Durham Region Community Resource Guide: Individuals Living with Stroke and their Caregivers

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Lakeridge Health Oshawa received designation as a District Stroke Centre in 2008. We participate in ongoing education/training in stroke care, providing coordinated stroke services based on best practices and evidence for the residents of the Durham Region across the health care continuum. As a part of the Central East Stroke Network we receive leadership, support, and education and from our Regional Stroke Centre, Royal Victoria Hospital in Barrie.

For more information contact the District Stroke Coordinator at the number listed below.
(905) 576-8711 ext. 2553
Stroke Prevention Clinic

Lakeridge Health Stroke Prevention Clinic:
The Lakeridge Health Stroke Prevention Clinic is an outpatient clinic for people who have experienced signs and symptoms of a recent stroke or transient ischemic attack (TIA). A Physician referral is required.
The goals of the clinic are:
- To provide early assessments and appropriate interventions
- To provide rapid access to diagnostic tests
- To provide education to patients and family members about risk factor management and stroke prevention

Lakeridge Health Oshawa
1 Hospital Court, 1st Floor, A-Wing, Room 700
Oshawa, ON
L1G 2B9
(905) 576-8711 ext. 3792
Fax: (905) 721-7797

Ambulatory Rehabilitation Centre (ARC)

Located at Lakeridge Health Whitby, the ARC team supports people who have suffered a stroke, brain injury or other new neurological event to regain as much independence as possible. Each clinical service offers individualized assessments, therapy and health teaching. A Physician Referral is required.

Additional services:
- Spasticity Management Clinic
- Stroke Follow Up Clinic
- EMG Clinic

Lakeridge Health Whitby
300 Gordon Street
Whitby, ON
L1N 5T2
(905) 668-6831 ext. 3093
Fax: (905) 665-2414
On-Line Resources

A patient’s guide to the Canadian Best Practice Recommendations for Stroke Care
These resources are available for download or a copy can be requested.
http://www.strokebestpractices.ca/index.php/resources/

Central East Healthline (Stroke Resources)
Provides information on services and community programs within the Central East LHIN.
http://centraleasthealthline.ca/libraryContent.aspx?id=21404

Heart and Stroke Foundation
Search for information on stroke for both individuals living with stroke and their caregivers.
http://www.heartandstroke.com

The Heart and Stroke Resource Directory allows you to search for resources and services by region.

Let’s Talk About Stroke
A resource developed by the Heart and Stroke Association that provides information on how a stroke affects your body, steps to take to prevent another stroke, medical tests and medications, ways to improve communication and the emotional aspects of stroke.
http://www.heartandstroke.on.ca/site/c.pvl3leNWJwE/b.4356255/k.40B1/Stroke__Lets_Talk_about_Stroke.htm

Ontario Stroke Network

The Ontario Stroke Network (OSN) was created in 2008 and funded by the Ministry of Health and Long Term Care to provide provincial leadership and planning for the continuum of stroke care in Ontario. Its key function is to enable the advancement of the Ontario Stroke System. The OSN consists of all Ontario Stroke Centres and Stroke Prevention Clinics and assists in leading provincial initiatives, acting as a credible
advisor, evaluating and driving system performance, as well as coordinating research and knowledge management programs.

www.ontariostrokenetwork.ca

**Saint Elizabeth Caring for Caregivers Resource Centre**
This resource centre is designed to give providers of caregiver education and support programs access to evidence-based resources, tools, and knowledge-exchange opportunities to help them meet the needs of family caregivers.

http://www.saintelizabeth.com/caringforcaregivers

**StrokEngine**
Provides information on stroke-related topics from quality articles, research and websites.

www.strokengine.ca/index.php?page=topic&id=34

**Stroke Link**
StrokeLink is an iPad app designed to empower stroke survivors by providing the tools they need to regain their independence.

http://www.strokelink.ca/

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**Stroke Survivors**

**Stroke Smart**
An online resource from the National Stroke Association for stroke survivors and their families.  http://www.strokesmart.org/

**Stroke Survivors Association**
Is an association that assists those who are affected by stroke through community re-engagement, education and advocacy.

www.strokesurvivors.ca

A resource published by the Heart and Stroke Foundation that provides practical knowledge and skills for family caregivers and health care providers.

www.heartandstroke.on.ca/site/c.pvI3IeNWJwE/b.6194819/k.FEB1/Tips_and_Tools__2010.htm
211Ontario
Is a province-wide directory and referral service for community and social services in Ontario? Their phone service is open 24 hours a day, every day of the year, and is available in more than 150 languages.
Dial 2-1-1 or visit their website www.211ontario.ca

Peer Support Groups

Stroke Survivor Groups

Meetings are for stroke survivors and their caregivers.

For more information on Stroke Support Groups in your area, please visit the websites below.
http://www.heartandstroke.on.ca/site/c.pvl3leNWJwE/b.7936265/k.94AE/Living_with_Stroke_Ontario_Locations.htm
http://cesnstroke.ca/local-stroke-programs/stroke-support-group/

Durham Region:
Bowmanville Stroke Support Group (905) 623-4123
Durham Region (Whitby) Stroke Recovery Group (905) 723-6442
Oshawa Stroke Support Group 1-800-263-3463 ext. 7758

Additional Resources

Facebook Young Stroke Survivors (Under 55)
https://www.facebook.com/thestrokes#!/groups/5326941831/

Heart and Stroke Foundation of Ontario
Durham Regional Office: Supporting Oshawa, Ajax, Pickering and Whitby
Unit 2, 105 Consumers Drive
Whitby, ON
L1N 1C4
(905) 666-3777
Fax (905) 666-9956
www.heartandstroke.ca
**Stroke Network**: Online Stroke Support and Information  

**Stroke Recovery Canada (March of Dimes Canada)**  
10 Overlea Boulevard  
Toronto, ON  
M4H 1A4  
1-800-263-3463  
Fax: (416) 425-1920  
Email: info@strokerecoverycanada.com  
[www.strokerecoverycanada.com](http://www.strokerecoverycanada.com)

**Warmline - Stroke Recovery Canada**

[Logo of Stroke Recovery Canada]

Phone support and information for stroke survivors and their family and caregivers  
1-888-540-6666  
[www.marchofdimes.ca/src](http://www.marchofdimes.ca/src)
Were you recently released from the hospital and need help at home?
Do you have a friend or a family member who requires support to remain at home?
Do you have a relative who is no longer safe living alone, and who may need to move to a long-term care home? The CE Community Care Access Centre (CCAC) can help you!

