



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

TABLE OF CONTENTS

Community Support Services	4
Rehabilitation Resources	14
Other Professional Services	20
Community Reintegration Programs	34
Caregiver Resources	58
Stroke Prevention Clinics and Hospitals	60
Books About Stroke and Useful Websites	63

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/RESPIRE
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. Patient consent is needed in order to receive treatment. 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.

For additional listings please also see:

www.mississaugahaltonhealthline.ca/
www.centralwesthealthline.ca/

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/HOMEMAKING/RESPIRE 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.

For additional listings please also see:

www.mississaugahaltonhealthline.ca

www.centralwesthealthline.ca

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.esssupportservices.ca
Spectrum	905-272-2271 www.spectrumhealthcare.com/services/seniors-for-seniors

PRIVATE PAY PERSONAL CARE/HOMEMAKING/RESPIRE 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
Comfort Keepers Orangeville	1-866-363-0072 www.comfortkeepers.ca
Peel Senior Link	905-712-4413 www.peelseniorlink.com

PRIVATE PAY PERSONAL CARE/HOMEMAKING/RESPIRE 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

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.

Transportation to and from the program may be an additional fee. Please note that some programs may be on hold or provided virtually due to the pandemic.

For additional listings please also see:

www.mississaugahaltonhealthline.ca

www.centralwesthealthline.ca

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 Huron Park and South Common Community Centres	905-615-4770, Ext. 2294 www.mississauga.ca/nextstep
Indus Community Services Adult Day Services Mississauga, Brampton	905-275-2369 www.induscs.ca
Mind Forward Brain Injury Services Adult Day Programs Mississauga and Orangeville	905-949-4411 519-942-0111 www.mindforward.org/

ADULT DAY PROGRAMS

Agency Name	Contact/Website
Etobicoke Services for Seniors	416-243-0127 www.esssupportservices.ca
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/ROP0302
West Park Healthcare Centre Acquired Brain Injury Adult Day Program Etobicoke (referrals through the Toronto ABI Network)	416-243-3600 Ext. 2601 https://www.westpark.org/en/Services/ABIAdultDayProgram

REHABILITATION RESOURCES

COMMUNITY STROKE REHABILITATION: HOSPITAL OUTPATIENT AND IN HOME PROGRAMS

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 your practice?
- Have you taken any courses to improve your stroke expertise?

These questions may help you with your decision to hire a specific therapist.

PHYSIOTHERAPY

OCCUPATIONAL THERAPY

SPEECH AND LANGUAGE THERAPY

COMMUNITY STROKE REHABILITATION: HOSPITAL OUTPATIENT AND IN HOME PROGRAMS

The agencies listed below provide stroke rehabilitation which includes in-home and outpatient programs. These programs help with community re-integration and the transition from hospital to home. 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
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
Community Step Up Program 	1-877-696-1620 www.lifemarkseniorswellness.ca/Stepupprogram

COMMUNITY STROKE REHABILITATION: HOSPITAL OUTPATIENT AND IN HOME PROGRAMS

Agency Name	Contact/Website
Mississauga Halton Local Health Integration Network In Home Stroke Program 	905-855-9090
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.

For additional listings please also see:

www.mississaugahaltonhealthline.ca

www.centralwesthealthline.ca

Agency Name	Contact/Website
Home and Community Care Services through the Local Health Integration Network 	See Home and Community Care Services Pg. 5-6
Hospital Outpatient Services 	See Hospital Outpatient Services Pg. 15
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.

For additional listings please also see:

www.mississaugahaltonhealthline.ca

www.centralwesthealthline.ca

Agency Name	Contact/Website
Home and Community Care Services through the Local Health Integration Network 	See Home and Community Care Services Pg. 5-6
Hospital Outpatient Services 	See Hospital Outpatient Services Pg. 15
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.

For additional listings please also see:

www.mississaugahaltonhealthline.ca

www.centralwesthealthline.ca

Agency Name	Contact/Website
Home and Community Care Services through the Local Health Integration Network 	See Home and Community Care Services Pg. 5-6
Hospital Outpatient Services 	See Hospital Outpatient Services Pg. 15
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-mangement-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.

For additional listings please also see:

www.mississaugahaltonhealthline.ca

www.centralwesthealthline.ca

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

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
Canes Community Care-Intensive Seniors Community Team	416-743-3892 Ext. 236 www.canes.on.ca/services

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.

