



**Fall 2023**

# **Community Stroke Resources**

***For the Regions of Halton, Peel,  
Dufferin and Etobicoke***



**[www.westgtastroke.ca](http://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.



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](http://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](mailto:westgtastroke@thp.ca)



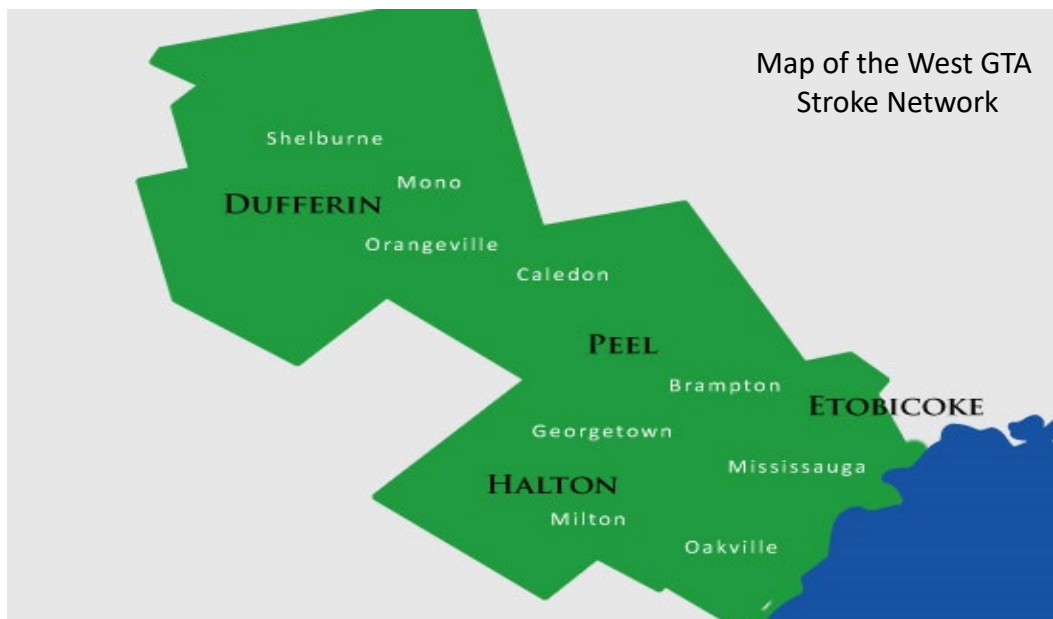
# About the West GTA Stroke Network

The West GTA Stroke Network (WGTASN) is one of eleven Stroke Networks in the province of Ontario.

The Stroke Networks :

- provide leadership and support development, implementation, and integration of stroke best practices across the continuum of care
- support health system-change, stroke best practice implementation, professional education, and knowledge translation.

The WGTASN covers a 1500 square kilometer area which consists of the regions of Peel, Halton, Dufferin and Etobicoke. The WGTASN is part of the Central Region of Ontario Health.

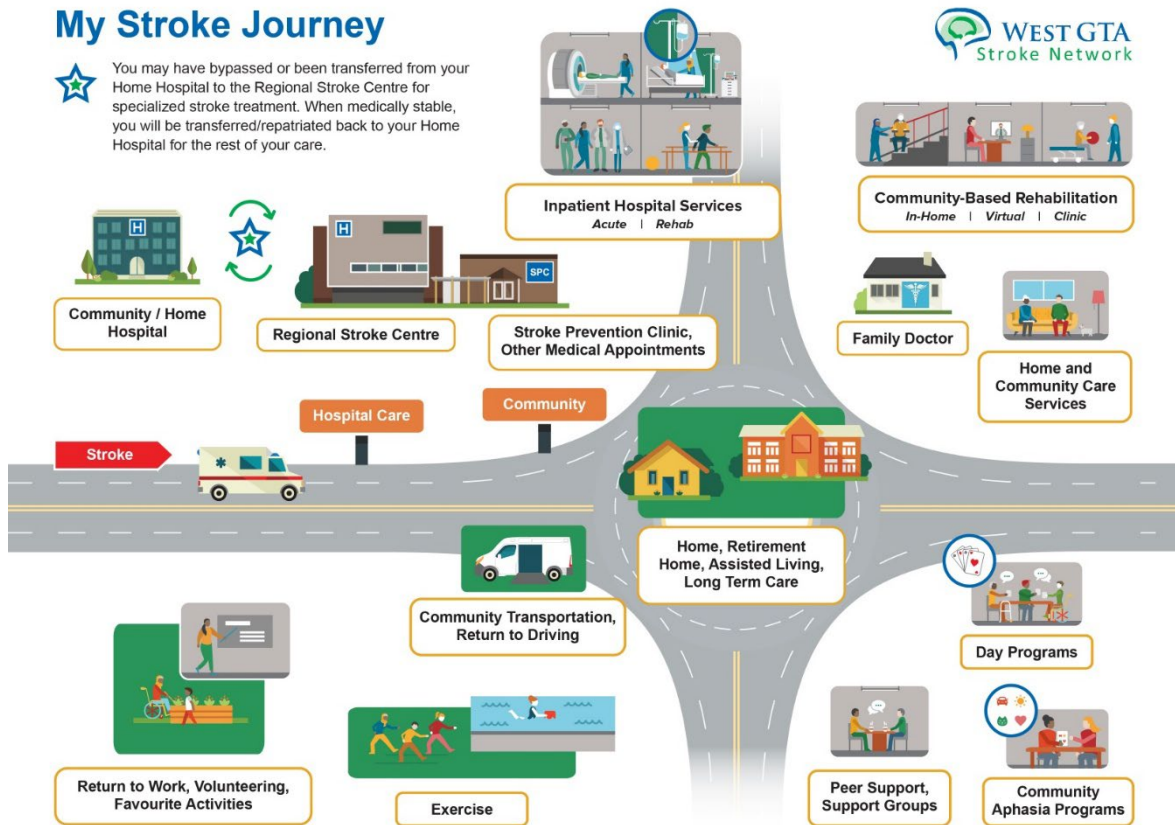




## My Stroke Journey



You may have bypassed or been transferred from your Home Hospital to the Regional Stroke Centre for specialized stroke treatment. When medically stable, you will be transferred/repatriated back to your Home Hospital for the rest of your care.



In 2021, the West GTA Stroke Network worked with persons with stroke and providers to develop the **My Stroke Journey Map**. The purpose of this resource was to visually represents the journey after stroke in the West GTA Stroke Network Region.

The My Stroke Journey map represents the “big picture” or system level view of stroke recovery and some of the parts of the health care system, and other services that the person with stroke might interact with during recovery from a stroke. The roundabout was used to show that the stroke journey can take many different paths and is unique.

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## LEGEND:

No cost, Funded by the Government



Education/Information Based Resources Only



# Hospitals And Stroke Prevention Clinic

**Hospitals in the West GTA Stroke  
Network Region**

**Stroke Prevention Clinic**

# Hospitals in the West GTA Stroke Network Region

The following hospitals are found in the regions of Halton, Peel, Dufferin and Etobicoke.

