



SPRING 2021

Community Stroke Resources

*For the Regions of Halton, Peel, Dufferin and Etobicoke
(Mississauga Halton and Central West LHIN)*



www.westgtastroke.ca

This booklet contains resources to help people with stroke and their families find support in the community. Not all community services are listed, so be sure to ask your healthcare providers for additional information. Please note that some of the services listed in this book may be reduced or provided virtually due to the COVID-19 pandemic.

The material contained in this booklet is for information purposes only. It should not be used as a substitute for medical advice. The West GTA Stroke Network does not accept responsibility for the services described in the booklet or for any errors or omissions.

We acknowledge Central South Stroke Network for permission to use their cover design.

The most recently updated booklet can be found on our website:

www.westgtastroke.ca



For further inquiries or to provide feedback please contact our office at 905-848-7580, Ext. 5475 or by email at westgtastroke@thp.ca

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LEGEND:

No cost, Funded by the Government



Education/Information Based Resources Only



COMMUNITY SUPPORT SERVICES

HOME AND COMMUNITY CARE SERVICES THROUGH
THE LOCAL HEALTH INTEGRATION NETWORK

PRIVATE PAY NURSING SERVICES

PRIVATE PAY PERSONAL CARE/HOMEMAKING/RESPITE
SERVICES

ADULT DAY PROGRAMS

HOME AND COMMUNITY CARE – LOCAL HEALTH INTEGRATION NETWORK (LHIN)

Ontario's Local Health Integration Networks (LHINs) coordinate health care services for people living in the community. LHINs deliver and coordinate home-based and community-based support services.

Your LHIN's staff can help:

- Connect you with the support you need at home following injury, illness or the complications of age or disability
- Arrange and coordinate nursing, rehabilitation and supportive care
- Access long-term care homes, assisted living, convalescent care and adult day programs
- Link you to other community supports, services and resources

To access LHIN services and programs, you do not need a doctor's referral. You must have a valid Ontario Health (OHIP) card and meet the LHIN's eligibility criteria. There is no cost for services once eligibility criteria is met.

HOME AND COMMUNITY CARE – LOCAL HEALTH INTEGRATION NETWORK (LHIN)

To learn more, please contact your local LHIN.

Agency Name	Contact/Website
<p>Mississauga Halton Local Health Integration Network (Central Region)</p> <p>Halton Hills, Milton, Mississauga, Oakville and South Etobicoke</p> 	<p>905-855-9090 1-877-336-9090 www.mississaugahaltonlhin.on.ca</p>
<p>Central West Local Health Integration Network (Central Region)</p> <p>Brampton, Caledon, Dufferin County, Malton, North Etobicoke and West Woodbridge</p> 	<p>905-796-0040 1-888-733-1177 www.centralwestlhin.on.ca</p>

PRIVATE PAY NURSING SERVICES

These agencies provide nursing services outside of the hospital by regulated nursing professionals for a fee.

Agency Name	Contact/Website
Victorian Order of Nurses (VON) – Peel	1-866-817-8589 www.von.ca
CBI Health Group	1-800-463-2225 www.cbi.ca
Bayshore Home Health	1-877-289-3997 www.bayshore.ca
Closing the Gap	1-877-560-0202 www.closingthegap.ca
Comfort Keepers	1-866-363-0072 www.comfortkeepers.ca
Saint Elizabeth Health	1-800-463-1763 www.sehc.com
Nurse Next Door Home Care Services	1-877-588-8609 www.nursenextdoor.com

PRIVATE PAY PERSONAL CARE SERVICES

These agencies provide services such as assistance with personal care, light housekeeping, meal preparation, shopping, laundry and/or companionship for a fee. Please note that the agencies listed under the “Nursing section” may also provide personal support/homemaking services.

Agency Name	Contact/Website
CANES Home Support Services Etobicoke, Brampton, Malton	416-743-3892 www.canes.on.ca
Links2Care Milton, Halton Hills, Oakville, Mississauga	905-873-6502 www.links2care.ca
Etobicoke Services for Seniors	416-243-0127 www.essupportservices.ca
Spectrum	905-272-2271 www.spectrumhealthcare.com/services/seniors-for-seniors

PRIVATE PAY PERSONAL CARE SERVICES

Agency Name	Contact/Website
Home Instead Senior Care	1-888-331-1023 www.homeinstead.com
First Class Home Care Inc. Etobicoke, Peel and Halton	905-636-9995 www.firstclasshomecareinc.com
Central Registry-Mississauga Halton LHIN <ul style="list-style-type: none"> • Supports for Daily Living • Caregiver Recharge Program • Short Stay Respite 	905-281-4443 www.centralregistry.ca
Homewatch CareGivers Peel Region	1-888-636-5784 www.homewatchcaregivers.ca/mississauga
ComForcare Home Care Peel Region	289-862-1122 www.comforcare.ca

PRIVATE PAY PERSONAL CARE SERVICES

Agency Name	Contact/Website
Caledon Community Services	905-584-2300 www.ccs4u.org
Dufferin County Community Services	1-519-941-2816 www.dufferincounty.ca
Storefront Humber South Etobicoke	416-259-4207 www.storefronthumber.ca
Comfort Keepers Orangeville	1-866-363-0072 www.comfortkeepers.ca
Peel Senior Link	905-712-4413 www.peelseniorlink.com

ADULT DAY PROGRAMS

Day programs offer social and recreational activities for clients with physical or cognitive impairments. Assistance and supervision with personal care, caregiver respite, support and education may be provided (program services vary).

