

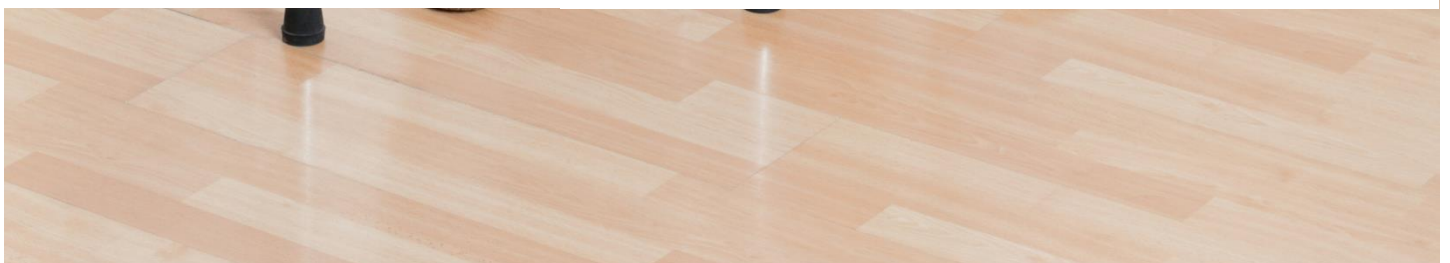


**CENTRAL EAST
STROKE NETWORK**

www.cesnstroke.ca

DURHAM DISTRICT

Durham Region Community Resource Guide for Individuals Living with Stroke



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

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Stroke Services

District Stroke Centre



Lakeridge Health Oshawa received designation as a District Stroke Centre in 2008. In October of 2015 Lakeridge Health Oshawa obtained Stroke Distinction in Acute Stroke Services and Inpatient Stroke Rehabilitation Services.

As a District Stroke Centre 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 from our Regional Stroke Centre, Royal Victoria Regional Health Centre in Barrie.

For more information contact Amy Maebræ-Waller, District Stroke Coordinator at the number listed below.
(905) 576-8711 ext. 32553



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. 33792

Fax: (905) 721-7797



**Lakeridge
Health**

Ambulatory
Rehabilitation
Centres

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 education. 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

Phone: (905) 668-6831 ext. 53093

Fax: (905) 665-2414

On-Line Resources

Central East Healthline (Stroke Resources)

Provides information on services and community programs within the Central East Local Health Integration Network (LHIN)

www.stroke.centraleasthealthline.ca

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

Heart and Stroke Foundation

Search for information on stroke for both individuals living with stroke and their caregivers.

www.heartandstroke.ca

Patient and Caregiver Resources – Canadian Stroke Best Practices

www.strokebestpractices.ca/resources/patient-resources

Provides resources to support stroke recovery, recognition of stroke and stroke prevention. Including:

- **Your Stroke Journey**

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.

- **Stroke in young adults: A resource for patients and families**

Provides answers to questions about physical and mental recovery, as well as resources and services available to you and your family.

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.

www.saintelizabeth.com/Caring-for-Family.aspx

StrokEngine

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

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

Stroke Survivor

Stroke Smart

An online resource from the National Stroke Association for stroke survivors and their families

www.strokesmart.org/

Heart and Stroke online Community of Support

The Community of Survivors and Care Supporters' Community are two separate members-only Facebook groups: one for survivors of heart disease or stroke, and one for those who provide support or care to them. Community members can find social and emotional support in a safe, inclusive and respectful environment.

www.heartandstroke.ca/heart/recovery-and-support/the-power-of-community

After Stroke (March of Dimes Canada)

After Stroke, a program of March of Dimes Canada is MODC's new Canadian model of care to support stroke survivors and caregivers after a stroke. March of Dimes Canada has enhanced and expanded their stroke related services to more communities throughout Canada and has launched the After Stroke website.

www.afterstroke.marchofdimes.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://cesnstroke.ca/professional/community-ltc-new/stroke-support-groups-new/>
- [www.heartandstroke.on.ca/site/c.pvl3leNWJwE/b.7936265/k.94AE/Living with Stroke Ontario Locations.htm](http://www.heartandstroke.on.ca/site/c.pvl3leNWJwE/b.7936265/k.94AE/Living_with_Stroke_Ontario_Locations.htm)
- <https://afterstroke.marchofdimes.ca/community-re-engagement/Pages/Peer-Support-Groups---Chapters.aspx#Durham>

Durham Region:

Bowmanville Stroke Support Group
Whitby Stroke Recovery Group
Oshawa Stroke Support Group
Durham Young Stroke Support Group

1-800-263-3493
(905) 723-6442
1-800-263-3463 ext. 7758
1-888-540-6666

Additional Resources

Facebook Young Stroke Survivors

www.facebook.com/strokeyoung/

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
www.strokenetwork.org/

Warmline - Stroke Recovery Canada



a program of March of Dimes Canada

Phone support and information for stroke survivors and their family and caregivers
1-888-540-6666
www.marchofdimes.ca/src



Home and Community Care Central East LHIN

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 Central East Home and Community Care can help you!