## **Trillium Health Partners**

[www.trilliumhealthpartners.ca](http://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](http://www.haltonhealthcare.on.ca)

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

## **William Osler Health System**

[www.williamoslerhs.ca](http://www.williamoslerhs.ca)

- |                              |              |
|------------------------------|--------------|
| • Etobicoke General Hospital | 416-494-2120 |
| • Brampton Civic             |              |
| • Peel Memorial Center       |              |


## **Headwaters Healthcare Centre**

[www.headwatershealth.ca](http://www.headwatershealth.ca)

- |               |              |
|---------------|--------------|
| • Orangeville | 519-941-2410 |
|---------------|--------------|

# 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 service.

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



# **Home and Community Care, Private Services and Finding a Family Doctor**

**Home and Community Care Support  
Services**

**Private Pay Nursing Services**

**Private Pay Personal  
Care/Homemaking/Respite Services**



**Finding a Family Doctor**

# Home and Community Care Support Services

Ontario's Home and Community Care Support Services organizations coordinate in-home and community-based care for thousands of patients across the province.

To access Home and Community Care Support Services you must have a valid Ontario Health (OHIP) card and meet the eligibility criteria. There is no cost for services once eligibility criteria is met. A doctor's referral may be required for some services.

To learn more, please contact your local Home and Community Care Support Services office. To find your local branch please visit <https://www.healthcareathome.ca/find-my-hccss/>

Agency Name	Contact/Website
<p>Home and Community Care Support Services – Mississauga Halton</p> <p>Halton Hills, Milton, Mississauga, Oakville and South Etobicoke</p> 	<p>905-855-9090 1-877-336-9090</p> <p><a href="https://www.healthcareathome.ca/find-my-hccss/">Mississauga Halton   Home and Community Care Support Services (healthcareathome.ca)</a></p>
<p>Home and Community Care Support Services –Central West</p> <p>Brampton, Caledon, Dufferin County, Malton, North Etobicoke and West Woodbridge</p> 	<p>905-796-0040 1-888-733-1177</p> <p><a href="https://www.healthcareathome.ca/find-my-hccss/">Central West   Home and Community Care Support Services (healthcareathome.ca)</a></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/](http://www.mississaugahaltonhealthline.ca/)

[www.centralwesthealthline.ca/](http://www.centralwesthealthline.ca/)

Health Care Professions->Nurses->In-home Nursing

Agency Name	Contact/Website
Victorian Order of Nurses (VON)	905-821-3254 <a href="http://www.von.ca">www.von.ca</a>
CBI Health	1-800-463-2225 <a href="http://www.cbi.ca">www.cbi.ca</a>
Bayshore Home Health	1-877-289-3997 <a href="http://www.bayshore.ca">www.bayshore.ca</a>
Closing the Gap	1-877-560-0202 <a href="http://www.closingthegap.ca">www.closingthegap.ca</a>
Comfort Keepers	1-866-363-0072 <a href="http://www.comfortkeepers.ca">www.comfortkeepers.ca</a>
SE Health	1-800-463-1763 <a href="http://www.sehc.com">www.sehc.com</a>
Nurse Next Door Home Care Services	1-877-588-8609 <a href="http://www.nursenextdoor.com">www.nursenextdoor.com</a>

# Private Pay Personal Care/Homemaking/Respite 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 "Private Pay Nursing" section may also provide personal support/homemaking services.

For additional listings please also see:

[www.mississaugahaltonhealthline.ca](http://www.mississaugahaltonhealthline.ca)

[www.centralwesthealthline.ca](http://www.centralwesthealthline.ca)

Home Health and Community Supports->In-home Personal Support

Agency Name	Contact/Website
CANES Home Support Services Central and Northern Etobicoke, Brampton, Malton and Woodbridge	416-743-3892 <a href="http://www.canes.on.ca">www.canes.on.ca</a>
Links2Care Milton, Halton Hills, Oakville, Mississauga, South Etobicoke	905-873-6502 <a href="http://www.links2care.ca">www.links2care.ca</a>
Spectrum	647-953-1436 <a href="http://www.spectrumhealthcare.com/services/seniors-for-seniors">www.spectrumhealthcare.com/services/seniors-for-seniors</a>
Peel Senior Link	905-712-4413 <a href="http://www.peelseniorlink.com">www.peelseniorlink.com</a>

# Private Pay Personal Care/Homemaking/Respite Services

For additional listings please also see:

[www.mississaugahaltonhealthline.ca](http://www.mississaugahaltonhealthline.ca)


[www.centralwesthealthline.ca](http://www.centralwesthealthline.ca)

Home Health and Community Supports->In-home Personal Support

Agency Name	Contact/Website
First Class Home Care Inc. Etobicoke, Peel and Halton	905-636-9995 <a href="http://www.firstclasshomecareinc.com">www.firstclasshomecareinc.com</a>
Central Registry Oakville, Milton, Halton Hills, Mississauga and South Etobicoke	905-281-4443 <a href="http://www.centralregistry.ca">www.centralregistry.ca</a>
ComForcare Home Care Peel Region	289-862-1122 <a href="http://www.comforcare.ca">www.comforcare.ca</a>
Comfort Keepers Orangeville	1-866-363-0072 <a href="http://www.comfortkeepers.ca">www.comfortkeepers.ca</a>
Caledon Community Services	905-584-2300 <a href="http://www.ccs4u.org">www.ccs4u.org</a>
Storefront Humber South Etobicoke	416-259-4207 <a href="http://www.storefronthumber.ca">www.storefronthumber.ca</a>

# Finding a Family Doctor

A family doctor is the person that manages non-emergency health concerns. Here are two options to find a family doctor who is accepting new patients.

Agency Name	Contact/Website
Health 811 	1-866-797-0007 <a href="https://health811.ontario.ca/static/guest/home">https://health811.ontario.ca/static/guest/home</a>
College of Physicians and Surgeons of Ontario	416-967-2600 Contact an Ontario physician directly to ask if they are accepting new patients. Use The College of Physicians and Surgeons of Ontario's <a href="#">Find a Doctor search</a> .



# Rehabilitation Services

## Community Stroke Rehabilitation: Hospital Outpatient and In Home Programs

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

### Physiotherapy




### Occupational Therapy

### Speech And Language Therapy




### Social Work

# Community Stroke Rehabilitation: Hospital Outpatient and In Home Programs

The agencies listed below provide community 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 some services.