Why call the Community Care Access Centre (CCAC)?
- The CE CCAC provides access to in-home health care and community support services to make it easier for people of all ages to receive health care in their homes
- When you call CE CCAC, the case manager will talk to you about your health care needs and will arrange for the right level of health services for you
- The CCAC case manager can also link you to other support services in our community, and help you to apply for admission to a long-term care home
- The CE CCAC will work with you, your family or caregiver to make informed choices about your health care needs
- Anyone can call the CCAC and there is no cost for their services

Who may receive CCAC services?
- Anyone who has a valid Ontario Health Card and;
- Has a medical condition that can be treated effectively at home or in the community, and/or
- Needs support to manage at home or in the community

How do you access CCAC services?
- If you or someone you know needs help with their health or personal care, call the CCAC local branch for information
- You may refer yourself
- You may call on behalf of a family member, a friend or a client
- If you are in the hospital, you can ask to talk to the CCAC case manager
When living at home is no longer possible or when you or the person you are caring for needs more help than can be provided at home, the CCAC will help find additional care. This may include:

- Short-term care in a long-term care home
- Supportive housing
- Placement into a long-term care home

Services provided through the CCAC include:

- Case Management
- Personal Support
- Nursing
- Nutritional Counseling
- Physiotherapy
- Occupational Therapy
- Social Work
- Speech Language Pathology
- Medical Supplies and Equipment
- CCAC also coordinates:
  - Respite care to allow time off for the caregiver relief
  - Short-term supportive care to help with recovery from illness or injury
  - Placement into a long-term care home

310-CCAC (310-2222)
www.ccac-ont.ca

Central East CCAC Branch Offices
All branch offices are open Monday - Friday, 8:30 a.m. to 4:30 p.m.
Service is available after 4:30 p.m. on weekends and statutory holidays.
Please contact your local branch for information.

Whitby Branch
920 Champlain Court
Whitby, ON
L1N 6K9
(905) 430-3308
1-800-263-3877
Community Care Durham (CCD), established in 1977, is a multi-service registered charitable organization that provides Home Support, Respite (Caregiver Relief) and COPE Mental Health services for adults and their caregivers who have needs related to aging, physical and/or mental health. The services are provided free of charge or for a minimal fee and are administered through various service locations across Durham Region. Community Care Durham is committed to providing access to a range of services needed to maintain our client’s well-being, independence and quality of life.

Community Care Durham’s office hours are Monday to Friday from 8:30 a.m. to 4:30 p.m. Home Support services include Meals on Wheels, Transportation, Luncheon Out (in some areas), Home Help, Home Maintenance, Friendly Visiting, Telephone Reassurance, and Foot Care Clinics (in some areas).

Additional CCD Programs and Services:
COPE is a community mental health program offering group support to adults aged 16 and older, with emotional and/or mental health concerns. All COPE services are free of charge. Staff and trained volunteers facilitate support, coping skills, educational and social/recreational groups such as: depression, anxiety, stress management, losses, social recreation, and groups for caregivers and family members.

Respite Services (Caregiver Relief) provide a temporary break for caregivers from the stress and ongoing responsibility associated with caring for a loved one with needs related to aging and/or a disability. Two services are offered, In-Home Respite and the
Adult Day Programs. There is a fee for Respite services. In-Home Respite: Care is delivered by qualified staff that maintains a safe environment and is trained to provide personal care, assistance with the activities of daily living, social interaction, meal preparation and more. Adult Day Program: Offers a safe and comfortable setting for clients to enjoy a wide array of social and recreational programs. Qualified staff and volunteers provide the programs and assist with the activities of daily living.

Psychogeriatric Community Support Program (PCSP) is a collaborative effort offered by CCD and Ontario Shores Centre for Mental Health Services. The program offers screening, assessment, consultation, referral and support for high risk older adults (65 years and older) with persistent mental health concerns living in the community.

Exercise & Falls Prevention Classes offer strengthening and balancing classes in a group environment for older adults at various sites throughout the Durham Regions.

For a list of available support groups in your area, please visit the CCD website at www.communitycaredurham.on.ca

Community Care Durham  
16100 Old Simcoe Road  
Port Perry, ON  
L9L 1P3  
(905) 985-0150 ext. 253  
webmaster@communitycaredurham.on.ca

In-Home Respite Services  
1-888-255-6680

Psychogeriatric Community Support Program (PCSP)  
(905) 666-4836  
1-866-748-0774
For information on services provided in your area, please contact your local office, or visit the CCD website at www.communitycaredurham.on.ca

**Ajax-Pickering**
1420 Bayly Street, Unit #6
Pickering, ON
L1W 3R4
(905) 837-0017

**Brock**
1 Cameron Street East
Cannington, ON
L0E 1E0
(705) 432-2900

**Clarington**
2440 Hwy. 2, Unit #1
(G.B. Rickard Complex)
Bowmanville, ON
L1C 0K6
905-623-2261

**Oshawa**
20 Sunray Street, Unit #6
Whitby, ON
L1N 8Y3
(905) 430-5613

**Scugog**
16100 Old Simcoe Road
Port Perry, ON
L9L 1P3
(905) 985-8461

**Uxbridge**
75 Marietta Street, Unit #1
Uxbridge, ON
L9P 1K7
(905) 852-7445

**Whitby**
20 Sunray Street, Unit #5
Whitby, ON
L1N 8Y3
(905) 668-6223
Acquired Brain Injury Services

**Brain Injury Association of Durham Region (BIAD)**
BIAD is an activity based day drop in service. Program is free and you can drop in or stay all day. BIAD also provides Community Support Coordination Services which assist individuals in connecting with and staying connected to local community services.