Why call the Central East Home and Community Care?

- The Central East Home and Community Care 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 Central East Home and Community Care 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 Central East Home and Community Care 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 Central East Home and Community Care will work with you, your family or caregiver to make informed choices about your health care needs
- Anyone can call the Central East Home and Community Care and there is no cost for their services

Who may receive Central East Home and Community Care 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 Central East Home and Community Care services?

- If you or someone you know needs help with their health or personal care, call the Central East Home and Community Care 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 Central East Home and Community Care 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 Central East Home and Community Care 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 Central East Home and Community Care includes:

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

1-800-263-3877

www.healthcareathome.ca/centraleast/en

Central East Home and Community Care 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.

Central East LHIN (Head Office)

Harwood Plaza
314 Harwood Ave S
Suite 204A
Ajax, ON L1S 2J1
905-427-5497 or 1-866-804-5446

Whitby Branch

920 Champlain Court
Whitby, ON
L1N 6K9
(905) 430-3308
1-800-263-3877



Community Care Durham (CCD)



Community Care Durham
Supporting People, Strengthening Community

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 from 16 year old 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 information on services provided in your area, please contact your local office, or visit the CCD website at:

Community Care Durham

16100 Old Simcoe Road
Port Perry, ON
L9L 1P3
(905) 985-0150 ext. 253
1-855-432-6815
Email:
webmaster@communitycaredurham.on.ca

Ajax-Pickering

1420 Bayly Street, Unit #6
Pickering, ON
L1W 3R4
(905) 837-0017
Email:
ajaxpickering@communitycaredurham.on.ca

Clarington

2440 Hwy. 2, Unit #1
(G.B. Rickard Complex)
Bowmanville, ON
L1C 0K6
905-623-2261
Email:
clarington@communitycaredurham.on.ca

Scugog

16100 Old Simcoe Road
Port Perry, ON
L9L 1P3
(905) 985-8461
Email: scugog@communitydurham.on.ca

Psychogeriatric Community Support Program (PCSP)

(905) 666-4836
1-866-748-0774

Whitby

20 Sunray Street, Unit #5
Whitby, ON L1N 8Y3 (905) 668-6223
Email: whitby@communitycaredurham.on.ca

Brock

1 Cameron Street East
Cannington, ON

L0E 1E0

(705) 432-2900

Email:

brock@communitycaredurham.on.ca

Oshawa

20 Sunray Street, Unit #6
Whitby, ON

L1N 8Y3

(905) 430-5613

Email:

oshawa@communitycaredurham.on.ca

Uxbridge

75 Marietta Street, Unit #1

Uxbridge, ON

L9P 1K7 (905) 852-7445

Email:

uxbridge@communitycaredurham.on.ca

In-Home Respite Services

1-888-255-6680



Community Service Providers

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

Ontario Association of Social Workers

(416) 923-4848
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.ca

Alzheimer Society – Durham Region

1600 Champlain Ave., Suite 202
Whitby, ON L1N 9B2
Phone: 905-576-2567 | toll free: 1-888-301-1106
information@alzheimerdurham.com
www.alzheimer.ca/en/durham

Therapy Services

This resource list is intended as an overview and is not a complete listing of all services in the Durham District. 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. Furthermore, the sponsors of this resource does not endorse any or all organizations and/or service providers listed within this guide.

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

Visit the College of Occupational Therapist of Ontario at 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”.

Whitby Physiotherapy

Unit 3 185 Thickson Road North,
Whitby, Ontario L1N 6T9
905-240-2055

Neurochangers

1600 Champlain Ave, Unit 5
Whitby, ON L1N 9Y9
905-440-4939
www.neurochangers.com

INTER-ACTION

105 Consumers Dr. E.
Whitby, Ontario, L1N 1C4
(905) 665-0781

WHITBY (Abilities Centre):

55 Gordon Street
Whitby, ON
L1N 0J2
905-440-4939

Restore Home Therapy

One on one treatment-in home or office-
all ages are welcome
707 Simcoe St., S Unit #2
(905) 432-6026
Oshawa, Ontario L1H 4K5
www.restorehometherapy.com/

Complex Injury Rehab Inc.