Referrals to most programs are made through the Local Health Integration Network Home and Community Care Office.

There may be a wait list, and there may be a fee to attend.

Agency Name	Contact/Website
Alzheimer's Society of Peel	905-278-3667 Ext. 307 www.alzheimer.ca/peel
Region of Halton <ul style="list-style-type: none">• Friends Landing & Milton Place (Milton)• Silver Creek Place (Georgetown)	905-825-6000 https://www.halton.ca/For-Residents/Older-Adults/Community-Programs-Older-Adults
Storefront Humber Inc. South Etobicoke	416-259-4207 www.storefronthumber.ca

ADULT DAY PROGRAMS

Agency Name	Contact/Website
Acclaim Health Adult Day Programs	1-800-387-7127 https://acclaimhealth.ca/adult-day-program/
Yee Hong Centre for Geriatric Care Mississauga	416-412-4571 Ext. 4301 https://www.yeehong.com/
Peel Manor, Brampton Tall Pines, Brampton Davis Centre, Bolton Malton Village, Mississauga Sheridan Villa, Mississauga	905-453-4140, Ext. 3708 905-791-2449, Ext. 2310 905-857-0975 Ext. 3008 905-791-1179, Ext. 7369 905-791-8668, Ext. 2925 www.peelregion.ca/ltc/programs/adult-day.htm
Next Step to Active Living Program	905-615-4770, Ext. 2294 www.mississauga.ca/nextstep
Indus Community Services Adult Day Services Mississauga, Brampton	905-275-2369 www.induscs.ca

ADULT DAY PROGRAMS

Agency Name	Contact/Website
Seniors Life Enhancement Centres Oakville	905-279-9061 www.slec.ca
Dufferin County Community Support Services Adult Day Program	519-941-2816 https://www.dufferincounty.ca/services/community-support-services
Kipling Acres Adult Day Program	416-392-2299 www.toronto.ca/community-people/children-parenting/seniors-services/seniors-recreation-and-employment/adult-day-programs
VON Alzheimer Day Program Orangeville	519-941-1050 https://centraleastontario.cioc.ca/record/ROPO302

ADULT DAY PROGRAMS

Agency Name	Contact/Website
Mind Forward Brain Injury Services Adult Day Programs Mississauga and Orangeville	905-949-4411 519-942-0111 www.mindforward.org/
Etobicoke Services for Seniors	416-243-0127 www.esssupportservices.ca
West Park Healthcare Centre Acquired Brain Injury Adult Day Program Etobicoke	416-243-3600 Ext. 2601 https://www.westpark.org/en/Services/ABIAdultDayProgram

REHABILITATION RESOURCES

COMMUNITY STROKE REHABILITATION

Some people may seek private therapy post-stroke. When looking for a private therapist consider asking a few questions about the therapists knowledge of stroke.

- How many persons with stroke do you see a year?
- Are you aware of the Canadian Stroke Best Practice Recommendations? Have you incorporated these recommendations into you practice?
- Have you taken any courses to improve your stroke expertise?

PHYSIOTHERAPY

OCCUPATIONAL THERAPY




SPEECH AND LANGUAGE THERAPY

COMMUNITY STROKE REHABILITATION

The agencies listed below provide stroke rehabilitation which includes in-home and outpatient programs. Each program has specific admission criteria. Please note that a doctor's referral may be required to access services.

Agency Name	Contact/Website
Trillium Health Partners <ul style="list-style-type: none"> Credit Valley Hospital Seniors and Rehabilitation Day Hospital 	905-813-1100 Ext. 5415
Trillium Health Partners <ul style="list-style-type: none"> Mississauga Site Outpatient Neuro Rehab Services 	905-848-7280
William Osler Health System <ul style="list-style-type: none"> Brampton Civic Outpatient Services 	905-494-6540

COMMUNITY STROKE REHABILITATION

Agency Name	Contact/Website
Halton Healthcare Services <ul style="list-style-type: none"> • Step-Up Program, Oakville • Out-patient services, Georgetown 	905-338-4613 905-873-0111 Ext. 8112
Mississauga Halton Local Health Integration Network In Home Stroke Program 	905-855-9090
Community Step Up Program 	1-877-696-1620 www.lifemarkseniorswellness.c a/Stepupprogram
PRIVATE PAY	
Rehab Plus Outpatient Rehab Services at West Park Healthcare	416-243-3778

PHYSIOTHERAPY

The agencies listed below provide clinic or in-home therapy to optimize physical recovery.

Agency Name	Contact/Website
Home and Community Care Services through the Local Health Integration Network 	See Home and Community Care Services Pg. 5-6
Community Stroke Rehabilitation 	See Community Stroke Rehabilitation Services Pg. 16-17
PRIVATE PAY	
Ontario Physiotherapy Association (OPA) “Find A Physiotherapist”	416-322-6866 1-800-672-9668 www.opa.on.ca



OCCUPATIONAL THERAPY

The agencies listed below provide clinic or in-home therapy to increase independence in activities of daily living and provide intervention for cognitive/perceptual problems.

Agency Name	Contact/Website
Home and Community Care Services through the Local Health Integration Network 	See Home and Community Care Services Pg. 5-6
Community Stroke Rehabilitation 	See Community Stroke Rehabilitation Services Pg. 16-17
PRIVATE PAY	
Ontario Society of Occupational Therapy	416-322-3011 1-877-676-6768 https://otontario.ca/find-an-ot/

SPEECH THERAPY (SLP)

The agencies listed below provide clinic or in-home therapy to address swallowing and communication.