850 King St. W, Unit 24
Oshawa, ON, L1J 8N5
(905)723-2732 or 1-866-354-2732
information@biad.ca
[www.biad.ca](http://www.biad.ca)

**Ontario Association of Social Workers**
(416) 923-4848
[www.oasw.org](http://www.oasw.org)

**Ontario Brain Injury Association**
Offers support, empowerment and education to people and families living with acquired brain injury.
1-800-263-5404
[www.obia.on.ca](http://www.obia.on.ca)

**VON Canada**
50 Richmond Street East, Suite 110A
Oshawa, ON, L1G 7C7
(905) 571-3151
Fax: (905) 571-1460
[www.von.ca](http://www.von.ca)
Therapy Services

Visit the College of Physiotherapists of Ontario at http://www.collegept.org/home to find a Physiotherapist in your region.

Visit the College of Occupational Therapist of Ontario at https://www.coto.org/ to find an Occupational Therapist in your region.

For a full listing of therapy providers please go to www.canada411.ca and type in “physiotherapy clinics”.

Communication Resources

Aphasia Institute
The Aphasia Institute is a community-based center of excellence, pioneering programs and practices that help Canadians with aphasia learn how to communicate in new ways so they can re-join life’s conversations.

73 Scarsdale Road
Toronto, ON
M3B 2R2
(416) 226-3636
Fax: 416-226-3706
aphasia@aphasia.ca
www.aphasia.ca

Aphasia and Communication Disability Program
This program provides service for people touched by aphasia or communication disorders and offers group communication programs that are located in Whitby, Newmarket, Peterborough, Richmond Hill, Stouffville, and Maple.

13311 Yonge St.
Suite 202
Richmond Hill, ON
L4E 3L6
905-773-7758 ext. 6212
1-800-567-0315
http://www.marchofdimes.ca/EN/programs/ydac/Pages/York-DurhamAphasiaCentre.aspx
Augmentative and Alternative Communication Services in Ontario
http://www.accpc.ca/aboutaac-ontarioservices.htm

Canadian Hearing Society
1-877-347-3427
www.chs.ca

Central East CCAC
310-CCAC (310-2222)
www.ccac-ont.ca

Central East Saint Elizabeth Office
1549 Victoria Street East
Whitby, ON
L1N 8R1
(905) 430-6997
Fax: (905) 430-2921
CentralEastSDC@saintelizabeth.com

National Aphasia Association (U.S.)
Phone: 1-800-922-4622
www.aphasia.org

Speech Therapy Centres of Canada
www.speechtherapycentres.com

Head Office and Main Clinic
65B Beaver Creek Road
Richmond Hill, ON
L4B 1K4
(905) 886-5491
Fax: 905-886-2362
info@speechtherapycentres.com

The Aphasia Institute’s Introduction to Supportive Conversation for Adults with Aphasia
http://www.aphasia.ca/cop/
Private Speech and Language Providers

Visit the College of Audiologist and Speech-Language Pathologists of Ontario at http://www.caslpo.com/ or the Ontario Association of Speech-Language Pathologists and Audiologists at www.osla.on.ca to search for a provider in your area.

Beyond Words Speech-Language Pathology (Whitby)
(905) 723-3061
speech@beyondslp.ca

Inter-Action Rehabilitation Inc.
Durham Corporate Centre
105 Consumers Drive E
Whitby, ON
L1N 1C4
(905) 665-0781
http://www.interactionrehab.com/cgi-bin/interrehab.cgi

John Valiquette – Oshawa Speech and Language Centre (Oshawa)
(905) 432-9100
speechpath@gmail.com

Speech Therapy Centres of Canada (Whitby)
(905) 886-5941
info@speechtherapycentres.com
# Mental Health Services

**Canadian Mental Health Association**  
(905) 436-8760

**Community Care Durham**

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ajax-Pickering</td>
<td>(905) 837-0017 ext. 229</td>
</tr>
<tr>
<td>Brock</td>
<td>(705) 432-3044</td>
</tr>
<tr>
<td>Clarington</td>
<td>(905) 623-4123</td>
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<tr>
<td>Oshawa</td>
<td>(905) 666-0689</td>
</tr>
<tr>
<td>Psychogeriatric Community Support Program</td>
<td>1-866-748-0774</td>
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<tr>
<td>Scugog</td>
<td>(905) 985-8461 ext. 225</td>
</tr>
<tr>
<td>Uxbridge</td>
<td>(905) 852-7445 ext. 24</td>
</tr>
<tr>
<td>Whitby</td>
<td>(905) 668-6223 ext. 227</td>
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<tr>
<td>Community Counselling</td>
<td>1-866-840-6697</td>
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**COPE Mental Health**  
(905) 623-4123

**Depression Information and Resource Centre**  
1-800-557-5057 x8000

**Durham Hospice**  
(905) 240-4522

**Durham Mental Health Services**  
(905) 666-3304

**Durham Mental Health Mobile Crisis Line**  
1-800-742-1890

**Durham Region Mental Health Crisis Services**  
(905) 665-6932

**Distress Centre Durham**  
(905) 430-2552

**John Howard Society**  
(905) 579-8482

**Lakeridge Health Crisis Line**  
(905) 723-8195

**Ontario Shores Crisis Line**  
1-800-263-2679

**Pinewood Crisis Line**  
1-888-881-8878

**Rouge Valley Health Crisis Intervention Team**  
(905) 999-0205
Patient Self-Management Programs

The Central East LHIN Self-Management Program
Living a Healthy Life with Chronic Conditions
The "Living a Healthy Life" workshop is a free six-week workshop. The workshop helps people with chronic health conditions and their caregivers to better cope with symptoms and activities of daily life. All participants will receive the "Living a Healthy Life with Chronic Conditions" companion book. Contact below to find a workshop running in your area.
1-866-971- 5545
info@healthylifeworkshop.ca
https://www.healthylifeworkshop.ca/home.aspx

Living with Stroke Program
The Heart& Stroke Living with Stroke™ Program is a community-based support and educational program designed for stroke survivors and their caregivers to gain confidence in managing the challenges of living with stroke. The six (6) week program assists stroke survivors to develop new skills and gain confidence in your ability to control your life. This interactive program supports a self-management philosophy, focusing on building skills, sharing experiences, and support.

For an up to date listing of programs, please visit the Living with Stroke website below:
http://www.heartandstroke.on.ca/site/c.pv131enwjwe/b.7936265/k.94ae/living_with_stroke_ontario_locations.htm

Homemaking, Nursing and Support Services

Home & Community Support
Provides caregiver, community, and health and nutrition services to help people with disability, illness or seniors function independently at home and stay connected to their community.