1101 Kingston Rd, Suite 204
Pickering, ON
(647) 725-2633
info@complexinjury.com
www.complexinjury.com

TORONTO (Aim2Walk):

170 Brockport Drive, Unit 101
Toronto, ON M9W 5C8
(416) 679-9255
matt@aim2walk.ca www.aim2walk.ca

Communication Resources

Aphasia Institute

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

(416) 226- 3636

Fax: 416- 226- 3706

aphasia@aphasia.ca

www.aphasia.ca

March of Dimes 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.

www.marchofdimes.ca/EN/programs/acdp1/Pages/AphasiaAndCommunicationDisabilitiesProgram.aspx

Main Office

(905) 773-7758 ext. 6216

1-800-567-0315

Whitby Program

Westminster United Church

1850 Rossland Road East

Whitby, ON L1N 3P2

(905) 904-0674

Augmentative and Alternative Communication Services in Ontario

www.uhn.ca/TorontoRehab/PatientsFamilies/Clinics_Tests/AAAC_Clinic

Canadian Hearing Society

1-877-347-3427

www.chs.ca

Central East Saint Elizabeth Office

1549 Victoria Street East

Whitby, ON

L1N 8R1

(905) 430-6997

Fax: (905) 430-2921

CentralEastSDC@saintelizabeth.com

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

Private Speech and Language Providers

Visit the College of Audiologist and Speech-Language Pathologists of Ontario at 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@beyonddslp.ca

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

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

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

Mental Health Services

**Canadian Mental Health Association (CMHA)
Bounce Back**

BounceBack®: Reclaim your health is a free skill-building program offered by CMHA . It is designed to help adults and youth 15+ manage symptoms of depression and anxiety.

<https://bouncebackontario.ca/>

Toll-Free: 1-866-345-0224

Community Care Durham

Ajax-Pickering	(905) 837-0017 ext. 229
Brock	(705) 432-3044
Clarington	(905) 623-4123
Oshawa	(905) 666-0689
Psychogeriatric Community Support Program	1-866-748-0774
Scugog	(905) 985-8461 ext. 225
Uxbridge	(905) 852-7445 ext. 24
Whitby	(905) 668-6223 ext. 227
Community Counselling	1-866-840-6697

COPE Mental Health (905) 623-4123

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

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

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

CE.Self-Management@lhins.on.ca

www.ceselfmanagement.ca/

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:

www.heartandstroke.ca/stroke/recovery-and-support/living-with-stroke/living-with-stroke-ontario

Homemaking, Nursing and Support Services

Local Health Integration Network (LHIN)

Formally known as CCAC

www.centraleastlhin.on.ca/

Ontario Community Support Association

(416)256-3010

1-800-267-6272

www.ocsa.on.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

Bayshore Home Health	(905) 433-4002
Cardinal Nannies	(905) 666-2228
Canada Health and Home Care	(905) 579-1237
Care4Seniors	(905) 434-8909
Comcare Health Services	(905) 433-1494
Comfort Keepers	(905) 666-8258
Community Care Durham	
Ajax-Pickering	(905) 837-0017
Brock	(705) 432-2900
Clarington	(905) 623-2261
Oshawa	(905) 430-5613
Scugog	(905) 985-8461
Uxbridge	(905) 852-7445
Whitby	(905) 668-6223
Central East Community Care Access Centre	(905) 430-3308
Day by Day Non-Medical Home Care (Uxbridge)	(905) 852-0182
D.H.S. Health Care Services	(905) 571-1511

First Staff Health Care Services	(905) 305-9551
Home Instead Senior Care	(905) 723-1800
HomeWell Senior Care	(905) 509-8469
Paramed Home Health Care	(905) 433-7600
Partners in Community Nursing	(905) 665-1711
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 www.centraleasthealthline.ca/index.aspx?region=CentralEast and select “home and community support”.

Equipment Sales and Rental

Assistive Devices Program (ADP)

ADP provides funding for equipment for people with 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/how-we-help/community-health-services-in-canada/health-equipment-loan-program

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

Assistive Devices Exchange

The Assistive Device Exchange (A.D.E.) website is available to those who would like to sell or give-away an assistive device and to those who are looking for an assistive device to buy or find as a giveaway.