Agency Name	Contact/Website
Trillium Health Partners • Credit Valley Hospital Seniors and Rehabilitation Day Hospital 	905-813-1100 Ext. 5415
Trillium Health Partners • Outpatient Neuro Rehabilitation Services • Queensway Health Center 	905-848-7280 or 416-521-4141
William Osler Health System • Brampton Civic Outpatient Services • <69 years old 	905-494-6540
William Osler Health System • Neurological Rehabilitation Clinic • Peel Memorial Site • 70 years or older 	905-863-2551

# Community Stroke Rehabilitation: Hospital Outpatient and In Home Programs

Agency Name	Contact/Website
Community Outreach Stroke Rehabilitation Team Partnership between Home and Community Care Support Services and William Osler Health System • Mild Stroke Diagnosis 	(905) 796-0040 Ext. 7121
Home and Community Care Support Services –Mississauga Halton In Home Stroke Program 	905-855-9090
Halton Healthcare Services • Step-Up Program, Oakville • Out-patient services, Georgetown 	905-338-4367 or 905-845-2571 Ext. 4367
Community Step Up Program 	1-877-696-1620 <a href="http://www.lifemarkseniorswellness.ca/Stepupprogram">www.lifemarkseniorswellness.ca/Stepupprogram</a>

# Physiotherapy


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

For additional listings please also see:

[www.mississaugahaltonhealthline.ca](http://www.mississaugahaltonhealthline.ca)

[www.centralwesthealthline.ca](http://www.centralwesthealthline.ca)

Health Care Professions->Physiotherapists

Agency Name	Contact/Website
Home and Community Care Support Services 	See Pg. 10
Community Stroke Rehabilitation 	See Pg. 16-17
Government Funded Physiotherapy Clinics 	1-866-532-3161 <a href="https://www.ontario.ca/page/physiotherapy-clinics-government-funded#section-3">https://www.ontario.ca/page/physiotherapy-clinics-government-funded#section-3</a>
<b>PRIVATE PAY</b>	
Ontario Physiotherapy Association (OPA) "Find A Physiotherapist"	416-322-6866 1-800-672-9668 <a href="http://www.opa.on.ca">www.opa.on.ca</a>

# 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.mississaugahealthline.ca](http://www.mississaugahealthline.ca)

[www.centralwesthealthline.ca](http://www.centralwesthealthline.ca)

Health Care Professions->Occupational Therapists


Agency Name	Contact/Website
Home and Community Care Services 	See Pg. 10
Community Stroke Rehabilitation 	See Pg. 16-17
<b>PRIVATE PAY</b>	
Ontario Society of Occupational Therapists	416-322-3011 1-877-676-6768 <a href="https://otontario.ca/find-an-ot/">https://otontario.ca/find-an-ot/</a>

# Speech Therapy

The agencies listed below provide clinic or in-home therapy to address swallowing and communication.  
For additional listings please also see:

[www.mississaugahaltonhealthline.ca](http://www.mississaugahaltonhealthline.ca)  
[www.centralwesthealthline.ca](http://www.centralwesthealthline.ca)

Health Care Professions->Audiologist and Speech and Language Pathologists

Agency Name	Contact/Website
Home and Community Care Services 	See Pg. 10
Community Rehabilitation 	See Pg. 16-17
Halton-Peel Community Aphasia Programs Burlington, Milton, Oakville, Brampton, Mississauga 	905-875-8474 <a href="http://www.h-pcap.com">www.h-pcap.com</a>
<b>PRIVATE PAY</b>	
College of Audiologists and Speech-Language Pathologists of Ontario "Find a Registered Professional"	416-975-5347 <a href="http://www.caslpo.com">www.caslpo.com</a>
Evergreen Communication Therapy: Intensive Aphasia Program	(905)-875-8474 <a href="http://www.evergreen-therapy.ca">www.evergreen-therapy.ca</a>



# Social Work

Social workers help achieve optimum psychosocial and social functioning. In general, social work services are not covered by OHIP; however, the services of social workers who work in health care centres and agencies (hospitals, family health teams, community agencies) are often available at no charge.

Agency Name	Contact/Website
<b>PRIVATE PAY</b>	
Find a Social Worker in Private Practise in Ontario	<a href="http://www.findasocialworker.ca">www.findasocialworker.ca</a>
Ontario College of Social Workers and Social Service Workers "Find a Registrant"	416-972-9882 <a href="https://www.ocswssw.org/">https://www.ocswssw.org/</a>

# Other Professional Services

**Spasticity Clinics**

**Continence Resources**

**Self-Management Resources**

**Nutrition**

**Mental Health Services**

**Cognitive, Behavioral and Psychological Functioning**

**Vision and Perception**

**Stroke and Sexual Health**

# 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 <a href="https://www.westpark.org/en/Services/Spasticity">https://www.westpark.org/en/Services/Spasticity</a>
Halton Health Comprehensive Spasticity Management Clinic	905-845-2571 Ext. 3545 <a href="https://www.haltonhealthcare.on.ca/services/_28763/s29703-outpatient-rehabilitation/t28381-comprehensive-spasticity-mangement-clinic">https://www.haltonhealthcare.on.ca/services/_28763/s29703-outpatient-rehabilitation/t28381-comprehensive-spasticity-mangement-clinic</a>
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. Please note a doctor's referral may be required.

Agency Name	Contact/Website
Regional Continence Program Mississauga Halton area 	416-521-4090 1-888-271-2742
William Osler Health System: Continence Clinic 	905-863-2551 <a href="https://www.williamoslerhs.ca/en/areas-of-care/seniors-care.aspx#Continence-clinic">https://www.williamoslerhs.ca/en/areas-of-care/seniors-care.aspx#Continence-clinic</a>
Canadian Continence Foundation 	705-750-4600 <a href="http://www.canadiancontinence.ca">www.canadiancontinence.ca</a>

# 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 <a href="http://www.maximizeyourhealth.ca">www.maximizeyourhealth.ca</a>
Self-Management Program: Central West 	905-863-2574 1-844-643-7393 <a href="http://www.cwselfmanagement.ca">www.cwselfmanagement.ca</a>
Online Self Management Program 	1-844-301-6389 <a href="https://www.selfmanagementontario.ca/">https://www.selfmanagementontario.ca/</a>

# Nutrition

The agencies listed below help link clients with dietitians and/or resources on diet, food, and nutrition.

Agency Name	Contact/Website
<p>Health 811 Residents of Ontario can connect with a Registered Dietitian to access free nutrition information and advice by calling <u>811</u> or starting a chat.</p> 	<p>1-866-797-0007 <a href="https://www.health811.on.ca/">Health811 - Health811 (ontario.ca)</a></p>
<p>Unlock Food Canada Website Developed by Dietitians of Canada</p> 	<p><a href="https://www.unlockfood.ca/en/default.aspx">https://www.unlockfood.ca/en/default.aspx</a></p>
PRIVATE PAY	
<p>Dietitians of Canada "Find a Dietitian" Quick Link</p>	<p>1-877-721-0876 <a href="https://www.dietitians.ca">www.dietitians.ca</a></p>



# Mental Health Services

The agencies listed below provide a range of services to address mental health concerns.

For additional listings please also see:

[www.mississaugahaltonhealthline.ca](http://www.mississaugahaltonhealthline.ca)

[www.centralwesthealthline.ca](http://www.centralwesthealthline.ca)

Health Topics->Mental Health

Agency Name	Contact/Website
Canadian Mental Health Association Peel Dufferin Branch	905-451-2123 <a href="http://www.cmhapeeldufferin.ca">www.cmhapeeldufferin.ca</a>
BounceBack Ontario	<a href="https://bouncebackontario.ca/">https://bouncebackontario.ca/</a>
Mind Beacon	<a href="https://www.mindbeacon.com/">https://www.mindbeacon.com/</a>
Connex Ontario Resource for Locating Addiction, Mental Health, and Problem Gambling Treatment Services	1-866-531-2600 <a href="http://www.connexontario.ca">www.connexontario.ca</a>
Centre for Additction & Mental Health (CAMH)	416-535-8501 Press 2 <a href="http://www.camh.net">www.camh.net</a>
One Link Mississauga Halton area	1-844-216-7411 <a href="http://www.one-link.ca">www.one-link.ca</a>

# Cognitive, Behavioral and Psychological Functioning

A neuropsychologist conducts assessments which help understand how the damage in the brain impacts cognitive, behavioral and psychological functioning. The service of a neuropsychologist is not covered by provincial health plans outside of publicly funded institutions. Some insurance plans have coverage for psychological services but often these funds are limited. Occupational Therapists may also provide assessment and treatment of cognitive and behavioral concerns.