Ontario Community Support Association
(416)256-3010
1-800-267-6272
http://homeandcommunitysupport.ca
March of Dimes Canada – Attendant Care Services  
Provides clients with help to complete their daily activities.  
1-800-263-3463 ext. 7726  
www.marchofdimes.ca/EN/programs/Attendant/Pages/Attendant.aspx

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Bayshore Home Health</td>
<td>(905) 433-4002</td>
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<tr>
<td>Cardinal Nannies</td>
<td>(905) 666-2228</td>
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<tr>
<td>Canada Health and Home Care</td>
<td>(905) 579-1237</td>
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<tr>
<td>Care4Seniors</td>
<td>(905) 434-8909</td>
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<tr>
<td>Comcare Health Services</td>
<td>(905) 433-1494</td>
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<tr>
<td>Comfort Keepers</td>
<td>(905) 666-8258</td>
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<td>Community Care Durham</td>
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<tr>
<td>Ajax-Pickering</td>
<td>(905) 837-0017</td>
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<tr>
<td>Brock</td>
<td>(705) 432-2900</td>
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<tr>
<td>Clarington</td>
<td>(905) 623-2261</td>
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<tr>
<td>Oshawa</td>
<td>(905) 430-5613</td>
</tr>
<tr>
<td>Scugog</td>
<td>(905) 985-8461</td>
</tr>
<tr>
<td>Uxbridge</td>
<td>(905) 852-7445</td>
</tr>
<tr>
<td>Whitby</td>
<td>(905) 668-6223</td>
</tr>
<tr>
<td>Central East Community Care Access Centre</td>
<td>(905) 430-3308</td>
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<tr>
<td>Day by Day Non-Medical Home Care (Uxbridge)</td>
<td>(905) 852-0182</td>
</tr>
<tr>
<td>D.H.S. Health Care Services</td>
<td>(905) 571-1511</td>
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<tr>
<td>First Staff Health Care Services</td>
<td>(905) 305-9551</td>
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<tr>
<td>Home Instead Senior Care</td>
<td>(905) 723-1800</td>
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<tr>
<td>HomeWell Senior Care</td>
<td>(905) 509-8469</td>
</tr>
<tr>
<td>Paramed Home Health Care</td>
<td>(905) 433-7600</td>
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<tr>
<td>Partners in Community Nursing</td>
<td>(905) 665-1711</td>
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</tbody>
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Personal Attendant Care (905) 576-5603
Retire at Home Services (905) 493-2653
Saint Elizabeth Health Care (905) 430-6997
T&E Health Pros (905) 429-4040
Victorian Order of Nurses (905) 571-3151
We Care Health Services (905) 666-6656

For additional Resources visit the Central East Healthline at http://www.centraleasthealthline.ca/index.aspx?region=CentralEast and select “home and community care”.

**Equipment Sales and Rental**

**Assistive Devices Program (ADP)**
ADP provides funding for equipment for persons with a physical disability. There are specific eligibility criteria and an ADP. Authorizer must assess specific needs.
1-800-268-6021
www.health.gov.on.ca/english/public/program/adp/adp_mn.html

**Canadian Red Cross – Health Equipment Loan Program (HELP)**
Provides medical equipment on a short-term basis.
www.redcross.ca/article.asp?id=40346&tid=067

**March of Dimes Canada – Assistive Devices Program:**
Non-profit charity that can provide financial assistance with the purchase and/or repair/maintenance of mobility devices.
1-866-765-7237
www.marchofdimes.ca/EN/programs/adp/Pages/Adp.aspx
Suppliers of Mobility Aids

For a full listing please go to www.canada411.ca and type in “mobility aids”.

Courtice

Courtice Home Healthcare
1423 King Street E
Unite #5
Courtice, ON
L1E 2J6
(905) 721-0004

Bowmanville

Home Healthcare Solutions
229 King Street E
Unit1
Bowmanville, ON
L1C 1P8
(905) 419-5500
www.homehcs.ca

Oshawa

Durham Medical
242 King Street East
Oshawa, ON
L1H 1C7
(905) 728-1112
1-888-479-4687
sales@durhammedical.ca
http://www.durhammedical.ca/

Medigas
115 Wentworth Street W
Unit 1
Oshawa, ON
L1J 8P7
(905) 725-8482
1-866-446-6302
Motion Specialties
500 King Street W
Suite 2
Oshawa, ON
L1J 2K9
(905) 576-2174
1-866-374-9590
www.themotiongroup.com

Whitby

Medichair
110 Dunlop Street E
Whitby, ON
L1N 6J8
(905) 666-5001
1-800-465-5028
www.medichair.com

Shopper’s Home Health Care Centre
Kendalwood Park Plaza
1801 Dundas Street E
Whitby, ON
L1N 2L3
1-877-727-4441
www.shoppershomehealthcare.com

Silver Cross
1450 Hopkins Street
Unit 6
Whitby, ON
L1N 2C3
(905) 668-8560
1-800-659-0668
www.silvercross.com
Equipment Loan Services

Canadian Red Cross - Health Equipment Loan Program (HELP)
585 Wentworth Ave
Unit 40
Oshawa, ON
L1H 3V8
(905) 723-2933
Fax: 905-723-9023
durham_region@redcross.ca
www.redcross.ca

Royal Canadian Legion
(905) 841-7999
info@on.legion.ca
http://www.on.legion.ca/

Social and Recreation Services

Adult Day Programs

Brain Injury Association of Durham (905) 723-2732

Community Care Durham
Ajax-Pickering (905) 420-5010 ext. 223
Brock 1-888-255-6680
Clarington (905) 697-7231
Oshawa (905) 430-5613
Scugog 1-888-255-6680
Uxbridge (905) 852-7222
Whitby (905) 668-6223

Faith Place - Adult Day Program (905) 576-6712

Hillsdale Estates Day Program (905) 579-1777 ext. 497

KMW Adult Day Program (Ajax) (905) 428-6402

Lakeview Manor (Port Perry, Beaverton) (705) 426-7388 ext. 5320

Minds in Motion (Alzheimer Society of Durham Region) (905) 576-2567 ext. 26
www.alzheimer.ca/durham 1-888-301-1106
Community Exercise and Rehabilitation Programs