<https://assistivedeviceexchange.com/>

Suppliers of Mobility Aids

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

Courtice

Courtice Home Healthcare

(905) 721-0004

www.courticehomehealthcare.com

Oshawa

Durham Medical

(905) 728-1112

1-888-479-4687

sales@durhammedical.ca

www.durhammedical.ca/

Medigas

(905) 725-8482

1-866-446-6302

www.medigas.com

Motion Specialties

(905) 576-2174

1-866-374-9590

<https://motionspecialties.com/>

Bowmanville

Living Well Home Medical Equipment

(905) 623-7110

1-800-667-0158

www.livingwellhme.ca

Whitby

Wellwise by Shopper's Drug Mart

(905) 579-5300

1-866-220-3837

www.wellwise.ca

Silver Cross

(905) 668-8560

1-800-659-0668

www.silvercross.com

Ajax

Shopper's Home Health Care Centre

(905) 427-4171

1-866-220-3837

www.wellwise.ca

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

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) www.alzheimer.ca/durham	(905) 576-2567 ext. 26 1-888-301-1106
Oshawa Senior Citizens Centre www.oscc.ca/	
John Street	(905) 926-2777
Conant Branch	(905) 576-6712 ext. 2904
Northview Branch	(905) 576-6712 ext. 2865
T&E Seniors Wellness Centre – Adult Day Program	(905) 433-9266

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 who 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

www.abilitiescentre.org/time

For general information and inquiries regarding the abilities centre:

(905) 665-8500

www.abilitiescentre.org



Oshawa – Aquafit

(905) 436-3311

www.oshawa.ca/things-to-do/aquafit.asp

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

Whitby

www.centraleasthealthline.ca/displayService.aspx?id=50587

Oshawa

www.centraleasthealthline.ca/displayService.aspx?id=50588

Regional Cardiovascular Rehabilitation Service

The regional cardiovascular rehabilitation service consists of a six-month program led by expert exercise therapists, in consultation with dietitians, pharmacists, counsellors, cardiologists and cardiac diagnostics technicians, as well as volunteers and administrative support. The program includes supervised exercise plans that are individualized for each patient, along with education classes, counseling and support. Patients can attend the program at one of eight hospital and community sites.

To participate in cardiovascular rehab a referral from your physician is required. For questions or to learn more about our cardiovascular rehabilitation services, please contact the regional program at (toll free) 1-855-448-5471 or at 416-281-7022.

www.rougevalley.ca/cardiac-rehabilitation

Stroke Rehabilitation Therapy

Complex Injury Rehab - The Brain, Spine and Mental Health Clinic

- Complex Injury Rehab - Hand & Arm Therapy Group to improve recovery and functional use of upper limbs
- 20 group sessions over 10 weeks with an experienced Occupational Therapist
- 4:1 client to therapist ratio

Please call Sylvia Haycock, Occupational Therapist for more info.

(647) 725-2633

240-1101 Kingston Rd, Pickering, ON L1V 1B5

<http://complexinjury.com/>

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.

Whitby Mall, Lang Tower West Building

1615 Dundas St E, Suite 304

Whitby, ON

L1N 2L1

(905) 240-4522

www.centraleasthealthline.ca/display/service.aspx?id=51597

Minds in Motion

Program combining physical activity and mental stimulation

Durham Region Alzheimer's Society

Phone: (905) 576-2567 | toll free: 1-888-301-1106

lclements@alzheimerdurham.com

Durham Dance for Parkinson's:

Prima Ballet School

Contact: Frances Logan (905) 425-2828 www.primaballetschool.ca

Port Hope Community Health Centre

Contact: Port Hope Community Health Centre:

workshops@porthopechc.ca (905) 885-2626 ext 280

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 Seniors Activity Centre	(905) 668-1424
Uxbridge Senior Centre	(905) 852- 7401
Port Perry Seniors Centre (Latcham Centre)	(905) 982-2192

Respite Services and Friendly Visiting Programs

Community Care Durham – Respite Care

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 who 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. Ontario residence only.

