

Fall 2023

Community Stroke Resources

For the Regions of Halton, Peel, Dufferin and Etobicoke

WEST GTA Stroke Network

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

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

WEST GTA Stroke Network

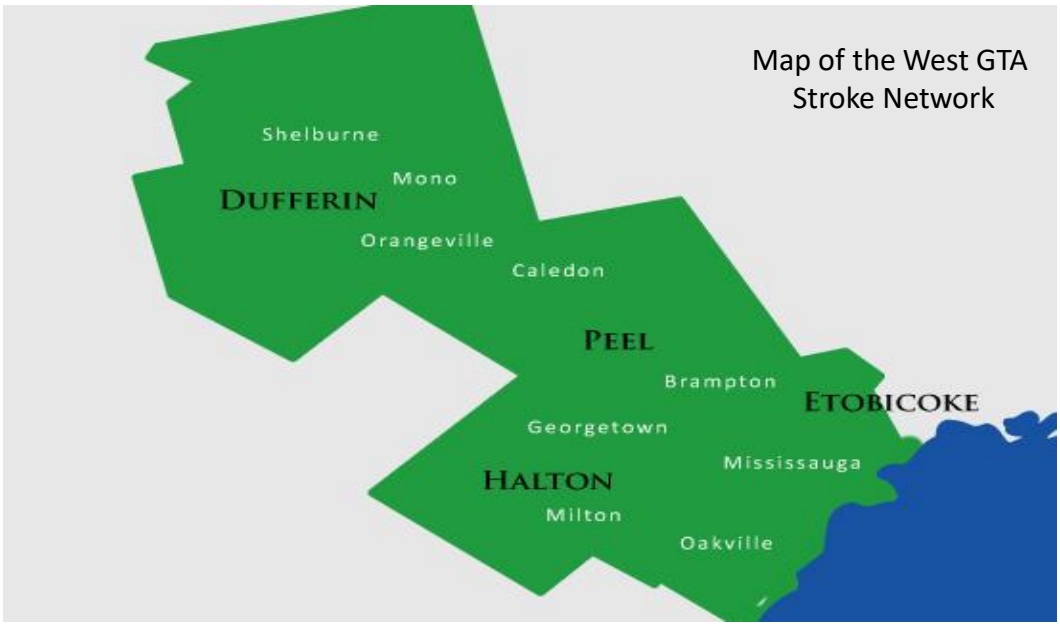
About the West GTA Stroke Network

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

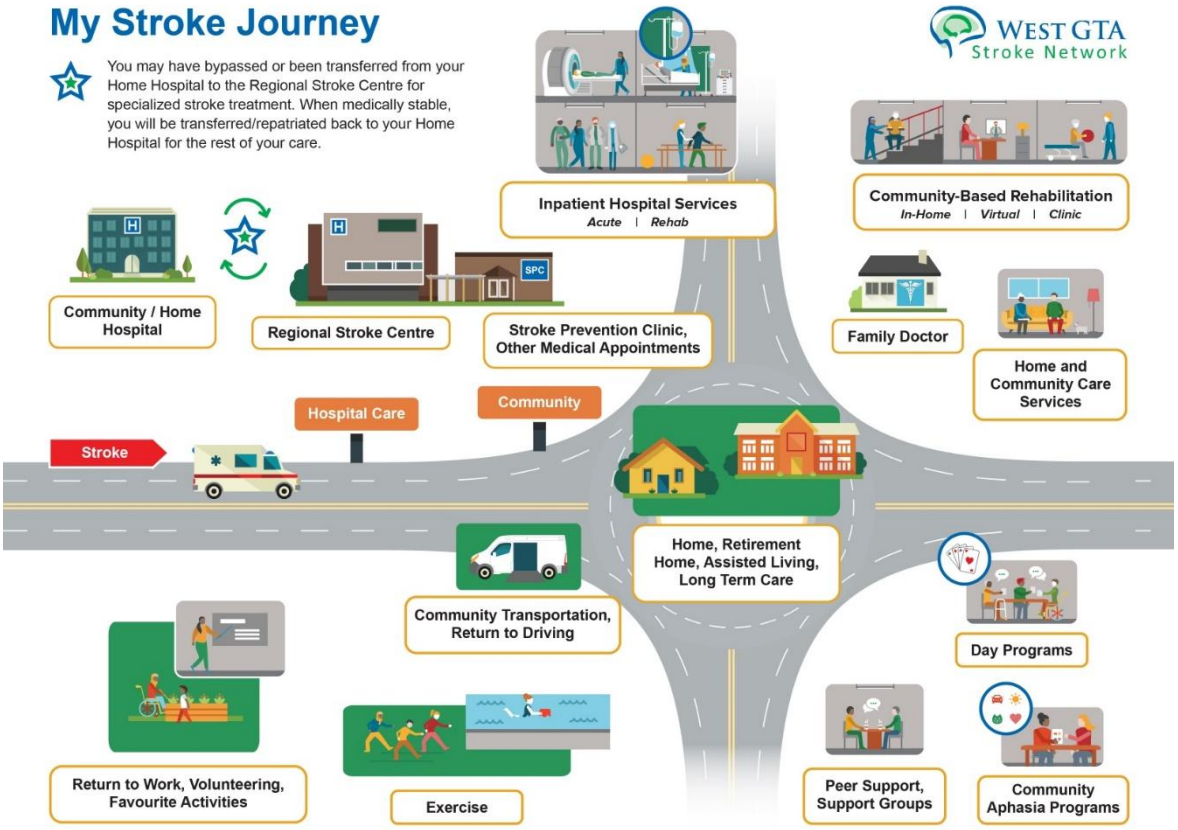
The Stroke Networks :