Agency Name	Contact/Website
<b>PRIVATE PAY</b>	
The Ontario Psychological Association "Find a Psychologist"	416-961-5552 <a href="http://www.psych.on.ca">www.psych.on.ca</a>
College of Psychologists of Ontario "Find a member portal"	416-961-8817 <a href="https://members.cpo.on.ca/public_register/new">https://members.cpo.on.ca/public_register/new</a>
Occupational Therapists may also provide assessment and treatment of cognitive and behavioral concerns	See the Occupational Therapy Services Pg. 19





# Vision and 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
Canadian National Institute for the Blind 	1-800-563-2642 <a href="http://www.cnib.ca">www.cnib.ca</a>
Vision Loss Rehabilitation 	1-844-887-8572 <a href="http://www.visionlossrehab.ca">www.visionlossrehab.ca</a>
<b>PRIVATE PAY</b>	
Neuro-optometric Rehabilitation Association "Find a provider"	949-250-0176 <a href="http://www.noravisionrehab.com">www.noravisionrehab.com</a>
Canadian Optometrists in Vision Therapy and Rehabilitation "Find A Doc"	<a href="http://www.visiontherapycanada.com">www.visiontherapycanada.com</a>

# Stroke and Sexual Health

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

Agency Name	Contact/Website
Toronto Stroke Networks: Guide for Stroke Recovery Getting Back Into Life-> Sex and Intimacy 	<a href="http://www.strokerecovery.guide">www.strokerecovery.guide</a>
Ask an Expert: Sexual Wellbeing Post Stroke An Overview of Common Concerns 	<a href="https://www.youtube.com/watch?v=mFGK0yxBhP0&amp;list=PLYUGsnN82Dhs2ep06yNbDPa5BDsv39sqh">https://www.youtube.com/watch?v=mFGK0yxBhP0&amp;list=PLYUGsnN82Dhs2ep06yNbDPa5BDsv39sqh</a>
Stroke Engine: Sexuality 	<a href="https://strokengine.ca/en/consequences/sexuality/#Patient/FamilyInformation">https://strokengine.ca/en/consequences/sexuality/#Patient/FamilyInformation</a>
Heart and Stroke Foundation: Sex and Intimacy 	<a href="http://www.heartandstroke.ca/stroke/recovery-and-support/relationships/sex-and-intimacy">www.heartandstroke.ca/stroke/recovery-and-support/relationships/sex-and-intimacy</a>

# **Community Reintegration Programs & Services**

**Recreation Programs for Persons with Stroke**

**Private Recreation Therapy Services**

**Music Therapy**

**Aphasia Resources and Augmentative  
Communication Clinics**

**Peer Support**

**Adult Day Programs**

# 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 fee.

Agency Name	Contact/Website
Oakville Stokers	905-842-8791 <a href="http://www.oakvillestokers.com">www.oakvillestokers.com</a>
'Sauga Stroke Breakers	905-615-4670 Ext. 8282 <a href="https://www.mississauga.ca/recreation-and-sports/sports-and-activities/therapeutic/sauga-stroke-breakers/">https://www.mississauga.ca/recreation-and-sports/sports-and-activities/therapeutic/sauga-stroke-breakers/</a>
City of Mississauga Therapeutic Recreation Programs	<a href="https://www.mississauga.ca/recreation-and-sports/sports-and-activities/therapeutic/">https://www.mississauga.ca/recreation-and-sports/sports-and-activities/therapeutic/</a> or call your local community center
Challenge Golf GTA	905-842-0901 <a href="http://www.challengegolfgta.ca/">http://www.challengegolfgta.ca/</a>
The Riverwood Conservancy	905-279-5878 <a href="http://www.theriverwoodconservancy.org">www.theriverwoodconservancy.org</a>



# Recreation Programs for Persons with Stroke

Agency Name	Contact/Website
Home and Community Care Support Services Central West Exercise and Falls Prevention- Specialty Stroke Program 	905-796-0040 Ext. 7744
Lifemark Seniors Wellness in partnership with Acclaim Health and Ontario Health Central 	1-877-696-1620 <a href="https://www.lifemarkseniorswellness.ca/freeexerciseclasses">https://www.lifemarkseniorswellness.ca/freeexerciseclasses</a>
Next Step to Active Living Mississauga	905-615-4770 Ext. 2294 <a href="https://www.mississauga.ca/recreation-and-sports/sports-and-activities/therapeutic/next-step-to-active-living/">https://www.mississauga.ca/recreation-and-sports/sports-and-activities/therapeutic/next-step-to-active-living/</a>
Town of Halton Hills TIME Program	905-873-2601 Ext. 2360
Taoist Tai Chi Society	519-941-5981 <a href="http://www.taoist.org">www.taoist.org</a>
March of Dimes Online Exercise and Movement	<a href="https://www.marchofdimes.ca/en-ca/programs/Pages/Online-Exercise.aspx">https://www.marchofdimes.ca/en-ca/programs/Pages/Online-Exercise.aspx</a>

# 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 <a href="http://recrespite.com/">http://recrespite.com/</a>
Jackson Therapeutic	1-888-684-7729 <a href="http://www.jacksontr.com">www.jacksontr.com</a>

# Music Therapy



The agency listed below offers navigation to music therapists. Music therapists 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
<b>PRIVATE PAY</b>	
Music Therapy Association of Ontario-Find a Therapist Section	<a href="http://www.musictherapyontario.com">www.musictherapyontario.com</a>

# 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.

The agencies listed below provide services such as education, supportive conversation groups, training in supportive conversation strategies, and support groups for caregivers. Fees may apply.

Agency Name	Contact/Website
Halton-Peel Community Aphasia Programs Milton, Oakville, Mississauga, Brampton, Burlington 	905-875-8474 <a href="http://www.h-pcap.com">www.h-pcap.com</a>
Aphasia Institute 	416-226-3636 <a href="http://www.aphasia.ca">www.aphasia.ca</a>
West GTA Stroke Network Collection of Aphasia Resources 	<a href="https://westgtastroke.ca/other-educational-resources/">https://westgtastroke.ca/other-educational-resources/</a>
March of Dimes Canada Virtual Aphasia program	<a href="https://www.marchofdimes.ca/en-ca/programs/acs/aphasiainfo/Pages/Aphasia-Peer-Connect.aspx">https://www.marchofdimes.ca/en-ca/programs/acs/aphasiainfo/Pages/Aphasia-Peer-Connect.aspx</a>

# Augmentative and Alternative Communication (AAC) Clinics

AAC is a term used to describe ways of helping people who find it difficult to communicate through speech or writing.