Abilities Centre TIME (Together in Movement and Exercise) Program

TIME is a community-based exercise program for people with a range of neurological conditions such as stroke, multiple sclerosis, or acquired brain injury. Anyone with a neurological condition that can walk at least 10 metres with or without a walking aid is encouraged to participate.
For more information call or visit: (905) 665-8500 ext.114
http://www.abilitiescentre.org

Aquatic Wellness – Uxpool, Uxbridge
Improve your postures, balance and flexibility while increasing your core strength in a low impact environment.
(905) 852-7831

Durham Warm Water Aquatics Program
Offers a gentle exercise program performed in warm water pool. Designed to improve joint mobility, range of motion and general health and wellbeing.
(905) 430-1665
www.dwap.com
Lakeridge Health Cardiac Rehabilitation Program
Cardiac rehabilitation is a 6 month program where patients attend a weekly session at one of several community sites throughout Durham region. A therapist will lead small groups of people living with various forms of heart disease through an education and exercise program. Each patient will set small goals and develop the tools needed to make lifestyle changes to improve cardiovascular health. The program is 100% funded through OHIP. Anybody living with or at high risk of developing any form of heart disease is welcome to enroll. To enroll, a physician referral is required.
1-855-448-5471

Whitby Taoist Tai Chi Society Canada
Health Recovery Class - Allows people of all ages and states of health to improve their physical and psychological wellbeing.
(905) 668-6500
www.taoist.org

VON SMART (Seniors Maintaining Active Roles Together) Program
Provides one to one and group volunteer facilitated exercise programs for individuals living in the community.
(905) 571-3151

Senior Centres

Durham Region
Oshawa Senior Centre (Multiple sites) (905) 576 6712
Pickering East Shore Community Centre (905) 420-6588
South Pickering Senior Centre (905) 420- 5049

Whitby
Whitby Seniors Activity Centre (905) 668-1424

Uxbridge
Uxbridge Senior Centre (905) 852- 7401

Port Perry
Port Perry Seniors Centre (Latcham Centre) (905) 982-2192
Respite Services and Friendly Visiting Programs

Community Care Durham – Respite Care
http://www.communitycaredurham.on.ca/

Ajax-Pickering (905) 420-5010 ext. 223
Brock (705) 432-2900
Clarington (905) 697-7231
Oshawa (905) 430-5613
Scugog (905) 985-8461
Uxbridge (905) 852-7222
Whitby (905) 668-6223

Library Services
Delivers library materials to homebound customers including large print books, magazines and tapes.

Ajax (905) 683-4000 ext. 850
Oshawa (905) 579-6111 ext. 5242
Whitby (905) 668-6531 ext. 2010

Volunteer Friendly Visitor Programs
This service provides volunteers that visit on a regular basis to share in activities or for companionship.
(905) 571-3151

Transportation and Driving Information Services

Accessible Parking Permits
www.mto.gov.on.ca/english/dandv/vehicle/app.shtml
1-800-387-3445
Medical Driving Assessments

CBI Physiotherapy & Rehabilitation Centre - Durham
15 Thickson Road North, Unit 4
Whitby, Ontario
L1N 8W7
(905) 725-5055
1-800-463-2225
Fax: (905) 433-0396
durhamphysiotherapy@cbi.ca
www.cbi.ca

Saint Elizabeth Health Care
Driver Assessment & Training including DriveABLE
1549 Victoria Street East
Whitby, Ontario
L1N 9E8
(416) 398-1035
1-877-397-1035
Fax 416-398-3206
driverinfo@saintelizabeth.com
www.saintelizabeth.com

Ministry of Transportation

Driver Improvement Office, Medical Review Section
Check this website for information on the process to reinstate your license and for MTO approved driver assessment centres for driving evaluations.
1-800-268-1481
http://www.mto.gov.on.ca/english/dandv/driver/medical-review

Vehicle Modification

General Motors of Canada – Mobility Program
Provides adaptation of various GM vehicles to facilitate accessibility and access.
1-800-GM-DRIVE (1-800-463-7483)
www.gm.ca/gm/english/owner_centre/buick/autocare/article/1233087303030
National Mobility Equipment Dealers Association (NMEDA)
A non-profit trade association of mobility equipment professionals dedicated to expanding opportunities for people with disabilities to drive or be transported in modified vehicles.
1-866-948-8341
www.nmeda.com

Savaria Vehicle Group
Is an accessible vehicle conversion company.
1-855-SAVARIA (1-855-728-2742)

Shoppers Home Health Care – Automotive Division
Dealer of wheelchair accessible vans.
www.sparrowhawk.ca

Universal Motion
Installs wheelchair lifts and completes van conversions.
1-877-899-0699
www.universalmotion.com

Financial Assistance for Vehicle Modifications

March of Dimes Canada – Home and Vehicle Modification Program
The program may provide limited funding for vehicle modifications.
1-800-263-3463
www.marchofdimes.ca/EN/programs/hvmp/Pages/HomeandVehicle.aspx

Durham Specialized Transit:
www.durhamregiontransit.com

Ajax, Pickering (905) 683-4114
Oshawa, Whitby, Clarington (905) 725-4000
Brock, Scugog, Uxbridge 1-800-263-1916

Durham Wheelchair Accessible Taxi Services

Blue Line (905) 440-2011
Durham Rapid Taxi (905) 831-2345
Whitby Bell Taxi (905) 668-8888
Other Transportation Services
Community Care Durham
(905) 985-0150
www.communitycaredurham.on.ca

Premium Care Companion Services
(647) 271-9978
premiumcarecompanions@rogers.com
www.premiumcarecompanions.com

Rapid City Transportation (Ajax/Pickering)
1-888-202-3923
www.rapidcitytransportation.com

Food Services
Durham Region Food Resource Directory
Provides a listing of locations and phone numbers where food is available throughout the Durham Region.