- 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.



Map of the West GTA Stroke Network



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.

Table of Contents

Hospital and Stroke Prevention Clinic	6
Home and Community Care, Private Services & Finding a Family Doctor	9
Rehabilitation Services	15
Other Professional Services	22
Community Reintegration Programs & Services	31
Financial Resources, Equipment, Modifications, Transportation, Driving And Return To Vocations	40
Caregiver Resources	61
Books About Stroke and Useful Websites	64

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

- 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

William Osler Health System 416-494-2120
www.williamoslerhs.ca

- Etobicoke General Hospital
- Brampton Civic
- Peel Memorial Center

Headwaters Healthcare Centre 519-941-2410
www.headwatershealth.ca

- Orangeville

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 https://trilliumhealthpartners.ca/patientservices/neurosciences/Pages/Stroke-Treatment-Prevention.aspx

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
Ontario Health atHome
https://ontariohealthathome.ca

Agency Name	Contact/Website
Home and Community Care Support Services – Mississauga Halton Halton Hills, Milton, Mississauga, Oakville and South Etobicoke	905-855-9090 1-877-336-9090 Mississauga Halton | Home and Community Care Support Services (healthcareathome.ca)
Home and Community Care Support Services –Central West Brampton, Caledon, Dufferin County, Malton, North Etobicoke and West Woodbridge	905-796-0040 1-888-733-1177 Central West | Home and Community Care Support Services (healthcareathome.ca)

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

Agency Name	Contact/Website
Victorian Order of Nurses (VON)	905-821-3254 www.von.ca
CBI Health	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
SE 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/ 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
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 www.canes.on.ca
Links2Care Milton, Halton Hills, Oakville, Mississauga, South Etobicoke	905-873-6502 www.links2care.ca
Spectrum	647-953-1437 www.spectrumhealthcare.com/services/seniors-for-seniors
Peel Senior Link	905-712-4413 www.peelseniorlink.com

Private Pay Personal Care/Homemaking/ Respite Services

For additional listings please also see:
www.mississaugahaltonhealthline.ca
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 www.firstclasshomecareinc.com
Central Registry Oakville, Milton, Halton Hills, Mississauga and South Etobicoke	905-281-4443 ext 122 www.centralregistry.ca
ComForcare Home Care Peel Region & Halton	Peel Region: 647-982-2273 Halton : 289-862-1122 www.comforcare.ca
Comfort Keepers Orangeville	1-866-363-0072 www.comfortkeepers.ca
Caledon Community Services	905-584-2300 www.ccs4u.org
Storefront Humber	416-259-4207 www.storefronthumber.ca

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 https://health811.ontario.ca/static/guest/home
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 Find a Doctor search.

