de santé
du Nord-Est



VALUES

WE VALUE:

- ▶ Full Participation in Community Life
- ▶ Respect for Individuals
- ▶ Responsibility and Partnerships
- ▶ Our Employees
- ▶ Service Excellence
- ▶ Innovation

CODE OF ETHICS

We, as employees of ICAN - Independence Centre and Network, are committed to a culture of ethical excellence. We are responsible for acting professionally and practicing in accordance with our ethical principles.

Our Code of Ethics and our Statement of Values provide us with specific ethical principles to address situations that we may encounter, and to guide us in our relationships with clients.

- ▶ Commitment to our Clients
- ▶ Commitment to Professional Competence
- ▶ Commitment to Protection of Confidential Information
- ▶ Commitment to Employer, Colleagues and Community
- ▶ Commitment to Accurate Client Records

MISSION

We provide assistance to live independently and inclusively in the community through individualized support and rehabilitation services.

VISION

Individuals have the optimal support to live independently within their community.

REHABILITATION

A goal oriented and often time-limited process which enables individuals with impairments, activity limitations and participation restrictions to identify and reach their optimal physical, mental and/or social functioning level through a client-focused partnership with family, providers and the community. Rehabilitation focuses on abilities and aims to facilitate independence and social integration. --World Health Organization

ETHICAL GUIDING PRINCIPLES

- ▶ Autonomy
- ▶ Do No Harm
- ▶ Do Good
- ▶ Ensure Justice

INDEPENDENCE TRAINING CENTRE

For transitioning clients who will return to a supported home or community environment.

The Independence Training Centre is an integral part of ICAN'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-centred

Available programs and services:

- ▶ T.I.M.E. Together in Movement and Exercise™
- ▶ F.A.M.E. Fitness and Mobility Exercise™
- ▶ Aqua Fitness
- ▶ Living with Stroke™ group
- ▶ Post Stroke Transitional Care Program
- ▶ Horticulture Program
- ▶ Collective Kitchen
- ▶ Physical activities - upper and lower extremities (with access to O.T./P.T.)
- ▶ Life skills training
- ▶ Occupational and Physio assessment (fee for service)

Please note: We are able to provide independent living assessments. Referrals can be made by:

- ▶ Self-referral
- ▶ A family member
- ▶ Physician
- ▶ Case coordinator
- ▶ Rehabilitation facility - hospital

You are eligible if:

- ▶ You are a person with a permanent physical disability
- ▶ You are 16 years of age or older
- ▶ You are able to have your medical/professional needs met by an existing community health network
- ▶ You are capable or potentially capable of directing services

AQUA FITNESS FOR PERSONS WITH PHYSICAL DISABILITIES

Benefit from the therapeutic properties of water. Need attendant care? ICAN staff will provide light physical assistance for those requiring help in and out of the pool and in the change room.

Designed to increase:

- ▶ Flexibility
- ▶ Range of motion
- ▶ Balance
- ▶ Muscular strength
- ▶ Endurance
- ▶ Coordination

Please note: Some physical requirements are needed to fully participate in this program.

You are eligible if:

- ▶ You are a person with a permanent physical disability
- ▶ You are 16 years of age or older
- ▶ You are capable or potentially capable of directing services
- ▶ You have a valid OHIP card

In partnership with the City of Greater Sudbury.



PHYSICAL ACTIVITIES FOR PERSONS WITH PHYSICAL DISABILITIES

The Physical Activities (PA) program at ICAN uses a multi-disciplinary team approach to provide a safe, high-quality program to meet the client's individual needs.

The clients are assessed to identify a need for physical activities, such as an upper and lower extremity program. An individualized program is developed to reflect the client's goals and is reviewed regularly to monitor progress and altered as necessary.

Goal:

- ▶ To assist clients in maintaining or improving their physical functioning and helping them transition into a community fitness program and/or a home exercise program.