AAC includes any gestures, communication strategies, materials, and/or technology that help people communicate more easily. The AAC Clinic is a specialized service that addresses the communication needs of individuals with complex speech and/or physical impairments, through the provision of AAC. Fees may apply.

Agency Name	Contact/Website
Hennick Bridgepoint Hospital- Augmentative & Alternative Communication (AAC) Clinic	416-461-8252 <a href="https://www.hennickbridgepointhospital.ca/en/what-we-do/AAC_clinic.asp">https://www.hennickbridgepointhospital.ca/en/what-we-do/AAC_clinic.asp</a>
UHN Augmentative and Alternative Communication Clinic	416-597-3028 <a href="https://www.uhn.ca/TorontoRehab/Clinics/AAAC_Clinic">https://www.uhn.ca/TorontoRehab/Clinics/AAAC_Clinic</a>
West Park Healthcare Center Augmentative and Alternative Communication Clinic	416-243-3600 x4676 <a href="https://www.westpark.org/Services/AAC">https://www.westpark.org/Services/AAC</a>

# 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 <a href="http://www.afterstroke.marchofdimes.ca">www.afterstroke.marchofdimes.ca</a>
Heart and Stroke Foundation: Community of Survivors	<a href="http://www.heartandstroke.ca/heart/recovery-and-support/the-power-of-community">www.heartandstroke.ca/heart/recovery-and-support/the-power-of-community</a>
The Power of Stared Experiences: In the Room- with Stacie Broek	<a href="http://www.staciebroek.com">www.staciebroek.com</a>

# 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 Home and Community Care Support Services.

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.

For full list please see:

[www.mississaugahaltonhealthline.ca](http://www.mississaugahaltonhealthline.ca)

[www.centralwesthealthline.ca](http://www.centralwesthealthline.ca)

Home Health and Community Supports->Adult Day Programs

# **Financial Resources, Equipment, Modifications, Transportation, Driving And Return To Vocations**

**Financial Resources**

**Equipment and Adaptive Aids**

**Home Modifications**

**Transportation Services**

**Return to Driving**

**Return to Vocations  
(Work, School, Volunteering)**







# 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 <a href="https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit.html">https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit.html</a>
Old Age Security (OAS) 	1-800-277-9914 <a href="https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html">https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html</a>
Canada Revenue Agency 	1-800-959-8281 <a href="http://www.canada.ca/en/revenue-agency.html">www.canada.ca/en/revenue-agency.html</a>
Canada Revenue Agency Disability Tax Credit 	1-800-959-8281 <a href="http://www.cra-arc.gc.ca/disability">www.cra-arc.gc.ca/disability</a>

# Financial Resources

Agency Name	Contact/Website
Ontario Works in Peel 	905-793-9200 <a href="http://www.peelregion.ca/help/">www.peelregion.ca/help/</a>
Trillium Drug Program 	1-800-575-5386 <a href="http://www.health.gov.on.ca/en/public/programs/drugs/programs/odb/opdp_trillium.aspx">www.health.gov.on.ca/en/public/programs/drugs/programs/odb/opdp_trillium.aspx</a>
Employment Insurance (EI) Sickness Benefit 	1-800-206-7218 <a href="https://www.canada.ca/en/services/benefits/ei/ei-sickness.html">https://www.canada.ca/en/services/benefits/ei/ei-sickness.html</a>
Ontario Disability Support Program (ODSP) • Mississauga • Brampton 	905-897-3100 1-877-466-5025 <a href="http://www.mcass.gov.on.ca/en/mcass/programs/social/odsp">www.mcass.gov.on.ca/en/mcass/programs/social/odsp</a>
Benefits Wayfinder	<a href="https://benefitswayfinder.org/">https://benefitswayfinder.org/</a>

# Financial Resources

Agency Name	Contact/Website
Assistive Devices Program, Ministry of Health & Long Term Care 	1-800-268-6021 <a href="http://www.health.gov.on.ca">www.health.gov.on.ca</a>
March of Dimes Canada Home & Vehicle Modification® Program	1-877-369-4867 <a href="https://www.marchofdimes.ca/en-ca/programs/am/hvmp">https://www.marchofdimes.ca/en-ca/programs/am/hvmp</a>
March of Dimes Canada Assistive Devices Program	1-866-765-7237 <a href="http://www.marchofdimes.ca/En/programs/adp/Pages/Adp.aspx">www.marchofdimes.ca/En/programs/adp/Pages/Adp.aspx</a>

# Equipment and Adaptive Aids

The agencies listed below provide equipment, adaptive clothing and personal alarms. Please note that these services may require out of pocket expenses.

Agency Name	Contact/Website
<b>MEDICAL ALERT AND FALL DETECTION</b>	
First Call	1-800-361-5550 <a href="http://www.firstcallhelp.ca">www.firstcallhelp.ca</a>
Lifeline	1-866-791-9620 <a href="http://www.lifeline.ca">www.lifeline.ca</a>
Bedford Medical Alert	1-888-755-3055 <a href="https://bedfordmedicalalert.ca/devices/devices-go-freedom/">https://bedfordmedicalalert.ca/devices/devices-go-freedom/</a>
<b>EQUIPMENT FOR PURCHASE/RENTAL</b>	
Silver Cross	1-844-352-7677 <a href="http://www.silvercross.com">www.silvercross.com</a>
Well Wise by Shoppers Drug Mart	1-866-220-3837 <a href="https://www.wellwise.ca/en-ca/">https://www.wellwise.ca/en-ca/</a>
Access Abilities Oakville, Etobicoke	1-800-580-9972 <a href="http://www.accessabilities.ca">www.accessabilities.ca</a>
HME Home Medical Equipment	416-633-9333 <a href="https://www.hmemobility.com/">https://www.hmemobility.com/</a>

# Equipment and Adaptive Aids

Agency Name	Contact/Website
<b>EQUIPMENT FOR PURCHASE/RENTAL</b>	
Seniors Store	647-378-4258 <a href="http://www.seniorsstore.ca">www.seniorsstore.ca</a>
Medigas	1-866-446-6302 <a href="http://www.medigas.com">www.medigas.com</a>
<b>FUNDING SUPPORT FOR EQUIPMENT</b>	
Assistive Devices Program Government of Ontario 	1-800-268-6021 <a href="http://www.health.gov.on.ca">www.health.gov.on.ca</a>
March of Dimes Canada Accessible Modifications	1-866-765-7237 Or <a href="mailto:adp@marchofdimes.ca">adp@marchofdimes.ca</a> <a href="http://www.marchofdimes.ca/En/programs/adp/Pages/Adp.aspx">www.marchofdimes.ca/En/programs/adp/Pages/Adp.aspx</a>
<b>ADAPTIVE CLOTHING</b>	
JBS Clothing	1-877-838-2035 <a href="http://www.jbsclothing.com">www.jbsclothing.com</a>
Seniors Store	647-378-4258 <a href="http://www.seniorsstore.ca">www.seniorsstore.ca</a>

# Equipment and Adaptive Aids

Agency Name	Contact/Website
<p>March of Dimes Tech for Good™</p> <ul style="list-style-type: none"><li>Offers customized recommendations, training and support on mobile devices and related assistive technology to overcome barriers to digital accessibility</li></ul>	<p><a href="https://www.marchofdimes.ca/en-ca/programs/atech/techfg/Pages/Tech-for-Good.aspx">https://www.marchofdimes.ca/en-ca/programs/atech/techfg/Pages/Tech-for-Good.aspx</a></p>

# Home Modifications

Agency Name	Contact/Website
March of Dimes Canada Home & Vehicle Modification® Program	1-877-369-4867 <a href="https://www.marchofdimes.ca/en-ca/programs/am/hvmp">https://www.marchofdimes. ca/en- ca/programs/am/hvmp</a>

# Transportation Services

The agencies listed provide transportation in vehicles designed for individuals with physical limitations . These services require out of pocket expenses.