Agency Name	Contact/Website
Community Stroke Rehabilitation 	See Community Stroke Rehabilitation Services Pg. 16-17
PRIVATE PAY	
Ontario Association of Speech-Language Pathologists and Audiologists (OSLA) “Find a Speech and Language Pathologist”	416-920-3676 www.osla.on.ca
College of Audiologists and Speech-Language Pathologists of Ontario “Find a Speech and Language Pathologist”	416-975-5347 www.caslpo.com
Halton-Peel Community Aphasia Program Burlington, Milton, Oakville,  Brampton, Mississauga	905-875-8474 www.h-pcap.com
Monarch House Comprehensive Aphasia Program Waterloo	(519) 514-5770 www.h-pcap.com/comprehensive-aphasia-program.html

OTHER PROFESSIONAL SERVICES

NUTRITION

SPASTICITY CLINICS

CONTINENCE RESOURCES

SELF-MANAGEMENT RESOURCES

POST STROKE DEPRESSION EDUCATION RESOURCES

MENTAL HEALTH SERVICES

COUNSELLING SERVICES


**ASSESSMENT AND REHABILITATION OF COGNITION,
BEHAVIOUR/MOOD AND PSYCHOLOGICAL TESTING**

REHABILITATION OF VISION AND/OR PERCEPTION

STROKE AND SEXUAL HEALTH

NUTRITION

The agencies listed below help link clients with dietitians in their area to provide tailored advice and guidance on diet, food, and nutrition based on the clients' individual circumstances.

Agency Name	Contact/Website
Telehealth Ontario Dietitian Support 	1-866-797-0000 www.unlockfood.ca
PRIVATE PAY	
Dietitians of Canada "Find a Dietitian" Quick Link	416-596-0857 www.dietitians.ca



SPASTICITY CLINICS

The clinics listed below provide services to assist patients experiencing spasticity with a variety of services such as managing muscle spasms and tightness, reducing pain, improving gait, ease of daily activities, and increasing voluntary active motor function. A doctor's referral may be required and there may be out of pocket costs.

Agency Name	Contact/Website
West Park Health Care Centre Spasticity Management clinic West Toronto	416-243-3721 https://www.westpark.org/en/Services/Spasticity
Halton Health Comprehensive Spasticity Management Clinic	905-845-2571 Ext. 3545 https://www.haltonhealthcare.on.ca/services/_/28763/s29703-outpatient-rehabilitation/t28381-comprehensive-spasticity-management-clinic
Neurology Clinic Trillium Health Partners-Credit Valley Site Dr. Amer Ghavanini	905-813-1100 Ext. 6858



CONTINENCE RESOURCES

The programs listed below provide education about the causes of incontinence, assistance in changing eating/drinking habits and improving bowel/bladder emptying.

Agency Name	Contact/Website
Regional Continence Program 	416-521-4090 1-888-271-2742
Canadian Continence Foundation 	705-750-4600 www.canadiancontinence.ca

SELF-MANAGEMENT RESOURCES

The self-management programs listed below provide in-person workshops and online programs promoting behaviour that positively impacts health and promotes self-care.

Agency Name	Contact/Website
Maximize Your Health: Mississauga-Halton 	905-338-4432 www.maximizeyourhealth.ca
Self-Management Program: Central West 	905-863-2574 1-844-643-7393 www.cwselfmanagement.ca

POST-STROKE DEPRESSION EDUCATION RESOURCES

Post-stroke depression is common. Approximately 1 in 3 persons with stroke will experience depression. Depression can occur at any point after a stroke but is most common in the first year. Individuals suspecting that they may be depressed are asked to speak to their health care provider.

Agency Name	Contact/Website
West GTA Stroke Network Collection of Post Stroke Resources 	https://westgtastroke.ca/other-educational-resources/

MENTAL HEALTH SERVICES

The mental health agencies listed below provide a range of services which may include: assessment and treatment, addiction rehabilitation, geriatric telemedicine clinics, tele-mental health programs, late-life mood disorder clinics and more programs to assist in improving mental health. Some services may require a doctor's referral and recommended interventions may have additional costs.

Agency Name	Contact/Website
Trillium Health Partners-Seniors Mental Health Services	416-521-4006
Centre for Additction & Mental Health (CAMH)	416-535-8501 Press 2 www.camh.net
Center for Innovation in Peer Support including legacy TEACH-Support and Housing-Halton	905-845-9212 Ext. 390
Canes Community Care-Intensive Seniors Community Team	416-743-3892 Ext. 236 www.canes.on.ca/services

MENTAL HEALTH SERVICES

Agency Name	Contact/Website
Peel COAST Crisis Outreach and Support Team	905-278-9036
Halton COAST Crisis Outreach and Support Team	1-877-825-9011
The Gerstein Crisis Center Etobicoke	416-929-5200 www.gersteincentre.org
Connex Ontario Resource for Locating Addiction, Mental Health, and Problem Gambling Treatment Services	1-866-531-2600 www.connexontario.ca
One Link Mississauga Halton area Etobicoke, and Dufferin	1-844-216-7411 www.one-link.ca
Canadian Mental Health Association Peel Dufferin Branch	905-451-2123 www.cmhapeeldufferin.ca

COUNSELLING SERVICES

The agencies listed below provide individual or group counselling for stroke survivors and/or their family members which may be offered for a fee. A doctor's referral may be required.

