

# LIVING WITH THE EFFECTS OF STROKE?



# WE CAN HELP

*Northern Independent  
Living Agencies*



# DID YOU KNOW?

## IN CANADA, SOMEONE HAS A STROKE EVERY TEN MINUTES.

Every ten minutes, someone in Canada has a stroke totalling over 60,000 strokes each year. Seventy-five percent of people who suffer a stroke are left with some long-term impairment. It is estimated that 300,000 Canadians are currently living with the effects of stroke.

We take pride in our commitment to creating a society that includes and promotes full accessibility to community services for individuals with physical disabilities. Our team of professionals are client-focused and have proven experience working with individuals living with stroke. We are committed to continuing to develop as a centre for excellence in stroke service delivery.

### WHAT IS A STROKE?

*A stroke is a sudden loss of brain function caused by the interruption of blood flow to the brain or the rupture of blood vessels that causes brain cells in that area to die.*

*While each stroke affects a person differently, some of the common effects may include weakness or paralysis on one side of the body, vision problems, balance difficulties, fatigue, emotional changes, swallowing difficulties, trouble reading, talking, thinking, and remembering things.*

### RECOVERY

*A person's recovery from stroke depends on what part of the brain was injured, their health before the stroke, and the rehabilitation done afterwards.*

*Efficient recovery improves with education, exercise (brain and body), eating well, and engaging with others. Each step you take improves your chances for success.*

*Whether you or a loved one has experienced a stroke recently or years ago, you don't have to travel the road of recovery alone.*

# STROKE COMMUNITY NAVIGATION SERVICE

## WHAT WE DO

Our Stroke Community Navigator will:

- facilitate connections to all kinds of stroke-based services in the community
- accompany clients to appointments and recreational centres
- provide help in finding transportation solutions, in-home nursing, personal care and housekeeping, physical activities programs, or other services offered by various agencies in the area
- assist in finding an appropriate residence with home modifications if required or apply for Supportive Housing or Outreach Services

## YOUR ROAD TO RECOVERY BEGINS HERE

1. Call, email, mail, or fax us to learn more.
2. Our Stroke Community Navigator will arrange a meeting with you and your family to discuss our services and complete application forms.
3. If you are accepted as a client, we will create a plan together based on your goals for recovery.
4. We will refer you to any services within our agency and other community agencies to ensure you get help that is tailored to your needs.

Being familiar with the multitude of community services available to our stroke clients, our navigator can guide you in the right direction and help to make this part of your recovery easier. A person has a 20% greater chance of having another stroke within two years, but 80% of secondary strokes are preventable. We prioritize education for you and your family to help you self-manage risk factors and make effective lifestyle changes.

# POST STROKE TRANSITIONAL CARE PROGRAM

HELPING INDIVIDUALS WHO HAVE HAD A STROKE TO GET BACK TO DAILY ACTIVITIES AND LIVE THE FULLEST LIFE POSSIBLE.

Stroke recovery is a lifelong journey with ups and downs and we want to be there to help you along the way. In addition to the service of our Stroke Community Navigator, who will work with you on building a plan for recovery and connect you to agencies that can offer the help you need, we have many programs you can access during your recovery.

## Living with Stroke™

Support and educational group developed by the Heart and Stroke Foundation that is led by trained facilitators. After 8 weekly sessions, you and your loved one and/or caregiver will have had opportunities to hear others' stories and advice, share your own experiences and have a better understanding of stroke risk factors.

## Monthly Support Group/Caregiver Group/Dinner Club

Connect with other stroke survivors and caregivers. Learn about wellness. Socialize in the community.

## Assessment Services

Consulting Occupational and Physical Therapists collaborate with our Rehabilitation Support Team to identify target areas for improvement and create individualized plans aimed at increasing your independence and getting you back to doing everyday activities.



## Cognitive Rehabilitation and Life Skills

Learn strategies for improving your memory, attention, organizational abilities, communication, reading, writing, and other life skills.

## GRASP - Graded Repetitive Arm Supplementary Program

Arm and hand exercise program developed for people with stroke. This program addresses functional movement and fine motor skills through strengthening, range of motion and weight-bearing exercises. It was developed by Dr. Janice Eng, PhD, BSc (PT/OT), out of the University of British Columbia and the GF Strong Rehab Centre.

## Mirror Therapy

Individual sessions using a mirror between the arms or legs to “trick the brain” into thinking that the affected side is actually moving. The brain is stimulated, forming new pathways which can lead to increased strength and movement.



### Heart Healthy Kitchen

Learn how to incorporate spices and use healthy foods to make delicious meals. This group's members meet regularly to cook and share a meal together.

### Individually Designed Physical Therapy Programs

Exercises suited for you to assist you in maintaining and increasing strength, balance, endurance, coordination, range of motion, and flexibility. We also work with you on incorporating practice with the activities you enjoy.

### TIME - Together in Movement and Exercise™

Physical exercise program designed by physiotherapists for those living with neurological conditions like stroke. This 12 week program was developed by Toronto Rehab and the City of Toronto Parks, Forestry and Recreation with the goals of increasing strength, energy level, endurance, and mobility.

### FAME - Fitness and Mobility Exercise

This group exercise program designed in Vancouver, Canada, by Dr. Janice Eng, PhD, BSc (PT/OT), addresses the multiple impairments that arise from the multiple chronic health conditions of stroke including balance, muscle strength, bone health, mobility, cardiovascular fitness and depression. The FAME program has been proven to improve the physical and cognitive abilities of people living with a stroke and reduce the risk for secondary complications such as falls, fractures and heart disease.

### Stronger 4 Longer

This 12-week seated group exercise program was designed for individuals with stroke by ICAN's Robyn O'Hara (R.Kin) and Lauren Ward (PT). The exercises vary in intensity and aim to increase overall cardiovascular health and strength of the upper and lower body. The program does include some sit to stand exercises but can be modified for those participants that are not yet able to stand independently.

### Aqua Fitness

Weekly pool exercise sessions led by our rehabilitation support staff.

## POST STROKE TRANSITIONAL CARE APARTMENT OPTION

If needed, we also offer a temporary place for you to stay while you recover to help ease the transition from hospital to home, whether it be a private residence, long-term care facility or retirement home. You can stay with us for several weeks while we help you adjust to changes and get back to your daily activities. Our apartment can also be accessed for shorter stays when your caregiver is unavailable or when you or your caregiver need some respite. You can book a weekend stay or even just come for the day.

### Our Transitional Care Apartment

- Modern furnished barrier-free
- Call bell system
- Trained support staff on site 24/7

*Check with your navigator for availability and details.*







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