Our program focuses on various aspects of physical functioning, including:

- ▶ Flexibility
- ▶ Muscular strength and endurance
- ▶ Weight control and/or the impact of nutrition on physical fitness
- ▶ Cardiovascular conditioning
- ▶ Recreational fitness for leisure, social, emotional and spiritual well-being

Mobility and Gait training:

- ▶ Weight Training
- ▶ Cardiovascular Exercise
- ▶ Upper Extremity Training
- ▶ Stretching and Flexibility

You are eligible if:

- ▶ You are a person with a permanent physical disability
- ▶ You are 16 years of age or older
- ▶ You are able to have your medical/professional needs met by an existing community health network
- ▶ You are capable or potentially capable of directing services
- ▶ You are able to be left safely unattended
- ▶ You have a valid OHIP card

LIVING WITH STROKE™ - PUTTING THE PIECES BACK TOGETHER

The Living with Stroke™ program is an eight-week support session for anyone who has had a stroke and their caregiver.

The Living with Stroke™ program will provide stroke survivors and their caregivers information and support that will make living with stroke easier.

Topics covered:

- ▶ Physical Effects
- ▶ Recovery Strategies
- ▶ Communication
- ▶ Lifestyle Changes
- ▶ Issues in Caregiving
- ▶ Emotional Impact
- ▶ Community Resources
- ▶ Heart Healthy Kitchen

The Heart Healthy Kitchen will provide clients with a means of making healthy recipes packed with flavours from around the world. This program brings a group of clients together who want to prepare cost effective, healthy meals.

About the Program:

- ▶ Plan and prepare meals
- ▶ Participate to your ability
- ▶ Learn intermediate food preparation
- ▶ Network with other participants
- ▶ Able to follow moderately complex recipes

Please note: Each participant will be responsible for sharing the cost of the ingredients. Please bring a few containers and a cooler bag to carry your meals back home.

You are eligible if:

- ▶ You are an adult who has had a stroke and/or a caregiver
- ▶ You are 18 years of age or older
- ▶ You have a valid OHIP card

In partnership with the Heart & Stroke Foundation of Canada.

T.I.M.E. TOGETHER IN MOVEMENT AND EXERCISE™

Do you want to...

- ▶ Improve your energy?
- ▶ Increase your mobility in the community?
- ▶ Make it easier to cross the street before the light changes?
- ▶ Get fit at your own pace and meet new people?

Physical activity can help to maintain or improve physical function and allows for re-integration into community life.

About the Program:

- ▶ Exercise 2 times per week for 12 weeks
- ▶ Exercise programs are designed by physiotherapists
- ▶ Exercise circuit begins with seated warm up (5 min)
- ▶ There are 9 stations in a circuit (40 min)
- ▶ A cool-down at the end of the circuit (10 min)

You are eligible if:

- ▶ You are a person with a permanent physical disability, including adults who have had a stroke
- ▶ You are 16 years of age or older
- ▶ You are able to walk 10 metres (about 30 feet) with or without a walking aid
- ▶ You have a physician referral form completed

Developed by the Toronto Rehabilitation Institute and Toronto Parks, Forestry and Recreation.

HORTICULTURAL THERAPY FOR PERSONS WITH PHYSICAL DISABILITIES

Our horticultural therapy program is a great choice for persons with physical disabilities who want to enjoy gardening again or for the first time.

Sudbury has many resources available to increase your awareness of sustainable gardening practices.

About the Program:

- ▶ Plan, plant and harvest your own fruits and vegetables
- ▶ Become part of a cooperative and share each other's crop
- ▶ Overcome barriers
- ▶ Participate to your ability
- ▶ Become a better gardener

You are eligible if:

- ▶ You are a person with a permanent physical disability
- ▶ You are 16 years of age or older
- ▶ You are able to have your medical/professional needs met by an existing community health network
- ▶ You are capable or potentially capable of directing services
- ▶ You have a valid OHIP card

In partnership with the Social planning council of Sudbury.

COLLECTIVE KITCHEN

Our Collective Kitchen program provides the opportunity for persons with physical disabilities to congregate in a safe and friendly environment, socialize and prepare a meal together.

Participants will be invited to taste their creation and bring home a portion to enjoy.

About the Program:

- ▶ 10-week program
- ▶ Plan and prepare meals
- ▶ Network with other participants
- ▶ Learn the basics of budgeting and food preparation
- ▶ Fee: \$50.00

You are eligible if:

- ▶ You are a person with a permanent physical disability
- ▶ You are 16 years of age or older
- ▶ You are capable or potentially capable of directing services
- ▶ You have a valid OHIP card

POST STROKE PROGRAMMING

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.