Meals on Wheels (Community Care Durham)
Order online at www.communitycaredurham.on.ca/mow

Ajax (905) 837-0017
Brock (705) 432-2900
Clarington (905) 623-2261
Oshawa (905) 430-5613
Scugog (905) 852-7445
Whitby (905) 668-6223

Food Delivery
Beaverton Foodland (705) 426-9061
Metro Grocery Store (Oshawa) (905) 723-7731
Metro Grocery Store (Whitby) (905) 655-1660
Orono Foodland (905) 983-5306
Employment Resources

Financial Support

Bill 21, Employment Standards Amendment Act (Leaves to Help Families)
Bill 21, the Leaves to Help Families Act, will allow Ontarians to take time off work to care for seriously ill loved ones without threat to their employment. It will provide:

- **Family Caregiver Leave:** up to eight weeks of unpaid, job-protected leave for employees to provide care or support to a family member with a serious medical condition each calendar year.
- **Critically Ill Child Care Leave:** up to 37 weeks of unpaid, job-protected leave to provide care to a critically ill child for employees who have been employed for at least six consecutive months.

For more information see the link below:
http://www.ontla.on.ca/web/bills/bills_detail.do?locale=en&BillID=2738&detailPage=bills_detail_the_bill

Canadian Pension Plan (CPP) – Retirement Pension and Disability Benefits
These benefits may be available to you if you contributed to CPP while you were working. There may also be benefits available for your children.
1-800-277-9914
www.servicecanada.gc.ca/eng/isp/cpp/cpptoc.shtml

Canadian Pension Plan Vocational Rehabilitation
A voluntary program designed to help people receiving CPP disability benefits return to work.
1-800-461-3422
www.hrsdc.gc.ca/eng/oas-cpp/cpp_disability/physguide/work.shtml#help

Employment Insurance – Sickness Benefits
If you have had to stop work because of an illness/injury you may qualify for this benefit.
1-800-206-7218
www.servicecanada.gc.ca

Old Age Security (OAS) and Guaranteed Income Supplement (GIS)
Is available to those 65 years or older and an allowance may also be available for spouses.
1-800-277-9914
www.servicecanada.gc.ca/eng/isp/oas/oastoc.shtml
Ontario Disability Support Program (ODSP)
ODSP Provides long-term financial assistance to people who cannot work for medical reasons or because of disability. Check the website to find the office nearest you.
www.ontario.ca/socialassistance

Ontario Works (OW)
Provides temporary financial assistance to help cover the costs of your basic needs and employment assistance to help you prepare for and find a job. Check the website to find the office nearest you.
www.ontario.ca/socialassistance

Finding Work

Canadian Council on Rehabilitation and Work
Promotes and supports meaningful and equitable employment of persons with disabilities.
1-800-664-0925
www.ccrw.org

Canadian National Institute for the Blind (CNIB)
Offers career and employment services for individuals with visual impairment.
1-800-563-2642
www.cnib.ca/en/services/vision-support/range

Job Opportunity Information Network (JOIN):
Many of the providers of Ontario Disability Support Program (ODSP) employment services are part of this network.
www.joininfo.ca/toronto.php

JobStart
Is a community based, not-for-profit agency connecting people looking for work with employers looking to hire new employees.
(416) 231-2295
www.jobstart-crawl.org
March of Dimes Canada - Employment Services
Provides job training and helps people with disabilities find employment.
1-800-263-3463
www.marchofdimes.ca/EN/programs/employment/

Ontario Disability Support Program (ODSP) – Employment Supports
Helps people with disabilities find a job.
www.ontario.ca/socialassistance

Opportunities Fund for Persons with Disabilities
Helps people with disabilities prepare for, obtain and maintain employment or self-employment particularly those who are not eligible for Employment Insurance (EI) benefits.
www.hrsdc.gc.ca/eng/funding_programs/ofpd/index.shtml

Return to Work Toolkit
This informative website, developed by the Southwest Ontario Stroke Network, will provide stroke survivors, family members and healthcare providers with; assistance to navigate the process of returning to work, local and provincial resources that provide guidance, support, and assistance and an online self-assessment guide to focus individual recovery efforts and provide information about ability or readiness to return to work.
http://swostrok.ca/rtw-introduction/

WORKink
Canada’s largest virtual employment resource centre for job seekers with disabilities.
http://workink.com

Housing Resources and Information

Financial Assistance for Home Modifications

Home Adaptations for Seniors’ Independence (HASI)
Offer financial assistance for minor home adaptations that will help low-income seniors to continue to live at home independently.
http://cmhc-schl.gc.ca/en/co/prfinas/prfinas_004.cfm or call toll-free 1-800-668-2642
March of Dimes Canada – Home and Vehicle Modification Program
Provides basic funding for home and vehicle modifications.
1-800-263-3463
www.marchofdimes.ca/EN/programs/hvmp/Pages/HomeandVehicle.aspx

Ontario Retirement Communities Association
Offer information on retirement residences.
1-888-263-5556

Residential Rehabilitation Assistance Program for Persons with Disabilities (RRAP – Disabilities)
Canada Mortgage and Housing Corporation offer financial assistance to allow homeowners and landlords to pay for modifications to make their property more accessible to persons with disabilities.
1-800-668-2642

Service Canada
http://www.servicecanada.gc.ca/eng/audiences/disabilities/housing.shtm

Safety in the Home/Emergency Response Systems

CareLink Advantage – Personal Emergency Response System
1-866-876-7401
info@carelinkadvantage.ca
www.carelinkadvantage.ca

ConnectCare Emergency Response Service
(905) 338-4357
1-800-665-7853
www.connectcareHalton.ca
Lifeline

An easy-to-use personal response service that lets you summon help any time of the day or night.
1-866-784-1992
www.lifeline.ca/content/english

March of Dimes Canada
http://www.marchofdimes.ca/EN/programs/adp/Pages/Adp.aspx#

Modifying the Home After Stroke

Safety Seek Emergency Response Systems
(905) 433-6655
1-855-443-6655
info@safetyseekers.ca
www.safetyseekers.ca

Advanced, Financial and Long Term Care Planning

Advanced Planning

A Guide to Advanced Care Planning
1-888-910-1999
Office of the Public Guardian & Trustee (Ministry of the Attorney General)
Provides information or assistance on issues such as incapacity, guardianship processes and powers of attorney.
1-800-518-7901
attorneygeneral@ontario.ca
http://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/

Power or Attorney and Living Wills
Download your own power of attorney and living will documents by clicking on “Wills & Estates” on the left hand side of the page.
www.attorneygeneral.jus.gov.on.ca