Agency Name	Contact/Website
Family Services of Peel Mississauga, Malton, Brampton	905-453-5775 www.fspeel.org
CANES Caregiver Support and Counselling Etobicoke, Malton, Brampton	416-743-3892, Ext. 243 www.canes.on.ca
Catholic Family Services of Peel/Dufferin Peel and Dufferin	905-450-1608 Ext. 112 www.cfspd.com
Mind Forward Brain Injury Services	905-949-4411 www.mindforward.org
Aberfoyle Clinic (Etobicoke) (need doctor's referral)	416-231-7968

COUNSELLING SERVICES

Agency Name	Contact/Website
Friends & Advocates Peel Brampton, Mississauga, Etobicoke, Dufferin	905-452-1002 www.fapeel.org
Tangerine Walk in Counselling	905-795-3530 www.tangerinewalkin.com
Canadian Mental Health Association Peel Dufferin Branch	905-451-2123 www.cmhapeeldufferin.ca/programs-services

ASSESSMENT AND REHABILITATION OF COGNITION, BEHAVIOUR/MOOD AND PSYCHOLOGICAL TESTING

The services listed below assessment and rehabilitation of cognition, behaviour, and mood through support, therapy, workshops, and clinics.

The listed services may have out of pocket costs.

Agency Name	Contact/Website
Occupational Therapists provide assessment and treatment of cognitive behavioral or mood issues	See the Occupational Therapy Services Pg. 19
PRIVATE PAY	
The Ontario Psychological Association “Find a Psychologist”	416-961-5552 www.psych.on.ca
Peel Memory and Cognitive Disorders Clinic	905-272-1015 www.peelmemoryclinic.ca

ASSESSMENT AND REHABILITATION OF COGNITION, BEHAVIOUR/MOOD AND PSYCHOLOGICAL TESTING

Agency Name	Contact/Website
PRIVATE PAY	
B & C Health	905-814-8200 www.bnchealth.ca
Inter-Action Rehabilitation Inc Cognitive Rehabilitation	416-445-5125 www.interactionrehab.com
Credit Valley Neuropsychology Group Neuropsychological Assessment	905-855-5027 www.cvneuropsychology.ca





REHABILITATION OF VISION AND/OR PERCEPTION

The agencies listed below provide services such as ocular health evaluation, visual rehabilitation education, treatment to improve vision, visual-motor, visual-perceptual, and visual processing dysfunctions. Most services have out of pocket costs.

Agency Name	Contact/Website
PRIVATE PAY	
Neuro-optometric Rehabilitation Association "Find a provider"	949-250-0176 www.noravisionrehab.com
Canadian Optometrists in Vision Therapy and Rehabilitation "Find A Doc"	www.visiontherapycanada.com
Canadian National Institute for the Blind 	1-800-563-2642 www.cnib.ca
Vision Loss Rehabilitation	1-844-887-8572 www.visionlossrehab.ca

STROKE AND SEXUAL HEALTH

The following services provide information about intimacy and sexual activity post stroke.

Agency Name	Contact/Website
<p>Stroke Engine</p> <ul style="list-style-type: none"> Living with Stroke->Patients and Families->What about sexual activity? 	www.strokeengine.ca
<p>Heart and Stroke Foundation</p> <ul style="list-style-type: none"> Sex and Intimacy Relationships 	www.heartandstroke.ca/stroke/recovery-and-support/relationships/sex-and-intimacy
<p>Toronto Stroke Networks: Stroke Recovery Guide: How to be intimate with your partner</p> 	www.strokerecovery.guide
<p>UHN Toronto Rehabilitation Institute: Intimacy and Sex After Stroke</p> 	https://www.uhn.ca/TorontoRehab/Clinics/Outpatient_Stroke_Services/Documents/Intimacy_Sex_After_Stroke_FAQ.pdf#search=intimacy%20stroke

COMMUNITY REINTEGRATION PROGRAMS & SERVICES

**RECREATION PROGRAMS
FOR PERSONS WITH STROKE**

FINANCIAL RESOURCES

**PRIVATE RECREATION
THERAPY SERVICES**

**EQUIPMENT AND ADAPTIVE
AIDS**

MUSIC THERAPY

TRANSPORTATION SERVICES

APHASIA RESOURCES

**DRIVING ASSESSMENT AND
ACCESSIBLE PARKING PERMIT**

PEER SUPPORT

BACK TO WORK

RECREATION PROGRAMS FOR PERSONS WITH STROKE

The programs listed below offer activities to assist with socialization and may include light exercise. Most of these programs charge a registration fee. Some financial assistance may be available – please call the program for more information. Please note that some programs may be virtual or on hold due to the COVID-19 Pandemic.