Moving 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 transitional unit is for individuals transitioning from hospital and 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.

Monthly Stroke Support Meetings

A social and educational support group including stroke survivors and their friends and family. This group meets once a month to participate in group activities, hear from guest speakers, and share experiences while offering support to one another. A variety of topics related to general wellness and life after stroke will be covered.

You are eligible if:

- ▶ You are an adult who has had a stroke
- ▶ You are capable or potentially capable of directing services
- ▶ You are able to participate in all activities of daily living
- ▶ You are willing to participate in educational opportunities, if applicable
- ▶ You are able to live safely unattended (assistance is by appointment)
- ▶ You are able to transition from unit after an agreed time as residence is only temporary
- ▶ You require up to three hours of attendant care per day

In partnership with [Health Sciences North](#).





INDEPENDENT HOUSING & LIVING

SUPPORTIVE HOUSING FOR PERSONS WITH PHYSICAL DISABILITIES

Tenants manage their own lifestyle, sign a lease with the landlord and participate fully in community living.

Trained support staff are available 24 hours a day to assist with personal care needs, homemaking and other activities associated with independent living.

- ▶ Maximum of 6 hours of attendant care per day (scheduled and unscheduled visits)
- ▶ Maximum of 180 hours of attendant care per month

About the Program:

- ▶ Support staff is available on-site 24 hours per day
- ▶ Services are provided on a pre-scheduled 'block of time' basis
- ▶ Services are designed to be as flexible as possible to meet individual needs

ICAN has two Supportive Housing units:

- ▶ Haig Apartments
- ▶ Raiffeisen Apartments

Please note: Tenants are responsible for all expenses including rent, utilities, food, etc.

You are eligible if:

- ▶ You are a person with a permanent physical disability requiring personal support services on a continuing basis in order to remain in the community
- ▶ You are 16 years of age or older
- ▶ You are able to have your medical/professional needs met by an existing community health network
- ▶ You are capable or potentially capable of directing services
- ▶ You are able to live safely unattended (assistance is by appointment)
- ▶ You have a valid OHIP card

ATTENDANT CARE OUTREACH

The Outreach program provides assistance with personal care and activities of daily living to individuals throughout the City of Greater Sudbury and Sudbury West, including Espanola, Massey and Manitoulin Island.

About the Program:

- ▶ Attendants can provide assistance with a wide range of activities of daily living
- ▶ Services are designed to meet the individual's needs at home, work or an educational facility
- ▶ Services are available at different intervals throughout the day
- ▶ Hours of service extend from 6:00 am to midnight, 365 days a year
- ▶ Services are provided on a pre-scheduled 'block of time' basis
- ▶ Maximum of 21 hours per week, no more than 3 visits per day
- ▶ Must have a contingency plan in the event of service disruption

Assistance available for:

- ▶ Personal hygiene
- ▶ Bathing/showering and washing
- ▶ Rising and retiring
- ▶ Dressing/undressing
- ▶ Tracheotomy care (where needs are stable)
- ▶ Bowel and bladder routine
- ▶ Essential communication
- ▶ Positioning and transferring
- ▶ Mobility
- ▶ Exercising
- ▶ Assistance with eating
- ▶ Meal preparation
- ▶ Light house cleaning/home management (max. 2 hours/week)

Please note: Homemaking service needs cannot exceed personal care needs.

You are eligible if:

- ▶ You are a person with a permanent physical disability requiring personal support services on a continuing basis in order to remain in the community
- ▶ You are 16 years of age or older
- ▶ You are able to have your medical/professional needs met by an existing community health network
- ▶ You are capable or potentially capable of directing services
- ▶ You are able to live safely unattended (assistance is by appointment)
- ▶ You have a valid OHIP card

ENHANCED CONGREGATE CARE (ECC)

ICAN's Enhanced Congregate Care (ECC) Program is an independent living program where four people deemed 'ALC' live in a shared setting.

The ECC Units offer the following amenities:

- ▶ Four bedrooms
- ▶ Two bathrooms
- ▶ Equipped with ceiling track lifts in all bedrooms and bathrooms
- ▶ Wheelchair accessible
- ▶ ICAN-provided full support services 24 hours/day, 7 days/week, 365 days/year
- ▶ Staff present in unit from 7 a.m to 11 p.m. daily
- ▶ Overnight staff available by appointment or by use of a call bell

Please note: A daily per diem rate is charged based on income. This includes rent, groceries, cable, phone, basic hygiene products and cleaning supplies.