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 you 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 Seniors and Rehabilitation Day Hospital https://www.thp.ca/patientservices/seniors/Pages/Seniors-and-Rehabilitation-Day-Hospital.aspx
Trillium Health Partners • Outpatient Neuro Rehabilitation Services • Queensway Health Center	416-521-4141 Outpatient Neuro Rehabilitation Clinic https://www.thp.ca/patientservices/neurosciences/Pages/Outpatient-Neuro-Rehabilitation-Services.aspx
William Osler Health System • Brampton Civic Outpatient Services • <69 years of age	905-494-6540 Website Rehabilitation Services | William Osler Health System https://www.williamoslerhs.ca/areas-of-care/rehabilitation-services/ Referral form https://directory.williamoslerhs.ca/DownloadReferralForm?ID=451 [directory....oslerhs.ca]
Peel Memorial Centre for Integrated Health and Wellness (Seniors and Rehab) Neurological Rehabilitation Clinic • Peel Memorial Site • >65 years or older	905-863-2551 Rehabilitation Services | William Osler Health System https://www.williamoslerhs.ca/areas-of-care/rehabilitation-services/ https://directory.williamoslerhs.ca/DownloadReferralForm?ID=451

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
Ontario Health atHome (Mississauga Halton) Community / In-Home Stroke Rehabilitation Services	905-855-9090 1-877-336-9090
Halton Healthcare Services • Step-Up Program, Oakville • Out-patient services, Georgetown	905-338-4367 or 905-845-2571 Ext. 4367 Step-up Program - Halton Healthcare https://www.haltonhealthcare.on.ca/services_/28763/s29703-outpatient-rehabilitation/t28313-step-up-program
Work Fit Total Therapy Centre LifeMark Senior Wellness	Oakville 905-848-9540 Milton: 905-876-7022 Georgetown: 905-873-4598 Contact Us - Work-Fit Total Therapy Centre https://www.workfitphysiotherapy.ca/contact-us

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
Health Care Professions->Physiotherapists

Agency Name	Contact/Website
Ontario Health at home	See Pg. 10
Community Stroke Rehabilitation	See Pg. 16-17
Government Funded Physiotherapy Clinics	1-866-532-3161 https://www.ontario.ca/page/physiotherapy-clinics-government-funded#section-3
PRIVATE PAY	
Ontario Physiotherapy Association (OPA) "Find A Physiotherapist"	416-322-6866 1-800-672-9668 www.opa.on.ca https://osot.on.ca/public/

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

Health Care Professions->Occupational Therapists

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

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
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 www.h-pcap.com
PRIVATE PAY	
College of Audiologists and Speech-Language Pathologists of Ontario "Find a Registered Professional"	416-975-5347 www.caslpo.com
Evergreen Communication Therapy: Intensive Aphasia Program	(905)-875-8474 www.evergreen-therapy.ca

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
PRIVATE PAY	
Ontario College of Social Workers and Social Service Workers "Find a Registrant"	416-972-9882 https://www.ocswssw.org/

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 https://www.uhn.ca/West_Park/brain-neurological-rehab/Pages/spasticity-management-clinic.aspx Spasticity Program for Adults - West Park Healthcare Centre
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. Please note a doctor's referral may be required.

Agency Name	Contact/Website
Regional Continence Program Trillium Health partners Mississauga Halton area	416-521-4090 1-888-271-2742 https://www.thp.ca/patientservices/seniors/regionalcontinenceservices/Pages/Regional-Continence-Home-Visits.aspx
William Osler Health System: Continence Clinic	905-863-2551 https://www.williamoslerhs.ca/areas-of-care/seniors-care/#Continenceclinic
Canadian Continence Foundation	1-855-415-3917 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
Online Self Management Program 	1-844-301-6389 https://www.selfmanagementontario.ca/