Agency Name	Contact/Website
Oakville Stokers Physician's consent required	905-842-8791 www.oakvillestokers.com
City of Mississauga Therapeutic Recreation Programs	Mississauga.ca/therapeutic or call your local community center
Challenge Golf GTA	905-825-9365
Taoist Tai Chi Society	519-941-5981 www.taoist.org

RECREATION PROGRAMS FOR PERSONS WITH STROKE

Agency Name	Contact/Website
'Sauga Stroke Breakers	905-615-4670 Ext. 8282
Next Step to Active Living (Huron Park Community Centre, South Common Community Centre)	905-615-4770 Ext. 2279 Mississauga.ca/therapeutic
March of Dimes: Next Steps Walking Program	1-888-540-6666 www.afterstroke.marchofdim es.ca
Swim and Social Chinguacousy Wellness Centre, Brampton	905-789-6111 www.brampton.ca
Central West Local Health Integration Network-Home and Community Care Stroke Exercise and Falls Prevention Programs 	905-796-0040 Ext. 7744

RECREATION PROGRAMS FOR PERSONS WITH STROKE

Agency Name	Contact/Website
Stroke Circuit Training and TIME Program River Oaks Community Centre, Oakville	905-338-4186 www.oakville.ca
The Riverwood Conservancy	905-279-5878 www.theriverwoodconservancy.org
Town of Halton Hills TIME Program	905-873-2601 Ext. 2360
Lifemark Seniors Wellness in partnership with Acclaim Health and Mississauga Halton Local Health Integration Network 	1-877-696-1620 www.lifemarkseniorswellness.ca

PRIVATE RECREATION THERAPY SERVICES

The purpose of recreation therapy is to enable all individuals to achieve quality of life and optimal health through meaningful participation in recreation and leisure. The providers below provide private recreation therapy services. Please note that these services require private payment.

Agency Name	Contact/Website
Recreational Respite	1-877-855-7070 http://recrespite.com/
Jackson Therapeutic	1-888-684-7729 www.jacksontr.com
Ray of Sunshine	416-988-0502

MUSIC THERAPY

The agency listed below offers music therapy programs.

These programs use music to support development, physical and mental health, and overall well-being. Music therapy benefits individuals with a range of ages, abilities, and medical conditions.

Agency Name	Contact/Website
PRIVATE PAY	
Music Therapy Association of Ontario-Find a Therapist Section	www.musictherapyontario.com

APHASIA RESOURCES

Aphasia is an acquired language disorder often caused by stroke. Aphasia can affect a person's ability to speak, understand language, read, or write.

WEST GTA Stroke Network

What is Aphasia?
Aphasia is an acquired communication disorder caused by stroke, brain injury or disease
Aphasia affects communication not intelligence

Prevalence
Approximately 1/3 of stroke survivors are diagnosed with aphasia
Today, approximately 120, 000 Canadians are living with aphasia
Despite these numbers, aphasia is not well-known or understood

Types
Expressive Aphasia - Difficulty talking and/or writing
Receptive Aphasia - Difficulty understanding spoken and/or written language

What is Aphasia?

Consequences of Aphasia
People may assume the person with aphasia is not competent
Reduced participation in conversations and activities
Change in life roles
Social isolation and depression




How to help?
Learn about aphasia
Treat the person with aphasia with respect
Facilitate social interactions and exchanges of information with non-verbal communication (gestures, pictures)

Resources
Resources can be found on the West GTA Stroke Network Website
<https://westgtastroke.ca/other-educational-resources/>

To download/print infographics please visit us at <https://westgtastroke.ca/fact-sheets/>

APHASIA RESOURCES

The agencies listed below provide services such as supportive conversation groups, training in supportive conversation strategies, and support groups for caregivers. Fees may apply. Please note that some services may be provided virtually due to the COVID-19 Pandemic.

Agency Name	Contact/Website
Speech Therapy	See Speech Therapy Pg. 20
Halton-Peel Community Aphasia Programs Milton, Oakville, Mississauga, Brampton, Burlington 	905-875-8474 www.h-pcap.com
Aphasia Institute 	416-226-3636 www.aphasia.ca
West GTA Stroke Network Collection of Aphasia Resources 	https://westgtastroke.ca/other-educational-resources/

PEER SUPPORT

The programs listed below offer peer support, education and recovery programs for persons with stroke and caregivers.

Agency Name	Contact/Website
After Stroke® Program March of Dimes Canada	1-888-540-6666 www.afterstroke.marchofdimes.ca
After Stroke® Program March of Dimes Canada Peel Stroke Recovery Chapter	1-800-263-3463 Ext. 7715 www.afterstroke.marchofdimes.ca
After Stroke® Program March of Dimes Canada Milton Stroke Recovery Club- Milton Stroke Support Group	1-888-540-6666 www.afterstroke.marchofdimes.ca
After Stroke® Warmline Program March of Dimes Canada	1-888-540-6666 www.afterstroke.marchofdimes.ca/contact-us
Heart and Stroke Foundation: Community of Survivors	www.heartandstroke.ca/heart/recovery-and-support/the-power-of-community

FINANCIAL RESOURCES

The agencies listed below provide information on financial services while recovering from a stroke.

Agency Name	Contact/Website
Canada Pension Plan (CPP) Disability 	1-800-277-9914 www.servicecanada.gc.ca
Old Age Security (OAS) 	1-800-277-9914 www.servicecanada.gc.ca
Canada Revenue Agency 	1-800-959-8281 www.canada.ca/en/revenue-agency.html
Canada Revenue Agency Disability Tax Credit 	1-800-959-8281 www.cra-arc.gc.ca/disability
Ontario Disability Support Program (ODSP) <ul style="list-style-type: none"> • Mississauga • Brampton 	1-800-361-0897 1-877-466-5025 www.mcass.gov.on.ca/en/mcs/s/programs/social/odsp

FINANCIAL RESOURCES

Agency Name	Contact/Website
Ontario Works in Peel 	905-791-7800 www.peelregion.ca/help/
Trillium Drug Program 	1-800-575-5386 www.health.gov.on.ca/en/public/programs/drugs/programs/odb/opdp_trillium.aspx
Employment Insurance (EI) 	1-800-206-7218 www.canada.ca/en/services/benefits
March of Dimes Canada Home and Vehicle Modification® Program	1-877-369-4867 or hvmp@marchofdimes.ca www.marchofdimes.ca
Assistive Devices Program,  Ministry of Health	1-800-268-6021 www.health.gov.on.ca
March of Dimes Canada Assistive Devices Program	1-866-765-7237 Or adp@marchofdimes.ca www.marchofdimes.ca/En/programs/adp/Pages/Adp.aspx

EQUIPMENT AND ADAPTIVE AIDS

The agencies listed below provide equipment, adaptive clothing and personal alarms.