Drug Coverage

Ontario Drug Benefit Program (ODB)
Provides coverage for the cost of some prescription drugs to persons 65 years or older. Low-income seniors can apply for a co-payment reduction.
1-866-811-9893

Trillium Drug Program
Provides coverage for some prescription drugs for persons under the age of 65 and who have high drug costs in relation to their household’s income. Must have valid OHIP card and not be covered by other provincial programs (e.g., ODB, OW/ODSP, long-term care residents, persons receiving professional homecare services). Application kits may also available at your pharmacy.
1-800-575-5386

Finances

Disability Tax Credit
Is a non-refundable tax credit that a person with a qualifying impairment can claim.
1-800-959-8281
www.cra-arc.gc.ca/disability
Registered Disability Savings Plans (RDSP)
This is a savings plan for people who are eligible for the disability tax credit.
1-800-959-8281
www.cra-arc.gc.ca/disability

Tax Returns
Some medical expenses can be claimed on your tax return. For more information on what items you might be able to claim visit the website below.
1-800-959-8281
www.cra-arc.gc.ca/disability

Long Term Care Planning

Long Term Care Planning Network
A national resource centre for aging and care planning.
(416) 323-1090
info@ltcplanningnetwork.com
http://www.ltcplanningnetwork.com/

Veterans Affairs Canada
Provides services and benefits to veterans and their families. Click on Services & Benefits on left hand side of the page of the website listed below.
1-866-522-2122
www.veterans.gc.ca/eng/sub.cfm

General Resources and Information

Caregiver Support and Information

Heart and Stroke Foundation’s Children as Caregivers
http://www.heartandstroke.on.ca/aff/cf/%7B33C6FA68-B56B-4760-ABC6-D85B2D02EE71%7D/Young%20Carers%20Edition%20FINAL%202008.pdf
I am a caregiver, National Aphasia Institute (USA)
http://www.aphasia.org/?q=content/i-am-caregiver

March of Dimes Canada Warmline
http://www.marchofdimes.ca/EN/PROGRAMS/SRC/SUPPORTGROUPS/Pages/LocalSupportGroups.aspx

Power House Project Ontario
http://www.powerhouseproject.ca/

Service Canada Being a Caregiver
http://www.servicecanada.gc.ca/eng/lifeevents/caregiver.shtml

Stroke Engine Canada: Family Support – Acute Care

The Family Caregiver.com
www.thefamilycargiver.com

The Stroke Network: Online Stroke Support and Information
http://www.strokenetwork.org/

VON Caregiver Connect

Young Carers Program (Toronto)
http://ycptoronto.weebly.com/index.html

Young Carers (Canada)
http://www.youngcarers.ca/

Young Carers – Children Caregivers
http://www.swostroke.ca/content/files/Young%20Carers%20Edition%20FINAL%202008.pdf
Depression

Health Care Connect

Heart and Stroke Foundations Tips and Tools for Everyday Living
http://www.heartandstroke.on.ca/site/c.pvl3leNWJwE/b.6194819/k.FEB1/Tips_and_Tool s__2010.htm

Stroke Engine Family: Post-Stroke Depression

Diabetes and Healthy Eating

Durham Region Diabetes Network (DRDN)
The Durham Region Diabetes Network (DRDN) is committed to establishing a regionalized, coordinated and equitable system of prevention, management and treatment of diabetes that meets the needs of clients living with diabetes, their families and caregivers, and those at risk of developing diabetes in Durham Region. Services include; community awareness, motivation, education and support in the forms of monthly Diabetes Support Groups in four different Durham communities; free community education sessions such as Living Healthy With Diabetes, Craving Change and Durham Diabetes Day; as well as diabetes education and in-servicing for families, caregivers and staff (both medical and non-medical) of those living with diabetes.

Lakeridge Health Whitby Hospital
300 Gordon Street,
Whitby, ON
L1N 5T2
(905) 576-8711
Fax: (905) 665-2426
drdn@lakeridghehealth.on.ca
http://www.durhamregiondiabetesnetwork.com/

Diabetes Education Programs in Durham Region

Brock Community Health Centre Diabetes Education Program
Locations: Sunderland, Beaverton and Cannington. Please see website for detailed hours and addresses for each location.
(705) 432-2446
Fax: (705) 432-3039
http://www.brockchc.ca

**Lakeridge Health**
Lakeridge Health Corporate DEP (Whitby)
300 Gordon Street
Whitby, ON
L1N 5T2
(905) 668-6831 ext. 3726/4342
Fax: (905) 665-2404

**Markham Stouffville Hospital - Uxbridge Cottage Hospital Site**
Markham Stouffville - Uxbridge DEP
Testa Building, 2nd Floor
2 Campbell Drive
Uxbridge, ON
L9P 1R5
(905) 852-9771 ext. 5260
Fax: (905) 852-2460
http://www.msh.on.ca/

**The Charles H. Best Centre (Type 1 Diabetes Only)**
360 Columbus Road East
Whitby, ON
L1M 1Z5
(905) 620-0360
Fax: (905) 620-0579
bestdiabetes@charleshbest.com
http://www.charleshbest.com/

**The Oshawa Community Health Centre**
Oshawa Community Health Centre DEP
115 Grassmere Avenue
Oshawa, ON
L1H 3X7
(905) 723-0036 ext. 268
Fax: (905) 723-3391
http://www.ochc.ca/
Rouge Valley Health System
Rouge Valley DEP (Ajax/Pickering)
580 Harwood Ave. S
Ajax, ON, L1S 2J4
(905) 683-2320 ext. 5269 or Fax: (905) 428-5248

Additional Healthy Eating Resources

Eat Right Ontario
EatRight Ontario allows you to ask nutrition-related questions and receive feedback by phone or email from a Registered Dietitian. Nutrition tools and links offer many additional resources to support you in developing healthy eating habits for you and your family.