For additional listings please also see:

www.mississaugahaltonhealthline.ca

www.centralwesthealthline.ca

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 provide a range of services: 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. 18
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. Vision therapy can assist with visual comfort, efficiency, and movement. 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
Stroke Engine • Living with Stroke->Patients and Families->What about sexual activity? 	www.strokeengine.ca
Heart and Stroke Foundation • Sex and Intimacy • Relationships 	www.heartandstroke.ca/stroke/recovery-and-support/relationships/sex-and-intimacy
Toronto Stroke Networks: Stroke Recovery Guide: How to be intimate with your partner 	www.strokerecovery.guide
UHN Toronto Rehabilitation Institute: Intimacy and Sex After Stroke 	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. These programs help with community reintegration and are designed to reduce the risk of future health problems, improve recovery and mental health, and increase energy. These programs are located in accessible centres. 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 on hold due to COVID-19.

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
Town of Halton Hills TIME Program	905-873-2601 Ext. 2360

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.marchofdimes.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
Lifemark Seniors Wellness in partnership with Acclaim Health and Mississauga Halton Local Health Integration Network 	1-877-696-1620 www.lifemarkseniorswellness.ca

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

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

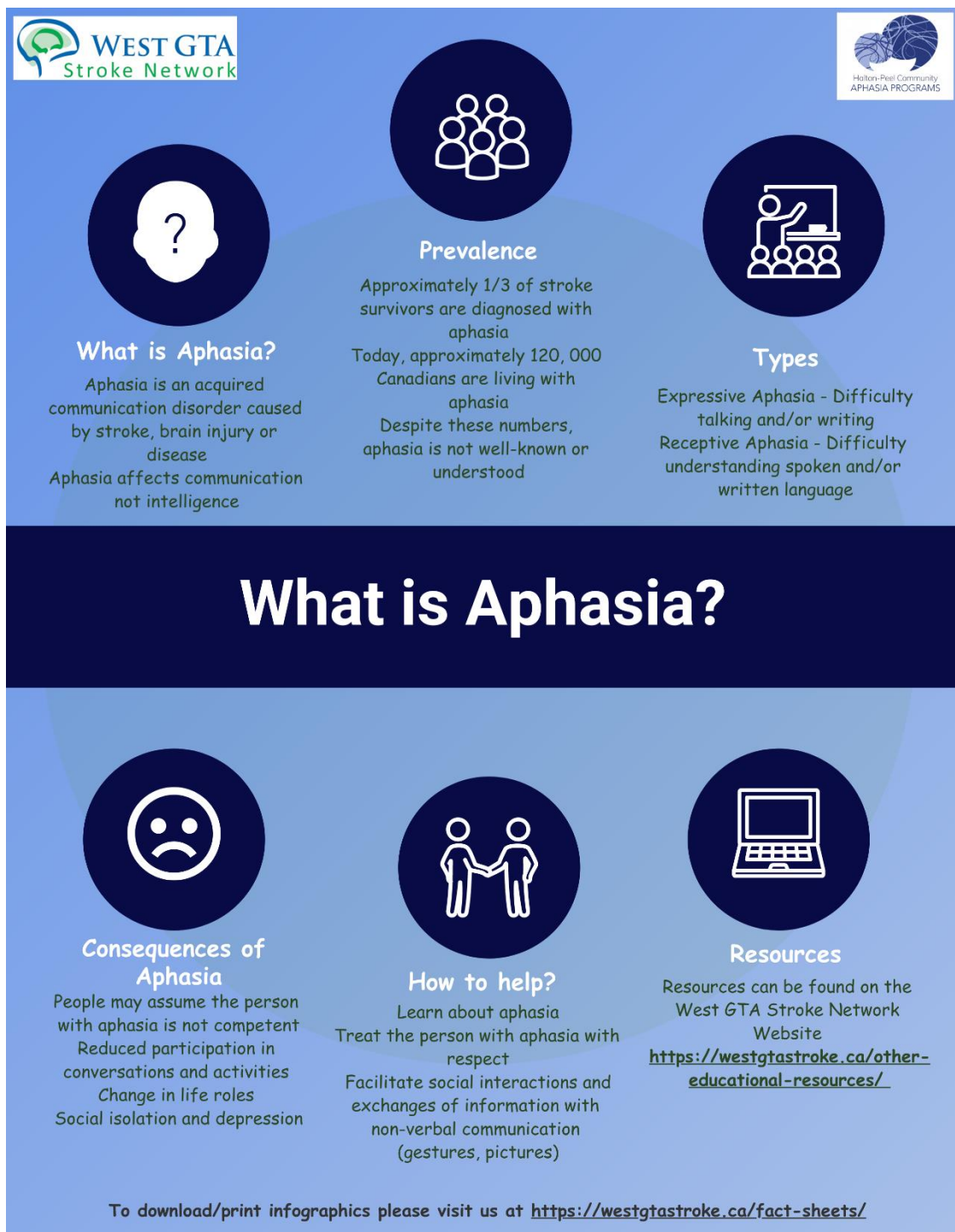
MUSIC THERAPY

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.