Agency Name	Contact/Website
MEDICAL ALERT AND FALL DETECTION	
First Call	1-800-361-5550 www.firstcallhelp.ca
Philips Lifeline	1-866-784-1992 www.lifeline.ca
Bedford GoAnywhere™ or StaySafe™	1-888-755-3055 https://bedfordmedicalalert.ca/devices/devices-go-freedom/
Telus LivingWell Companion™ Go	1-888-505-8008 https://www.telus.com/en/on/health/personal/livingwell-companion/go
Life Assure Medical Alert System	1-800-354-5706 https://www.lifeassure.com/products/mobile-plus/

EQUIPMENT AND ADAPTIVE AIDS

Agency Name	Contact/Website
EQUIPMENT FOR PURCHASE/RENTAL	
HME Home Medical Equipment	416-633-9333 www.hmemobility.com
Seniors Store	647-378-4258 www.seniorsstore.ca
Medigas	1-866-446-6302 www.medigas.com
Silver Cross	1-844-352-7677 www.silvercross.com
Well Wise by Shoppers Drug Mart	1-866-220-3837 https://www.wellwise.ca/en-ca/
Access Abilities Oakville, Etobicoke	905-825-5335 416-237-9654 www.accessabilities.ca

EQUIPMENT AND ADAPTIVE AIDS

Agency Name	Contact/Website
FUNDING SUPPORT FOR EQUIPMENT	
Funding Support for Equipment	See Financial Resources Pg. 44-45
Assistive Devices Program, Ministry of Health 	1-800-268-6021 www.health.gov.on.ca
March of Dimes Canada Assistive Devices Program	1-866-765-7237 Or adp@marchofdimes.ca www.marchofdimes.ca/En/programs/adp/Pages/Adp.aspx
ADAPTIVE CLOTHING	
Seniors Store	647-378-4258 www.seniorsstore.ca
JBS Clothing	1-877-838-2035 www.jbsclothing.com

TRANSPORTATION SERVICES

The agencies listed below provide transportation in vehicles specifically designed for individuals with physical limitations and disabilities. All of these services require payment.

Agency Name	Contact/Website
MISSISSAUGA	
Transhelp	905-791-7800 www.peelregion.ca/transhelp/
Wheelchair Accessible Transit Inc.	416-884-9898 www.wheelchairtransit.com
Dignity Transportation Inc.	416-398-2222 www.dignitytransportation.com
Wheelchair Taxi Ontario	1-866-799-3648 www.wheelchairtaxiontario.ca
STL Wheelchair Accessible Transportation	905-599-5816 www.supertrans.ca

TRANSPORTATION SERVICES

Agency Name	Contact/Website
BRAMPTON/MALTON	
Transhelp	905-791-1015 www.peelregion.ca/transhelp
Ride Connect Transportation	1-877-ride-025 www.canes.on.ca/services/seniors-ride-connect
Wheelchair Accessible Transit Inc.	416-884-9898 www.wheelchairtransit.com
Dignity Transportation Inc.	416-398-2222 www.dignitytransportation.com
Wheelchair Taxi Ontario	1-866-799-3648 www.wheelchairtaxiontario.ca
STL Wheelchair Accessible Transportation	905-599-5816 www.supertrans.ca

TRANSPORTATION SERVICES

Agency Name	Contact/Website
CALEDON	
Caledon Community Services	905-584-2300 Ext. 217, 218, 264 https://ccs4u.org/health/transportation
Wheelchair Accessible Transit Inc.	416-884-9898 www.wheelchairtransit.com
Dignity Transportation Inc.	416-398-2222 www.dignitytransportation.com
Wheelchair Taxi Ontario	1-866-799-3648 www.wheelchairtaxiontario.ca
STL Wheelchair Accessible Transportation	905-599-5816 www.supertrans.ca

TRANSPORTATION SERVICES

Agency Name	Contact/Website
ORANGEVILLE/DUFFERIN	
Dufferin County Community Support Services	1-519-925-5452
Wheelchair Accessible Transit Inc.	416-884-9898 www.wheelchairtransit.com
Dignity Transportation Inc.	416-398-2222 www.dignitytransportation.com
Wheelchair Taxi Ontario	1-866-799-3648 www.wheelchairtaxiontario.ca

TRANSPORTATION SERVICES

Agency Name	Contact/Website
OAKVILLE	
Care-A-Van	905-337-9222 www.oakvilletransit.ca/care-a-van.html
Wheelchair Accessible Transit Inc.	416-884-9898 www.wheelchairtransit.com
Dignity Transportation Inc.	416-398-2222 www.dignitytransportation.com
Wheelchair Taxi Ontario	1-866-799-3648 www.wheelchairtaxiontario.ca
Ride Connect Transportation	1-877-ride-025 www.canes.on.ca/services/seniors-ride-connect