For additional listings please also see:

[www.mississaugahaltonhealthline.ca](http://www.mississaugahaltonhealthline.ca)

[www.centralwesthealthline.ca](http://www.centralwesthealthline.ca)

Home Health and Community Supports->Transportation - Accessible

Agency Name	Contact/Website
<b>MISSISSAUGA</b>	
Transhelp	905-791-7800 <a href="http://www.peelregion.ca/transhelp/">www.peelregion.ca/transhelp/</a>
Wheelchair Accessible Transit Inc.	416-884-9898 <a href="http://www.wheelchairtransit.com">www.wheelchairtransit.com</a>
Dignity Transportation Inc.	416-398-2222 <a href="http://www.dignitytransportation.com">www.dignitytransportation.com</a>
Wheelchair Taxi Ontario	1-866-799-3648 <a href="http://www.wheelchairtaxiontario.ca">www.wheelchairtaxiontario.ca</a>
STL Wheelchair Accessible Transportation	905-599-5816 <a href="http://www.supertrans.ca">www.supertrans.ca</a>
Canes Community Care- Ride Connect Transportation	1-877-743-3025 <a href="http://www.canes.on.ca/services/seniors-ride-connect">www.canes.on.ca/services/seniors-ride-connect</a>



# Transportation Services

Agency Name	Contact/Website
<b>BRAMPTON/MALTON</b>	
Transhelp	905-791-7800 <a href="http://www.peelregion.ca/transhelp">www.peelregion.ca/transhelp</a>
Canes Community Care- Ride Connect Transportation	1-877-743-3025 <a href="http://www.canes.on.ca/services/seniors-ride-connect">www.canes.on.ca/services/seniors-ride-connect</a>
Wheelchair Accessible Transit Inc.	416-884-9898 <a href="http://www.wheelchairtransit.com">www.wheelchairtransit.com</a>
Dignity Transportation Inc.	416-398-2222 <a href="http://www.dignitytransportation.com">www.dignitytransportation.com</a>
Wheelchair Taxi Ontario	1-866-799-3648 <a href="http://www.wheelchairtaxiontario.ca">www.wheelchairtaxiontario.ca</a>
STL Wheelchair Accessible Transportation	905-599-5816 <a href="http://www.supertrans.ca">www.supertrans.ca</a>

# Transportation Services

Agency Name	Contact/Website
<b>CALEDON</b>	
Caledon Community Services	905-584-2300 Ext. 221 <a href="https://ccs4u.org/health/transportation">https://ccs4u.org/health/transportation</a>
Wheelchair Accessible Transit Inc.	416-884-9898 <a href="http://www.wheelchairtransit.com">www.wheelchairtransit.com</a>
Dignity Transportation Inc.	416-398-2222 <a href="http://www.dignitytransportation.com">www.dignitytransportation.com</a>
Wheelchair Taxi Ontario	1-866-799-3648 <a href="http://www.wheelchairtaxiontario.ca">www.wheelchairtaxiontario.ca</a>
STL Wheelchair Accessible Transportation	905-599-5816 <a href="http://www.supertrans.ca">www.supertrans.ca</a>

# Transportation Services

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

# Transportation Services

Agency Name	Contact/Website
<b>OAKVILLE</b>	
Care-A-Van	905-337-9222 <a href="http://www.oakvilletransit.ca/care-a-van.html">www.oakvilletransit.ca/care-a-van.html</a>
Wheelchair Accessible Transit Inc.	416-884-9898 <a href="http://www.wheelchairtransit.com">www.wheelchairtransit.com</a>
Dignity Transportation Inc.	416-398-2222 <a href="http://www.dignitytransportation.com">www.dignitytransportation.com</a>
Wheelchair Taxi Ontario	1-866-799-3648 <a href="http://www.wheelchairtaxiontario.ca">www.wheelchairtaxiontario.ca</a>
Canes Community Care-Ride Connect Transportation	1-877-743-3025 <a href="http://www.canes.on.ca/services/seniors-ride-connect">www.canes.on.ca/services/seniors-ride-connect</a>

# Transportation Services

Agency Name	Contact/Website
<b>GEORGETOWN</b>	
ActiVan Service	905-702-6435 <a href="http://www.haltonhills.ca/transit">www.haltonhills.ca/transit</a>
Wheelchair Accessible Transit Inc.	416-884-9898 <a href="http://www.wheelchairtransit.com">www.wheelchairtransit.com</a>
Dignity Transportation Inc.	416-398-2222 <a href="http://www.dignitytransportation.com">www.dignitytransportation.com</a>
Wheelchair Taxi Ontario	1-866-799-3648 <a href="http://www.wheelchairtaxiontario.ca">www.wheelchairtaxiontario.ca</a>

# Transportation Services

Agency Name	Contact/Website
<b>MILTON</b>	
Milton Access +	905-875-5417 <a href="https://www.milton.ca/en/living-in-milton/milton-access.aspx">https://www.milton.ca/en/living-in-milton/milton-access.aspx</a>
Wheelchair Accessible Transit Inc.	416-884-9898 <a href="http://www.wheelchairtransit.com">www.wheelchairtransit.com</a>
Dignity Transportation Inc.	416-398-2222 <a href="http://www.dignitytransportation.com">www.dignitytransportation.com</a>
Wheelchair Taxi Ontario	1-866-799-3648 <a href="http://www.wheelchairtaxiontario.ca">www.wheelchairtaxiontario.ca</a>

# Transportation Services

Agency Name	Contact/Website
<b>ETOBICOKE</b>	
Wheel-Trans	416-393-4111 <a href="https://www.ttc.ca/wheel-trans">https://www.ttc.ca/wheel-trans</a>
Canes Community Care-Ride Connect Transportation	1-877-743-3025 <a href="http://www.canes.on.ca/services/seniors-ride-connect">www.canes.on.ca/services/seniors-ride-connect</a>
City Taxi	416-740-2222 <a href="http://www.citytaxitoronto.com">www.citytaxitoronto.com</a>
Wheelchair Accessible Transit Inc.	416-884-9898 <a href="http://www.wheelchairtransit.com">www.wheelchairtransit.com</a>
Dignity Transportation Inc.	416-398-2222 <a href="http://www.dignitytransportation.com">www.dignitytransportation.com</a>
Wheelchair Taxi Ontario	1-866-799-3648 <a href="http://www.wheelchairtaxiontario.ca">www.wheelchairtaxiontario.ca</a>

# Return to Driving: Medical Review and Accessible Parking Permit

## MINISTRY OF TRANSPORTATION RESOURCES

Medical Review for Ontario Drivers. Visit this webpage for information about:

- Medical reports and license suspensions
- Reinstating a license
- Appealing a medical suspension or downgrade of license
- Functional Assessments



Functional Assessment Centers

Driver medical review online services and much more...