You are eligible if:

- ▶ You are a person who has been deemed 'ALC' by Health Sciences North
- ▶ You do not have a safe place to live within the community
- ▶ You have high complex care needs, but are medically stable

In partnership with Health Sciences North.

DONATO HOUSE

The Donato House is a 2-bedroom barrier-free home right on the ICAN property.

About the Donato House:

- ▶ Modern furnished two bedroom, one bathroom, fully accessible house
- ▶ Trained Independent Living Assistants on-site 24 hours a day, 7 days a week
- ▶ Staff available by use of call bell system
- ▶ Modest daily fee which includes meals, bed linens, towels, cleaning, accommodation and assistance from our professional and courteous staff

It is short-term client housing, for people who are:

- ▶ Transitioning from hospital to home
- ▶ Transitioning from hospital to long-term care
- ▶ Transitioning from hospital to a retirement residence
- ▶ In a situation where caregiver relief or respite is temporarily needed

Your stay at the Donato House includes ICAN's trained support staff available to assist with personal care needs, homemaking and activities of daily living.

The Donato House has a call bell system where ICAN staff will respond within 15 minutes. This is a non-medical service for people needing a short-term stay.

You are eligible if:

- ▶ You are an adult with a permanent physical disability
- ▶ You are an adult who has had a stroke
- ▶ You are capable or potentially capable of directing services
- ▶ You are able to participate in all activities of daily living
- ▶ You are willing to participate in educational opportunities, if applicable

ASSISTED LIVING FOR HIGH RISK SENIORS

Assisted Living for High Risk Seniors is a health care-based service that provides aging seniors with a high level of personal support services in their own home.

About the Program:

If you live alone or with an informal caregiver in a private home or a residential setting, such as an apartment building or a senior citizens' residence, (does not include a retirement home), this program can help you and your family feel more comfortable with your ability to remain at home. We provide personal support or attendant services where and when it is needed most. Our scheduled services are available during the day, and evenings with unscheduled service throughout the night.

Services Provided:

Organizations throughout the North East are funded to provide services for eligible clients requesting Assisted Living Services. Your CCAC Care Coordinator can provide you with a list of providers in your area.

Non-Medical Services Include:

- ▶ Individualized predetermined tasks
- ▶ Homemaking services
- ▶ Safety and reassurance checks (via phone or in person)
- ▶ Personal support services (personal hygiene, activities of daily living)
- ▶ Services beyond CCAC's provision of service

Our Focus:

Our Assisted Living Services for High Risk Seniors' provides activities of daily living to those who can no longer complete tasks independently or find challenging to do.

Assistance Available For:

- ▶ Toileting
- ▶ Washing/Bathing
- ▶ Preventative Skin Care
- ▶ Transferring/positioning turning
- ▶ Dressing/Undressing
- ▶ Assistance with eating
- ▶ Reminders re: pre-measured medication
- ▶ Exercising
- ▶ Meal Preparation
- ▶ Bed making and laundry
- ▶ Light Housekeeping

You are eligible if:

- ▶ You are a person living in your own private home in the community
- ▶ You are capable of directing your own care, have a substitute decision-maker or a live-in caregiver to direct care
- ▶ You are a person who poses no risk to themselves or others
- ▶ You are able to be left safely unattended between scheduled visits



CONTACT INFORMATION

For more information, please call or e-mail:

Tel: 705-673-0655

Toll Free: 1-866-439-4226

E-Mail: info@ican-cerd.com

For Post Stroke Services, please contact:

Robyn O'Hara (Stroke Community Navigator)

Tel: 705-673-0655 ext. 223

Toll Free: 1-866-439-4226 ext. 223

E-Mail: rohara@ican-cerd.com

For Independent Living and Housing, please call or e-mail:

Tel: 705-673-0655

Toll Free: 1-866-439-4226

E-Mail: info@ican-cerd.com

OR

North East CCAC

Toll Free: 310-CCAC (2222)

No area code required.

ICAN
INDEPENDENCE
CENTRE AND NETWORK



CERD
CENTRE ET RÉSEAU
D'INDÉPENDANCE

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