Nutrition

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

Agency Name	Contact/Website
Health 811 Residents of Ontario can connect with a Registered Dietician to access free nutrition information and advice by calling 811 or starting a chat. 	1-866-797-0007 1-800-855-0511 (for hearing-based disability) Health811 - Health811 (ontario.ca)
Unlock Food Canada Website Developed by Dieticians of Canada 	8-1-1 https://www.unlockfood.ca/en/default.aspx
PRIVATE PAY	
Dietitians of Canada "Find a Dietician" Quick Link	1-877-721-0876 www.dietitians.ca

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
www.centralwesthealthline.ca
Health Topics->Mental Health

Agency Name	Contact/Website
Canadian Mental Health Association Peel Dufferin Branch	905-451-2123 www.cmhapeeldufferin.ca
BounceBack Ontario	https://bouncebackontario.ca/
Mind Beacon	https://www.mindbeacon.com/
Connex Ontario Resource for Locating Addiction, Mental Health, and Problem Gambling Treatment Services	1-866-531-2600 www.connexontario.ca
Centre for Additction & Mental Health (CAMH)	416-535-8501 Press 2 The Centre for Addiction and Mental Health | CAMH
One Link Mississauga Halton area	905-338-4123 www.one-link.ca

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
PRIVATE PAY	
The Ontario Psychological Association "Find a Psychologist"	416-961-5552 www.psych.on.ca
College of Psychologists of Ontario "Find a member portal"	416-961-8817 College of Psychologists of Ontario
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 www.cnib.ca
Vision Loss Rehabilitation	1-844-887-8572 www.visionlossrehab.ca Find a Doc – Vision Therapy Canada
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

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 	www.strokerecovery.guide
Ask an Expert: Sexual Wellbeing Post Stroke An Overview of Common Concerns 	https://www.youtube.com/watch?v=mFGK0yxBhP0&list=PLYUGsnN82Dhs2ep06yNbDPa5BDsv39sqh
Stroke Engine: Sexuality 	https://strokengine.ca/en/consequences/sexuality/#Patient/FamilyInformation
Heart and Stroke Foundation: Sex and Intimacy 	Sex and intimacy - Guide for Stroke Recovery

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 Strokers	905-842-8791 The Oakville Strokers
'Sauga Stroke Breakers	905-615-4670 Ext. 8282 https://www.mississauga.ca/recreation-and-sports/sports-and-activities/therapeutic/sauga-stroke-breakers/
City of Mississauga Therapeutic Recreation Programs	https://www.mississauga.ca/recreation-and-sports/sports-and-activities/therapeutic/ or call your local community center
Challenge Golf GTA	416-879-5327 Challenge Golf
The Riverwood Conservancy	905-279-5878 www.theriverwoodconservancy.org

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 https://www.lifemarkseniorswellness.ca/freeexerciseclasses
Next Step to Active Living Mississauga	905-615-4770 Ext. 2294 https://www.mississauga.ca/recreation-and-sports/sports-and-activities/therapeutic/next-step-to-active-living/
Town of Halton Hills TIME Program	905 873 2600 ext.2360 TIME™ Locations Across Canada
Taoist Tai Chi Society	1-855-5TAOIST 1-855-582-6478 www.taoist.org
March of Dimes Online Exercise and Movement	https://www.marchofdimes.ca/en-ca/programs/Pages/Online-Exercise.aspx

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

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
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.
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 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/
March of Dimes Canada Virtual Aphasia program	https://www.marchofdimes.ca/en-ca/programs/acs/aphasiainfo/Pages/Aphasia-Peer-Connect.aspx

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 https://www.hennickbridgepointhospital.ca/en/what-we-do/AAC_clinic.asp
UHN Augmentative and Alternative Communication Clinic	416-597-3028 https://www.uhn.ca/TorontoRehab/Clinics/AAAC_Clinic
West Park Healthcare Center Augmentative and Alternative Communication Clinic	416 243 3600 ext. 34679 AAC Clinic in Ontario - West Park Healthcare Centre