<https://www.ontario.ca/page/medical-review-ontario-drivers>

1-800-268-1481

Get an Accessible Parking Permit. Visit this webpage for information about:

- Eligibility
- Cost and delivery
- How to apply for an accessible parking permit and much more...



<https://www.ontario.ca/page/get-accessible-parking-permit>

1-800-387-3445



# Return to Driving: Driver Assessment and Rehabilitation Services

The agencies listed below provide driver assessment, training, or information on return to driving post stroke. These services require out of pocket expenses.

Agency Name	Contact/Website
<b>PRIVATE PAY</b>	
CBI Physiotherapy & Rehabilitation	1-800-558-4599 <a href="http://www.cbi.ca">www.cbi.ca</a>
DriveLab Inc.	1-844-413-7483 Ext. 201 <a href="http://www.drivelab.ca">www.drivelab.ca</a>
Saint Elizabeth Healthcare	1-877-397-1035 <a href="https://drive.sehc.com/">https://drive.sehc.com/</a>
Neuro-Rehab Services Driver Assessment and Training	416-667-3422 <a href="http://www.neurorehab.ca">www.neurorehab.ca</a> -
Drive Again Driver Rehabilitation Services	416-640-0292 <a href="http://www.driveagain.ca">www.driveagain.ca</a>

# Return to Driving: Vehicle Modification Services

Vehicle modifications may help some individuals post stroke resume driving. The following list will outline companies that perform vehicle modification. The list is provided for information purposes. The mention of services should not be assumed to be an endorsement of any kind.

Agency Name	Contact/Website
PRIVATE PAY	
GM Canada Mobility Program	1-800-463-7483 <a href="https://programs.gm.ca/programs/mobility.html">https://programs.gm.ca/programs/mobility.html</a>
Humberview Mobility	1-877-969-3159 <a href="https://www.humberviewmobility.com/">https://www.humberviewmobility.com/</a>
Savaria Vehicle Group	1-855-728-2742 <a href="https://wheelchairvans.ca/">https://wheelchairvans.ca/</a>
Silver Cross Automotive	1-844-799-5464 <a href="https://silvercrossauto.com/">https://silvercrossauto.com/</a>
Universal Motion	1-877-899-0699 <a href="https://universalmotion.com/on/index.html">https://universalmotion.com/on/index.html</a>

# Return to Driving: Vehicle Modification Services

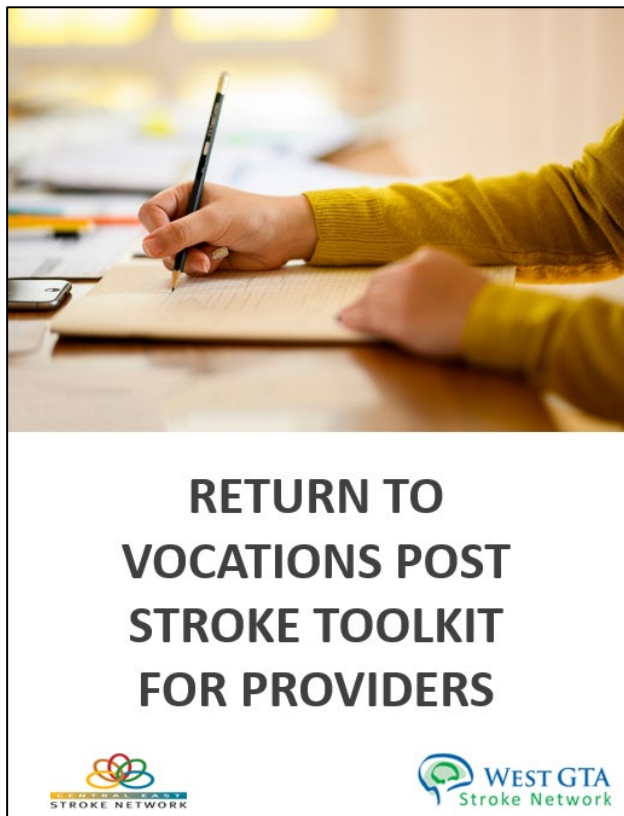
Vehicle modifications may help some individuals post stroke resume driving. The following list will outline companies that perform vehicle modification. The list is provided for information purposes. The mention of services should not be assumed to be an endorsement of any kind.

Agency Name	Contact/Website
PRIVATE PAY	
GM Canada Mobility Program	1-800-463-7483 <a href="https://programs.gm.ca/programs/mobility.html">https://programs.gm.ca/programs/mobility.html</a>
Humberview Mobility	1-877-969-3159 <a href="https://www.humberviewmobility.com/">https://www.humberviewmobility.com/</a>
Savaria Vehicle Group	1-855-728-2742 <a href="https://wheelchairvans.ca/">https://wheelchairvans.ca/</a>
Silver Cross Automotive	1-844-799-5464 <a href="https://silvercrossauto.com/">https://silvercrossauto.com/</a>
Universal Motion	1-877-899-0699 <a href="https://universalmotion.com/on/index.html">https://universalmotion.com/on/index.html</a>

# Returning to Vocations (Work, School, Volunteering)

The West GTA and Central East Stroke Networks created the Return to Vocations Toolkit. This toolkit is intended to serve as a “starting point” that will assist front-line providers to address recovery goals related to return to vocations ( work, school and volunteering) by providing:

- practical resources and
- information on local community services



The guide is available for download at the following link <https://westgtastroke.ca/community-and-ltc-care/>



# 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
After Stroke® Program March of Dimes Canada	1-888-540-6666 <a href="http://www.afterstroke.marchofdimmes.ca">www.afterstroke.marchofdimmes.ca</a>
Heart and Stroke Foundation: Community of Survivors	<a href="http://www.heartandstroke.ca/heart/recovery-and-support/the-power-of-community">www.heartandstroke.ca/heart/recovery-and-support/the-power-of-community</a>
Mind Forward Brain Injury Services	<a href="http://www.mindforward.org">www.mindforward.org</a>
Brain Injury Association of Peel Halton	905-823-2221 <a href="http://www.biaph.com">www.biaph.com</a>
Maximize Your Health: Powerful Tools for Caregivers Mississauga Halton	905-338-4432 <a href="http://www.maximizeyourhealth.ca">www.maximizeyourhealth.ca</a>
CANES Caregiver Counselling Etobicoke, Malton, Brampton	416-743-3892 Ext. 243 <a href="https://www.canes.on.ca/">https://www.canes.on.ca/</a>