1-800-268-1481

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)

<http://programs.gm.ca/programs/mobility.html>

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

Better mobility for life; accessibility lifts, wheelchair accessible vans, stair lifts and elevators for your home

1-800-661-5112

www.savaria.com/

Silver Cross

Wheelchair accessible vehicles, mobility adaptation, driving aids

1-844-652-7677

<https://silvercrossauto.com/>

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
Oshawa, Whitby, Clarington
Brock, Scugog, Uxbridge

(905) 683-4114
(905) 725-4000
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 – Home At Last

(905) 985-0150

www.communitycaredurham.on.ca

Rapid City Transportation (Ajax/Pickering)

1-888-202-3923

<http://rapidcitytransport.com/>

Food Services

Durham Region Food Resource Directory

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

<http://whitby.durham.cioc.ca/record/OSH0655>

Meals on Wheels (Community Care Durham)

Order online <https://communitycaredurham.on.ca/food-nutrition/hot-meals-on-wheels/>

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

Heart to Home Meals

1-800-786-6113

www.hearttohomemeals.ca

Food Delivery – Grocery Stores

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:

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.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit.html

Canadian Pension Plan Vocational Rehabilitation

A voluntary program designed to help people receiving CPP disability benefits return to work.

1-800-461-3422

www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit/vocational-rehabilitation.html

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.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html

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.mcass.gov.on.ca/en/mcass/programs/social/odsp/index.aspx

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.mcass.gov.on.ca/en/mcass/programs/social/ow/index.aspx

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.cmhc-schl.gc.ca/en/developing-and-renovating/funding-opportunities/on-reserve-renovation-programs/home-adaptations-for-seniors-independence

Job Opportunity Information Network (JOIN):

Many of the providers of Ontario Disability Support Program (ODSP) employment services are part of this network.

<http://joininfo.ca/>

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-cawl.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/

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.oppsfund.ca/

Return to Work Toolkit

This informative website, developed by the Southwest Ontario Stroke Network, provides 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.

www.swostroke.ca/return-to-work/

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.

www.cmhc-schl.gc.ca/en/developing-and-renovating/funding-opportunities/on-reserve-renovation-programs/home-adaptations-for-seniors-independence

March of Dimes Canada – Home and Vehicle Modification Program

Provides basic funding for home and vehicle modifications.

1-800-263-463

www.marchofdimes.ca/EN/programs/hvmp/Pages/HomeandVehicle.aspx

Ontario Retirement Communities Association

Offer information on retirement residences.

1-888-263-5556

www.orcaretirement.com

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

www.cmhc-schl.gc.ca/en/developing-and-renovating/funding-opportunities/on-reserve-renovation-programs/residential-rehabilitation-assistance-program

Service Canada

www.canada.ca/en/services/benefits/housing.html

Safety 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

<http://connectcaremedicalalert.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/en/

MedicAlert

1-800-668-1507

www.medicalert.ca/

Advanced, Financial and Long Term Care Planning

Advanced Planning

Seniors: plan for the future

1-888-910-1999

www.ontario.ca/page/seniors-plan-for-the-future

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

www.attorneygeneral.jus.gov.on.ca/english/family/pgt/

Power of 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

www.health.gov.on.ca/en/pro/programs/drugs/odbf_mn.aspx

Trillium Drug Program

Provides coverage for some prescription drugs for persons under the age of 65 who have high drug costs in relation to their household 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 homecare services). Application kits may also be available at your pharmacy.

1-800-575-5386

www.ontario.ca/page/get-help-high-prescription-drug-costs

Finances

Disability Tax Credit and deductions

Is a non-refundable tax credit that a person with a qualifying medical 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.

1-800-267-6999

www.canada.ca/en/revenue-agency/services/tax/individuals/topics/registered-disability-savings-plan-rdsp.html

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.

www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/what-persons-disabilities-claim-a-deduction-credit.html

Long Term Care Planning

Long Term Care Planning Network

A national resource centre for aging and care planning.

(416) 526-1090

info@ltpclanningnetwork.com

www.ltpclanningnetwork.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 – Care Support Resources Canada
www.heartandstroke.ca/services-and-resources/care-partner-support

Carers Canada
www.carerscanada.ca

I am a caregiver, National Aphasia Institute (USA)
www.aphasia.org/?q=content/i-am-caregiver

Care for the Caregiver – Central East LHIN
Provides information on local support programs for caregivers.
<https://centraleasthealthline.ca/listServices.aspx?id=10164>

After Stroke- March of Dimes Caregivers
Our After Stroke community is here to help you navigate the health care system, overcome challenges involved in caring for a loved one post-stroke, and find helpful resources and support.
<https://afterstroke.marchofdimes.ca/information-and-resources/caregivers>