Peer Support

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

Agency Name	Contact/Website
After Stroke® Program March of Dimes Canada	1-888-540-6666 www.afterstroke.marchofdimes.ca
Heart and Stroke Foundation: Community of Survivors	www.heartandstroke.ca/heart/recovery-and-support/the-power-of-community
The Power of Stared Experiences: In the Room- with Stacie Broek	www.staciebroek.com

Adult Day Programs

Day programs offer social and recreational activities for clients with physical or cognitive impairments. Assistance and supervision with personal care, caregiver respite, support and education may be provided (program services vary).
Referrals to most programs are made through the 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
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 https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit.html
Old Age Security (OAS)	1-800-277-9914 https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html
Canada Revenue Agency Disability Tax Credit	1-800-959-8281 www.cra-arc.gc.ca/disability

Financial Resources

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

Financial Resources

Agency Name	Contact/Website
Assistive Devices Program, Ministry of Health & Long Term Care	1-800-268-6021 Assistive Devices Program | ontario.ca https://www.ontario.ca/page/assistive-devices-program
March of Dimes Canada Home & Vehicle Modification® Program	1-877-369-4867 https://www.marchofdimes.ca/en-ca/programs/am/hvmp

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
MEDICAL ALERT AND FALL DETECTION	
First Call	1-800-361-5550 www.firstcallhelp.ca
Lifeline	1-866-507-3177 www.lifeline.ca
Bedford Medical Alert	1-888-755-3055 https://bedfordmedicalalert.ca/devices/devices-go-freedom/
EQUIPMENT FOR PURCHASE/RENTAL	
Silver Cross	1-844-352-7677 www.silvercross.com
Well Wise by Shoppers Drug Mart	1-800-370-0366 https://www.wellwise.ca/en-ca/
Access Abilities Oakville, Etobicoke	Oakville : 905-825-5335 Etobicoke : 416-237-9654 www.accessabilities.ca
HME Home Medical Equipment	416-633-9333 https://www.hmemobility.com/

Equipment and Adaptive Aids

Agency Name	Contact/Website
EQUIPMENT FOR PURCHASE/RENTAL	
Seniors Store	647-378-4258 www.seniorsstore.ca
Medigas	1-866-446-6302 www.medigas.com
FUNDING SUPPORT FOR EQUIPMENT	
Assistive Devices Program Government of Ontario	1-800-268-6021 Assistive Devices Program | ontario.ca
March of Dimes Canada Accessible Modifications	Home & Vehicle Modification® Program I March of Dimes Canada Ontario home and vehicle Modification program 1-877-369-4867
ADAPTIVE CLOTHING	
Lubosh Adaptive Wear	Adaptive Clothing for Men & Women | Open-Back Designs | LUBOSH – LUBOSH ADAPTIVE WEAR
Seniors Store	647-378-4258 www.seniorsstore.ca
Adaptive Apparel	Adaptive Apparel & Adaptive Clothing | Adaptt – Adaptt Apparel
Silverts Canada	Adaptive Clothing for Seniors, Elderly & Disabled - Silverts – Silverts Canada
Senior Store	Assistive Devices, Mobility Aids, Disability Aids, Senior Aids - Seniors Store -

Equipment and Adaptive Aids

Agency Name	Contact/Website
Lift Home Dufferin, Grey, Bruce and Simcoe counties	519-904 4932 Home Lifts, Stairlifts & Mobility Equipment | Lift Home www.lifthome.ca
Skilling Up March of Dimes	SkillingUp I March of Dimes Canada www.marchofdimes.ca

Home Modifications

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

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
www.centralwesthealthline.ca
Home Health and Community Supports->Transportation - Accessible

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	416 839-0722 Wheelchair Taxi Toronto, Best Service Guaranteed, Book WAV
Canes Community Care- Ride Connect Transportation	1-877-743-3025 www.canes.on.ca/services/seniors-ride-connect

Transportation Services

Agency Name	Contact/Website
BRAMPTON/MALTON	
Transhelp	905-791-7800 www.peelregion.ca/transhelp
Canes Community Care-Ride Connect Transportation	1-877-743-3025 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 Toll Free: 1-833-552-2748 Ext 218 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	416-839-0722 Wheelchair Taxi Toronto, Best Service Guaranteed, Book WAV
STL Wheelchair Accessible Transportation	905-599-5816 www.supertrans.ca