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
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.

Please note that some programs may be not available or provided virtually due to the COVID-19 pandemic.

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-Peel Stroke Group	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 to assist with treatment/assistive device/prescription drug payments, and supplemental income 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) • Mississauga • Brampton 	1-800-361-0897 1-877-466-5025 www.mcass.gov.on.ca/en/mcass/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 & Long Term Care 	1-800-268-6021 www.health.gov.on.ca
Veteran's Affairs Canada 	1-866-522-2122 www.veterans.gc.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
EQUIPMENT FOR PURCHASE/RENTAL	
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
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
FUNDING SUPPORT FOR EQUIPMENT	
Funding Support for Equipment	See Financial Resources Pg. 43-44
Assistive Devices Program, Ministry of Health & Long Term Care 	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. For information on Rehabilitation of Vision and/or Perception please see pg. 32.

For additional listings please also see:

www.mississaugahaltonhealthline.ca

www.centralwesthealthline.ca

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
Ride Connect Transportation	1-877-ride-025 www.canes.on.ca/services/seniors-ride-connect

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/seniors-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

The agencies listed below provide driver assessment, training, or information on return to driving post stroke.


Agency Name	Contact/Website
PRIVATE PAY	
CBI Physiotherapy & Rehabilitation	1-800-558-4599 www.cbi.ca
DriveLab Inc.	647-499-4620 Ext. 201 1-844-413-7483 www.drivelab.ca
Saint Elizabeth Healthcare	416-398-1035 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.modemploymentservices.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 	http://www.swostroke.ca/resources/

CAREGIVER RESOURCES

CAREGIVER RESOURCES

CAREGIVER RESOURCES

The agencies listed below provide support for individuals caring for a person with stroke. Services include education, counselling, peer support and online resources.

Agency Name	Contact/Website
Counselling Services	See Counselling Services Pg. 28-29
Peer Support	See Peer Support Pg. 42
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 CLINICS

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

The agencies listed below provide services to prevent primary and secondary strokes by reducing risk factors, education, and support.

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

These books may be available from your local library or book store. These books outline the experience of persons with stroke and are not substitutes for medical advice.

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
Healing & Happiness After Stroke: How to Get Back Up After Life Turned Upside-Down	Kari Dahlgren

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/
ARCH Disability Law Centre Legal Information for People with Disabilities	http://www.archdisabilitylaw.ca/
Aphasia Institute	http://aphasia.ca/

USEFUL WEBSITES

Name of the Organization	Website
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
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

USEFUL WEBSITES

Name of the Organization	Website
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/
Family Services of Peel Community Resource List	https://fspeel.org/about-us/community-resources/
GRASP Neurorehabilitation Rehab Program	http://neurorehab.med.ubc.ca/grasp/
Grocery Gateway	http://www.grocerygateway.com/
GTA Rehab Finder	www.gtarehabnetwork.ca/
Heart and Stroke Foundation of Canada	https://www.heartandstroke.ca/

USEFUL WEBSITES

Name of the Organization	Website
Government of Ontario Find a Doctor	https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner
Healthline Stroke Resource	http://www.mississaugahaltonhealthline.ca/ http://www.centralwesthealthline.ca/
Hypertension Canada	https://hypertension.ca/
March of Dimes Canada	https://www.marchofdimes.ca/en-ca
March of Dimes Canada- After Stroke [®]	https://afterstroke.marchofdimes.ca/
Meals on Wheels Ontario	http://www.mealsonwheels.ca/
NHS Stroke and Brain Injury Apps	https://www.my-therappy.co.uk/medical-condition/stroke-brain-injury
National Home Doctor Service	https://homedoctor.ca/
Health Shared Services Ontario	http://hssontario.ca/

USEFUL WEBSITES

Name of the Organization	Website
Telehealth Ontario	https://www.ontario.ca/page/get-medical-advice-telehealth-ontario
Patient Ombudsman	https://patientombudsman.ca/
Peel Addiction Assessment and Referral Center	http://paarc.com/
Peel Elder Abuse Support Program	https://www.spectrahelpline.org/
Region of Peel Housing	http://www.peelregion.ca/housing/
Rehab Care Alliance	https://www.rehabcareontario.ca/
Stroke Engine	www.strokengine.ca
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

USEFUL WEBSITES

Name of the Organization	Website
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

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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.