TRANSPORTATION SERVICES

Agency Name	Contact/Website
GEORGETOWN	
ActiVan Service	905-702-6435 www.haltonhills.ca/transit
Wheelchair Accessible Transit Inc. Toronto and surrounding area	416-884-9898 www.wheelchairtransit.com
Dignity Transportation Inc.	416-398-2222 www.dignitytransportation.com
Wheelchair Taxi Ontario	1-866-799-3648 www.wheelchairtaxiontario.ca

TRANSPORTATION SERVICES

Agency Name	Contact/Website
MILTON	
Milton Access +(Paratransit)	905-864-4141 www.miltontransit.ca/en/riding-with-us/Milton-access-plus.asp
Wheelchair Accessible Transit Inc.	416-884-9898 www.wheelchairtransit.com
Dignity Transportation Inc.	416-398-2222 www.dignitytransportation.com
Wheelchair Taxi Ontario	1-866-799-3648 www.wheelchairtaxiontario.ca

TRANSPORTATION SERVICES

Agency Name	Contact/Website
ETOBICOKE	
Wheel-Trans	416-393-4111 www.ttc.ca/WheelTrans/index.jsp
Ride Connect Transit	1-877-ride-025 www.canes.on.ca/services/senior-s-ride-connect
City Taxi Accessible Taxi Service	416-740-2222 www.citytaxitoronto.com
Wheelchair Accessible Transit Inc.	416-884-9898 www.wheelchairtransit.com
Dignity Transportation Inc.	416-398-2222 www.dignitytransportation.com
Wheelchair Taxi Ontario	1-866-799-3648 www.wheelchairtaxiontario.ca

DRIVING ASSESSMENT AND ACCESSIBLE PARKING PERMIT

Agency Name	Contact/Website
PRIVATE PAY	
CBI Physiotherapy & Rehabilitation	1-800-558-4599 www.cbi.ca
DriveLab Inc.	1-844-413-7483 www.drivelab.ca
Saint Elizabeth Healthcare	1-877-397-1035 www.saintelizabeth.com
Ministry of Transportation: Driver Assessment Centers 	www.mto.gov.on.ca/english/safety/functional-assessment-centres.shtml
Ministry of Transportation 	416-235-2999 www.ontario.ca/page/get-accessible-parking-permit
Southwestern Ontario Stroke Network-Return to Driving 	http://www.swostroke.ca/resources/

BACK TO WORK

The agencies listed below provide services related to return-to-work. Some services may have out of pocket expenses. Some of the listed programs may have specific eligibility criteria.

Agency Name	Contact/Website
The Bennet Edge-Vocational Support through ODSP Peel, Dufferin, Halton	905-459-4060 www.thebennettedge.com
Canada Pension Plan Disability Vocational Rehabilitation Program (CPP) 	1-800-277-9914 www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit/vocational-rehabilitation.html
March of Dimes Canada Employment Services	1-833-612-6632 http://www.modcemploymentservices.ca/
Canadian Council on Rehabilitation & Work	1-800-664-0925 www.ccrw.org

BACK TO WORK

Agency Name	Contact/Website
Next-Steps Employment Centers (operated by the Toronto District School Board) Mississauga East, Meadowvale	905-896-2233 905-814-8406 www.tdsb.on.ca/Adult-Learners/Employment-Services/Next-Steps-Employment-Centres
Goodwill Career Centre Halton Region	905-257-8856 http://www.goodwillcareercentres.ca/
Peel Career Assessment Services Inc.	905-670-1967 www.peelcareer.com
Bartimeus	1-877-542-9990 www.bartimaeusrehab.com
Southwestern Ontario Stroke Network-Return to Work Resource 	http://www.swostroke.ca/resources/

CAREGIVER RESOURCES

CAREGIVER RESOURCES

CAREGIVER RESOURCES

Agency Name	Contact/Website
Counselling Services	See Counselling Services Pg. 29-30
Peer Support	See Peer Support Pg. 43
Mind Forward Brain Injury Services	www.mindforward.org
Brain Injury Association of Peel Halton	905-823-2221 www.biaph.com
Maximize Your Health: Powerful Tools for Caregivers Mississauga Halton 	905-338-4432 www.maximizeyourhealth.ca
CANES Caregiver Counselling Etobicoke, Malton, Brampton	416-743-3892 Ext. 243 https://www.canes.on.ca/
Heart and Stroke : Care Supporters' Community Members-Facebook group	www.heartandstroke.ca/heart/recovery-and-support/the-power-of-community


STROKE PREVENTION CLINIC AND HOSPITALS

STROKE PREVENTION CLINIC

HOSPITALS IN THE WEST GTA STROKE NETWORK

STROKE PREVENTION CLINIC

The agency listed below provides interventions to prevent another stroke. A doctor's referral is required. Please note that there are specific criteria to access services.