# Caregiver Resources

Agency Name	Contact/Website
March of Dimes Canada Caregiver Support E-learning Sessions	<a href="https://www.marchofdimes.ca/en-ca/programs/Pages/Online-Educational-Resources.aspx">https://www.marchofdimes.ca/en-ca/programs/Pages/Online-Educational-Resources.aspx</a>
McMaster Caregiver Essentials Online Program	<a href="https://continuing.mcmaster.ca/programs/health-social-services/caregiving-essentials/">https://continuing.mcmaster.ca/programs/health-social-services/caregiving-essentials/</a>
Ontario Caregiver Organization	<a href="https://ontariocaregiver.ca/scale-program/">https://ontariocaregiver.ca/scale-program/</a>
Caregiver Exchange	519-660-5910 Ext. 5929 <a href="https://www.caregiverexchange.ca/">https://www.caregiverexchange.ca/</a>
Halton-Peel Community Aphasia Programs Caregiver Support Group	905-875-8474 <a href="http://www.h-pcap.com">www.h-pcap.com</a>

# **Books About Stroke and Useful Websites**

## **Books About Stroke**

## **Useful Websites**



# Books About Stroke

These books may be available from your local library or bookstore. 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	Walter 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	<a href="http://www.211ontario.ca/">http://www.211ontario.ca/</a>
Access 2-Easter Seals	<a href="http://access2card.ca/">http://access2card.ca/</a>
Access Now	<a href="http://accessnow.me/">http://accessnow.me/</a>
Advocacy Centre for the Elderly (ACE)	<a href="http://www.ancelaw.ca">www.ancelaw.ca</a>
Tactus therapy Aphasia App Finder	<a href="https://tactustherapy.com/find/home/">https://tactustherapy.com/find/home/</a>
ARCH Disability Law Centre	<a href="http://www.archdisabilitylaw.ca/">http://www.archdisabilitylaw.ca/</a>
Aphasia Institute	<a href="http://aphasia.ca/">http://aphasia.ca/</a>

# Useful Websites

Name of the Organization	Website
Brain Injury Association of Peel & Halton (BIAPH)	<a href="http://www.biaph.com">www.biaph.com</a>
Canadian Partnership For Stroke Recovery-Videos	<a href="https://canadianstroke.ca/tools-videos/">https://canadianstroke.ca/tools-videos/</a>
Canadian Stroke Best Practice Recommendations	<a href="http://www.strokebestpractices.ca/">http://www.strokebestpractices.ca/</a>
Center for Addictions and Mental Health	<a href="https://www.camh.ca/">https://www.camh.ca/</a>
Canadian Obesity Network	<a href="https://obesitycanada.ca/">https://obesitycanada.ca/</a>
CanStroke Recovery Trials	<a href="https://canadianstroke.ca/">https://canadianstroke.ca/</a>
Capacity Assessment: Government of Ontario	<a href="http://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/capacity.php">http://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/capacity.php</a>

# Useful Websites

Name of the Organization	Website
Caregiver Exchange	<a href="https://www.caregiverexchange.ca/">https://www.caregiverexchange.ca/</a>
Community Information Partners Peel Database	<a href="http://peel.cioc.ca">http://peel.cioc.ca</a>
CorHealth Ontario	<a href="https://www.corhealthontario.ca/">https://www.corhealthontario.ca/</a>
GRASP Neurorehabilitation Rehab Program	<a href="http://neurorehab.med.ubc.ca/grasp/">http://neurorehab.med.ubc.ca/grasp/</a>
GTA Rehab Network: Rehab Finder	<a href="http://www.gtarehabnetwork.ca/">www.gtarehabnetwork.ca/</a>
Heart and Stroke Foundation of Canada	<a href="https://www.heartandstroke.ca/">https://www.heartandstroke.ca/</a>
Health 811	<a href="https://health811.ontario.ca/static/guest/home">https://health811.ontario.ca/static/guest/home</a>
Healthline Stroke Resource	<a href="http://www.mississaugahaltonhealthline.ca/">http://www.mississaugahaltonhealthline.ca/</a> <a href="http://www.centralwesthealthline.ca/">http://www.centralwesthealthline.ca/</a>

# Useful Websites

Name of the Organization	Website
Hypertension Canada	<a href="https://hypertension.ca/">https://hypertension.ca/</a>
Legal Aid Ontario: Find a Legal Clinic	<a href="http://www.legalaid.on.ca/en/contact/contact.asp?type=cl">http://www.legalaid.on.ca/en/contact/contact.asp?type=cl</a>
March of Dimes Canada	<a href="https://www.marchofdimes.ca/en-ca">https://www.marchofdimes.ca/en-ca</a>
March of Dimes Canada-After Stroke ®	<a href="https://www.marchofdimes.ca/en-ca/programs/afterstroke">https://www.marchofdimes.ca/en-ca/programs/afterstroke</a>
March of Dimes Canada Self Advocacy Toolkit	<a href="https://www.marchofdimes.ca/en-ca/aboutus/govtrelations/dan/Pages/Self-Advocacy-Toolkit.aspx">https://www.marchofdimes.ca/en-ca/aboutus/govtrelations/dan/Pages/Self-Advocacy-Toolkit.aspx</a>
Meals on Wheels Ontario	<a href="http://www.mealsonwheels.ca/">http://www.mealsonwheels.ca/</a>
NHS Stroke and Brain Injury Apps	<a href="https://www.my-therappy.co.uk/medical-condition/stroke-brain-injury">https://www.my-therappy.co.uk/medical-condition/stroke-brain-injury</a>

# Useful Websites

Name of the Organization	Website
Patient Ombudsman	<a href="https://patientombudsman.ca/">https://patientombudsman.ca/</a>
Peel Addiction Assessment and Referral Center	<a href="http://paarc.com/">http://paarc.com/</a>
Peel Region: Housing and Shelter	<a href="http://www.peelregion.ca/housing/">http://www.peelregion.ca/housing/</a>
Regional Stroke Networks of Ontario-Smart Tips for Stroke Care	<a href="https://www.corhealthontario.ca/resources-for-healthcare-planners-&amp;-providers/stroke-general/smart-tips-for-stroke-care">https://www.corhealthontario.ca/resources-for-healthcare-planners-&amp;-providers/stroke-general/smart-tips-for-stroke-care</a>
Rehab Care Alliance	<a href="https://www.rehabcareontario.ca/">https://www.rehabcareontario.ca/</a>
Smart Tips for Stroke Care	<a href="https://www.corhealthontario.ca/resources-for-healthcare-planners-&amp;-providers/stroke-general/smart-tips-for-stroke-care">https://www.corhealthontario.ca/resources-for-healthcare-planners-&amp;-providers/stroke-general/smart-tips-for-stroke-care</a>

# Useful Websites

Name of the Organization	Website
Stroke Engine	<a href="http://www.strokingine.ca">www.strokingine.ca</a>
Unlock Food	<a href="https://www.unlockfood.ca/en/default.aspx">https://www.unlockfood.ca/en/default.aspx</a>
ViaTherapy	<a href="http://www.viatherapy.org/">http://www.viatherapy.org/</a>
World Stroke Organization	<a href="https://www.world-stroke.org/">https://www.world-stroke.org/</a>

## Notes

[illegible]





## SPOT A STROKE - ACT F.A.S.T



**F** FACE drooping



**A** ARM weakness



**S** SPEECH difficulty



**T** TIME is critical  
- call 911