Transportation Services

Agency Name	Contact/Website
ORANGEVILLE/DUFFERIN	
Behavioural Supports Ontario	Transportation - Accessible - BSO Regional - central.behaviouralsupportsontario.ca
Wheelchair Accessible Transit Inc.	416-884-9898 www.wheelchairtransit.com
Dignity Transportation Inc.	416-398-2222 www.dignitytransportation.com
Wheelchair Taxi Ontario	416-839-0722 Wheelchair Taxi Toronto, Best Service Guaranteed, Book WAV

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	416-839-0722 Wheelchair Taxi Toronto, Best Service Guaranteed, Book WAV
Canes Community Care-Ride Connect Transportation	1-877-743-3025 www.canes.on.ca/services/seniors-ride-connect

Transportation Services

Agency Name	Contact/Website
GEORGETOWN	
Wheelchair Accessible Transit Inc.	416-839-0722 Wheelchair Taxi Toronto, Best Service Guaranteed, Book WAV
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 +	905-875-5417 https://www.milton.ca/en/living-in-milton/milton-access.aspx
Wheelchair Accessible Transit Inc.	416-839-0722 Wheelchair Taxi Toronto, Best Service Guaranteed, Book WAV
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 https://www.ttc.ca/wheel-trans
Canes Community Care-Ride Connect Transportation	1-877-743-3025 www.canes.on.ca/services/seniors-ride-connect
City Taxi	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	416-839-0722 Wheelchair Taxi Toronto, Best Service Guaranteed, Book WAV

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

For a complete list of **Ontario-approved Functional Assessment Centres for Drivers**, please visit:
Medical Review for Ontario Drivers (Ontario Ministry of Transportation)
https://www.ontario.ca/page/medical-review-ontario-drivers

Agency Name	Contact/Website
PRIVATE PAY	
CBI Health – Driver Rehabilitation Therapy Program	1-800-558-4599 www.cbihealth.ca
DriveLab Inc.	1-844-413-7483 Ext. 201 www.drivelab.ca
SE Driver Assessment & Training	1-877-397-1035 https://drive.sehc.com/contact/location
Neuro-Rehab Services Driver Assessment and Training	416-667-3422 www.neurorehab.ca
Drive Again Driver Rehabilitation Services	416-640-0292 www.driveagain.ca
Skill Builders Physiotherapy & Rehabilitation – Driver Assessment & Rehabilitation	https://www.skillbuildersrehab.com/service.php?id=8

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 https://programs.gm.ca/programs/mobility.html
Humberview Mobility	1-877-969-3159 https://www.humberviewmobility.com/
Savaria Vehicle Group	1-855-728-2742 https://wheelchairvans.ca/
Silver Cross Automotive	1-844-799-5464 https://silvercrossauto.com/
Universal Motion	1-877-899-0699 https://universalmotion.com/on/index.html

Return to Driving: Vehicle Modification Services

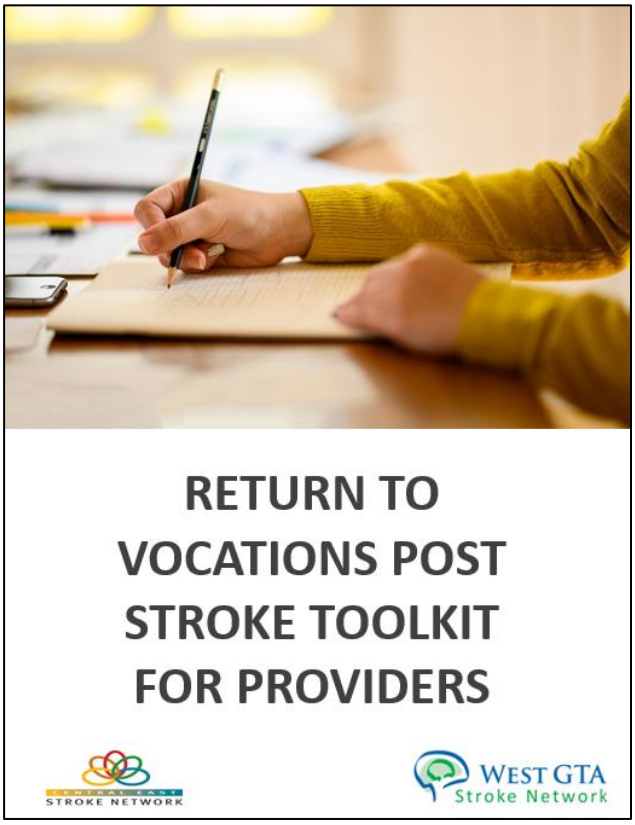
Vehicle modifications may help some individuals post stroke resume driving. The following list will outline companies that perform vehicle modification. The list is provided for information purposes. The mention of services should not be assumed to be an endorsement of any kind.