Agency Name	Contact/Website
Trillium Health Partners Regional Secondary Stroke Prevention Clinic 	905-848-7379 https://trilliumhealthpartners.ca/patientservices/neurosciences/Pages/Stroke-Treatment-Prevention.aspx

HOSPITALS IN THE WEST GTA STROKE NETWORK

MISSISSAUGA HALTON

Trillium Health Partners

www.trilliumhealthpartners.ca

- Credit Valley Hospital 905-813-2200
- Queensway Health Centre 416-259-6671
- Mississauga Hospital 905-848-7100

Halton Healthcare Services

www.haltonhealthcare.on.ca

- Oakville 905-845-2571
- Milton 905-878-2383
- Georgetown 905-873-0111

CENTRAL WEST

William Osler Health System

416-494-2120

www.williamoslerhs.ca

- Etobicoke
- Brampton Civic

Headwaters Healthcare Centre

519-941-2410

www.headwatershealth.ca

- Orangeville

West Park Healthcare Centre

416-243-3600

<https://www.westpark.org/>

BOOKS ABOUT STROKE AND USEFUL WEBSITES

BOOKS ABOUT STROKE

USEFUL WEBSITES

BOOKS ABOUT STROKE

Title	Author
One Hundred Names for Love: A Memoir	Diane Ackerman
How to Conquer the World with One Hand and An Attitude	Paul Berger
Where is the Mango Princess: A Journey Back from Brain Injury	Cathy Crimmins
Don't Leave Me This Way	Julia Fox Garrison
The Lone Road Home	Millie E. Graham
Walter Gretzky: On Family, Hockey and Healing	Wayne Gretzky
Locked In Locked Out	Shawn Jennings
Slow Dance: A Story Of Stroke, Love And Disability	Bonnie Klein
My Stroke of Insight: A Brain Scientist's Personal Journey	Jill Bolte Taylor
Swimming Against the Tide: Strong Recovery from Stroke	Nan Unklesbay
Stroke of Hope: Creating the Program You Need to Discover the Results You Want	Heather Branscombe
-The Brain That Changes Itself: Stories or Personal Triumph from the Frontiers of Brain Science -The Brain's Way of Healing	Norman Doidge
Stronger After Stroke: Your Roadmap to Recovery	Peter G. Levine

USEFUL WEBSITES

The websites listed below provide a range of information for persons with stroke and caregivers. Resources for health care professionals have also been highlighted in this section.

Name of the Organization	Website
211 Ontario	http://www.211ontario.ca/
Access 2-Easter Seals	http://access2card.ca/
Access Now	http://accessnow.me/
Active Living Alliance for Canadians with a Disability	www.ala.ca
Advocacy Centre for the Elderly (ACE)	www.ancelaw.ca
Tactus therapy Aphasia App Finder	https://tactustherapy.com/find/home/

USEFUL WEBSITES

Name of the Organization	Website
ARCH Disability Law Centre Legal Information for People with Disabilities	http://www.archdisabilitylaw.ca/
Aphasia Institute	http://aphasia.ca/
Brain Injury Association of Peel & Halton (BIAPH)	www.biaph.com
Center for Addictions and Mental Health: Community Resource Sheets	https://www.camh.ca/en/health- info/guides-and- publications/community-resource- sheets
Canadian Stroke Best Practice Recommendations	http://www.strokebestpractices.ca/
Canadian Diabetes Associations	http://www.diabetes.ca/
Canadian Obesity Network	http://www.obesitynetwork.ca

USEFUL WEBSITES

Name of the Organization	Website
Canadian Partnership for Stroke Recovery	http://www.canadianstroke.ca/en/
Canadian Physical Activity Guidelines	http://csepguidelines.ca/
Capacity Assessment: Office Ministry of the Attorney General	http://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/capacity.php
Caregiver Exchange	https://www.caregiverexchange.ca/
Community Information Partners Peel Database	http://peel.cioc.ca
Community Legal Clinics	http://www.legalaid.on.ca/en/contact/contact.asp?type=cl
CorHealth Ontario	https://www.corhealthontario.ca/

USEFUL WEBSITES

Name of the Organization	Website
GRASP Neurorehabilitation Rehab Program	http://neurorehab.med.ubc.ca/grasp/
Grocery Gateway	http://www.grocerygateway.com/
GTA Rehab Finder	www.gtarehabnetwork.ca/
Government of Ontario Find a Doctor	https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner
Heart and Stroke Foundation of Canada	https://www.heartandstroke.ca/
Healthline Stroke Resource	http://www.mississaugahaltonhealthline.ca/ http://www.centralwesthealthline.ca/
Hypertension Canada	https://hypertension.ca/

USEFUL WEBSITES

Name of the Organization	Website
March of Dimes Canada- After Stroke [®]	https://afterstroke.marchofdimes.ca/
Meals on Wheels Ontario	http://www.mealsonwheels.ca/
National Home Doctor Service	https://homedoctor.ca/
Health Shared Services Ontario	http://hssontario.ca/
Telehealth Ontario	https://www.ontario.ca/page/get-medical-advice-telehealth-ontario
Peel Elder Abuse Support Program	https://www.spectrahelpline.org/
Rehab Care Alliance	https://www.rehabcareontario.ca/
Stroke Engine	www.strokeengine.ca

USEFUL WEBSITES

Name of the Organization	Website
Stroke Recovery Association of British Columbia	https://strokerecoverybc.ca/
Stroke Association UK Lived Experience of Stroke Report	https://www.stroke.org.uk/lived-experience-of-stroke-report
Toronto Acquired Brain Injury Network	http://www.abinetwork.ca/
Unlock Food	https://www.unlockfood.ca/en/default.aspx
ViaTherapy	http://www.viatherapy.org/
VON Peel Volunteer Visiting for Seniors with Mental Health Issues	https://www.von.ca/en/peel/service/volunteer-visiting-mental-health

NOTES

[illegible]

LEARN THE SIGNS OF STROKE

FACE is it drooping?

ARM can you raise both?

SPEECH is it slurred or jumbled?

TIME to call 9-1-1 right away.

ACT **F A S T** BECAUSE THE QUICKER YOU ACT,
THE MORE OF THE PERSON YOU SAVE.