Heart and Stroke Foundation’s Healthy Weight Action Plan
https://ehealth.heartandstroke.ca/heartstroke/hwap2/?LID=1&pgsrc=

Dysphagia Resources

Stroke Engine Family: Dysphagia

Swallowing Clinics
Heart and Stroke Foundation’s Tips and Tools for Everyday Living
http://www.heartandstroke.on.ca/site/c.pvl3leNWJwE/b.6194819/k.FEB1/Tips_and_Tools__2010.htm

UK Stroke Association: Dysphagia
http://www.stroke.org.uk/factsheet/swallowing-problems-after-stroke

Entertainment

Easter Seals Canada – Access to Entertainment
The Access 2 Entertainment card provides free admission for the support persons accompanying a person with disability. Applicants must have permanent disability and health care provider sign off.
(416) 932-8382 ext. 227
www.access2card.ca

Fatigue and Sleep

Canadian Sleep Society
www.canadiansleepsociety.com

Mayo Clinic
www.mayoclinic.com/health/sleep-apnea/DS00148

National Center for Sleep Disorders Research
www.nhlbi.nih.gov/sleep

National Sleep Foundation
www.sleepfoundation.org

Sleep Education,
Provided by the American Academy of Sleep Medicine
www.sleepeducation.com

The Apnea Support Forum
An internet-based support group for individuals with sleep apnea.
www.apneasupport.org

US Stroke Association's Sleep-Related Disorders
http://www.stroke.org/site/PageServer?pagename=sleep_breathing#resources

Foot Care

Community Care Durham
Ajax (905) 837-0017
Brock (705) 432-2900
Clarington (905) 623-2261
Oshawa (905) 430-5613
Scugog (905) 985-8461
Whitby (905) 668-6223

DHS Health Care Service
www.dhshealth.com
(905) 571-1511

Durham Family Foot Care
www.aestheticsinpodiatry.com
(905) 725-3849

Paramed Home Health Care
www.extendicare.com
(905) 433-7600

Partners in Community Nursing
(905) 665-1711

We Care
www.wecare.ca
(905) 666-6656

Hearing and Vision

Bell Canada Accessibility Services
http://www.bell.ca/Accessibility_services

Hypertension

Hypertension Canada
This website provides information on high blood pressure prevention and control.
http://www.hypertension.ca/hypertension-home

Heart and Stroke Foundation’s Blood Pressure Action Plan
https://ehealth.heartandstroke.ca/heartstroke/bpap.net/Tracker.aspx

Incontinence

Heart and Stroke Foundation’s Tips and Tools for Everyday Living
http://www.heartandstroke.on.ca/site/c.pvl3IeNWJwe/b.6194819/k.FEB1/Tips_and_Tools__2010.htm
Self-Help Tool for Women Managing Incontinence

Stroke Association (UK)
http://www.stroke.org.uk/factsheet/continence-problems-after-stroke
Stroke Engine Family: Urinary Incontinence

US National Stroke Foundation Stroke Recovery Fact Sheets
http://www.stroke.org/site/PageServer?pagename=recov_factsheets

Intimacy Post Stroke

Find a Therapist Near You: BESTCO (Board of Examiners in Sex Therapy & Counselling in Ontario)
http://www.bestco.info/therapistlocator.php

National Stroke Association: iHOPE Online Education Series
http://www.stroke.org/site/PageServer?pagename=iHOPE

National Stroke Association Recovery after Stroke
Redefining Sexuality (USA) Fact Sheet

Stroke Association Sex after Stroke Fact Sheet (UK)
http://www.stroke.org.uk/sites/default/files/F31_Sex%20after%20stroke.pdf

Stroke Engine Family

Stroke Foundation of New Zealand: Intimacy after Stroke
Toronto Stroke Network Getting Back Into Your Life: Your Sexual Relationship

Pain Management

National Stroke Association: iHOPE Online Education Series
http://www.stroke.org/site/PageServer?pagename=iHOPE

US National Stroke Foundation Recovery Fact Sheets
http://www.stroke.org/site/PageServer?pagename=recov_factsheets

Senior Services

Senior Services Directory
An online resource that advertises businesses catered to seniors and older adults throughout North America.
http://www.seniorservicedirectory.com/

Silverts Adaptive Clothing and Footwear
Supplies simplified and dignified dressing solutions to assist with independent living.
1-800-387-7088
http://www.silverts.com

Smoking

Quit Smoking Canada
This website provides facts and tips to help smokers quit. Please visit their website for more information.
http://quit-smoking-canada.ca/en/help_me_quit_smoking/

Leave the Pack Behind
Provides assistance for College and University aged individuals.
www.leavethepackbehind.org

Smoker’s Helpline Online
www.smokershelpline.ca
Smoker’s Helpline, Canadian Cancer Society
Free information, advice and support to assist individuals in quitting smoking.
1-877-513-5333

Travelling

Accessible Cruise and Vacation Specialists:
Accessible Travel Specialists will help facilitate any travel opportunities for those with disabilities.
(416) 805-7065

Heart and Stroke Foundation
www.heartandstroke.on.ca/site/c.pvi3IeNWJwE/b.5506029/k.E7E/Stroke_Questions_you_may_have_after_your_stroke.htm#travel

Learn from the experience of others
You can get ideas and suggestions from stroke survivors for what has worked well for them when travelling.
http://thestrokethrivers.blogspot.com

March of Dimes Canada, TravelAbility Travel Insurance.
TravelAbility is a travel insurance program specifically designed for people with physical disabilities and their families.
www.marchofdimes.ca/EN/programs/travelability/Pages/travellInsurance.aspx
Acknowledgements

This resource guide was compiled by the Durham District Stroke Centre and supported by the Durham District Stroke Council with the intention of providing helpful information for stroke survivors, care providers and their families living in the Durham District.

Please note that the information contained in this Community Resource Guide has been updated in March 2015, and is subject to change without notice. Furthermore, the sponsors of this resource cannot endorse any or all organizations listed within this guide.

This resource list is intended as an overview and is not a complete listing of all services in the Durham District. Certain providers, services, programs and name changes may not be listed. Corrections, additions or deletions can be sent to the Durham District Stroke Coordinator at Lakeridge Health.

There may be fees associated with the services listed in this guide; please contact the individual service providers for more information about individual programs and program fees.
LEARN THE SIGNS OF STROKE

FACE  is it drooping?

ARMS  can you raise both?

SPEECH  is it slurred or jumbled?

TIME  to call 9-1-1 right away.

ACT FAST BECAUSE THE QUICKER YOU ACT, THE MORE OF THE PERSON YOU SAVE.

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