Agency Name	Contact/Website
PRIVATE PAY	
GM Canada Mobility Program	View the Entire Portfolio of GM Brands | General Motors Canada
Humberview Mobility	416-288-5477 https://www.humberviewmobility.com/
Driverge Canada	1-800-668-8705 Canada's Wheelchair Van Conversion Company - Driverge Canada
Silver Cross Automotive	1-844-799-5464 https://silvercrossauto.com/
Universal Motion	647-503-4149 https://universalmotion.com/on/index.html

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 www.afterstroke.marchofdimes.ca
Heart and Stroke Foundation: Community of Survivors	www.heartandstroke.ca/heart/recovery-and-support/the-power-of-community
Mind Forward Brain Injury Services	905-949-4411 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/

Caregiver Resources

Agency Name	Contact/Website
March of Dimes Canada Caregiver Support E-learning Sessions	https://www.marchofdimes.ca/en-ca/programs/Pages/Online-Educational-Resources.aspx
McMaster Caregiver Essentials Online Program	https://continuing.mcmaster.ca/programs/health-social-services/caregiving-essentials/
Ontario Caregiver Organization	1-833-416-2273 https://ontariocaregiver.ca/scale-program/
Caregiver Exchange	https://www.caregiverexchange.ca/
Halton-Peel Community Aphasia Programs Caregiver Support Group	905-875-8474 www.h-pcap.com

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	http://www.211ontario.ca/
Access 2-Easter Seals	http://access2card.ca/
Access Now	http://accessnow.me/
Advocacy Centre for the Elderly (ACE)	www.acelaw.ca
Tactus therapy Aphasia App Finder	https://tactustherapy.com/find/home/
ARCH Disability Law Centre	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
Canadian Partnership For Stroke Recovery-Videos	https://canadianstroke.ca/videos/
Canadian Stroke Best Practice Recommendations	http://www.strokebestpractices.ca/
Center for Addictions and Mental Health	https://www.camh.ca/
Canadian Obesity Network	https://obesitycanada.ca/
CanStroke Recovery Trials	https://canadianstroke.ca/
Capacity Assessment: Government of Ontario	https://www.ontario.ca/page/list-capacity-assessors

Useful Websites

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

Useful Websites

Name of the Organization	Website
Hypertension Canada	https://hypertension.ca/
Legal Aid Ontario: Find a Legal Clinic	http://www.legalaid.on.ca/en/contact/contact.asp?type=cl
March of Dimes Canada	https://www.marchofdimes.ca/en-ca
March of Dimes Canada-After Stroke ®	https://www.marchofdimes.ca/en-ca/programs/afterstroke
March of Dimes Canada Self Advocacy Toolkit	https://www.marchofdimes.ca/en-ca/aboutus/govtrelations/dan/Pages/Self-Advocacy-Toolkit.aspx
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

Useful Websites

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

Useful Websites

Name of the Organization	Website
Stroke Engine	www.strokengine.ca
Unlock Food	https://www.unlockfood.ca/en/default.aspx
ViaTherapy	http://www.viatherapy.org/
World Stroke Organization	https://www.world-stroke.org/

Notes



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



F **FACE** drooping



A **ARM** weakness



S **SPEECH** difficulty



T **TIME** is critical - call 911