Powerful Tools for Caregivers
In the six weekly classes, caregivers develop a wealth of self-care tools to: reduce personal stress; change negative self-talk; communicate their needs to family members and healthcare or service providers; communicate effectively in challenging situations; recognize the messages in their emotions, deal with difficult feelings; and make tough caregiving decisions. Class participants also receive a copy of *The Caregiver Help Book* developed specifically for the class.
For More information call 1-866-971-5545
www.ceselfmanagement.ca/PTC

Service Canada Being a Caregiver – Benefits and leave
www.ontario.ca/document/your-guide-employment-standards-act-0/family-caregiver-leave
www.canada.ca/en/services/benefits/ei/family-caregiver-adults.html

New EI Family Care Benefit
www.canada.ca/en/employment-social-development/campaigns/ei-improvements/adult-care.html

Stroke Engine Canada: Family Support – Acute Care
<http://strokeengine.ca/family/index.php?page=topic&subpage=patient&id=82>

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

VON Caregiver Connect – Caregiver Support and Education
www.von.ca/en/service/caregiver-support-and-education

Young Carers Program (Toronto)
www.ycptoronto.com/

Power House Project Ontario – Young Carers Initiative
www.powerhouseproject.ca/

Need a family Doctor?

Health Care Connect
www.health.gov.on.ca/en/ms/healthcareconnect/public/

Depression

Stroke Foundation – Depression and anxiety after stroke Fact Sheet
<https://strokefoundation.org.au/About-Stroke/Help-after-stroke/Stroke-resources-and-fact-sheets/Depression-and-anxiety-after-stroke-fact-sheet>

National Stroke Association – Depression
www.stroke.org/we-can-help/survivors/stroke-recovery/post-stroke-conditions/emotional/depression/

Heart and Stroke Foundations
www.heartandstroke.ca/stroke/recovery-and-support/emotions/depression

Stroke Engine Family: Post-Stroke Depression
www.strokenetwork.ca/en/patient-info/family-support-acute-info/

Diabetes Education Programs in Durham Region

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, care givers and staff (both medical and non-medical) of those living with diabetes.

Lakeridge Health

Lakeridge Health Corporate Diabetes Education Program

Ajax Pickering 905-683-2320 ext. 15269

Bowmanville 905-623-3331 ext. 21247

Port Perry and Whitby 905-668-6831 ext. 53726

www.lakeridgehealth.on.ca/en/ourservices/diabetes.asp

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

www.brockchc.ca/diabetes-education/

Markham Stouffville Hospital - Uxbridge Cottage Hospital Site

Adult Diabetes Education Centre

Health Services Building Suite 308

379 Church Street

Markham, ON

905-472-7527 x1

Fax: 905-472-7533

www.msh.on.ca/

The Charles H. Best Centre (Type 1 Diabetes Only)

360 Columbus Road East

Whitby, ON

(905) 620-0360

Fax: (905) 620-0579

bestdiabetes@charleshbest.com

www.charleshbest.com/

Rouge Valley Health System

Rouge Valley DEP (Ajax/Pickering)

580 Harwood Ave. S

Ajax, ON

(905) 683-2320 ext. 5269

www.rougevalley.ca/diabetes-education

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.

www.eatrightontario.ca/en/default.aspx

Heart and Stroke Foundation's Get Healthy eTool

www.heartandstroke.ca/get-healthy/health-etools

Dysphagia Resources

National Stroke Association: Dysphagia

www.stroke.org/we-can-help/survivors/stroke-recovery/post-stroke-conditions/physical/dysphagia/

Stroke Engine Family: Dysphagia

<http://strokenote.ca/family/index.php?page=topic&subpage=patient&id=56>

NHS.UK: Dysphagia

www.nhs.uk/conditions/swallowing-problems-dysphagia/

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

<https://css-scs.ca/>

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

US Stroke Association's Sleep-Related Disorders
www.stroke.org/we-can-help/survivors/stroke-recovery/post-stroke-conditions/physical/sleep/

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 (905) 571-1511
www.dhshealth.com

Durham Family Foot Care www.durhamfamilyfootcare.com

Whitby Location
1801 Dundas Street East, Unit 29
Whitby, ON
(905) 725-3849

Foot Care Academy
210-1550 Kingston Rd,
Pickering ON
905-839-0080

Partners in Community Nursing (905) 665-1711

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

Hearing and Vision

Bell Canada Accessibility Services

www.bell.ca/Accessibility_services

NeuroVision Therapy

208-114 Dundas Street East

Whitby, Ontario L1N2H7

(905) 430-2229

www.neurovisiontherapy.com

Hypertension

Hypertension Canada

This website provides information on high blood pressure prevention and control.

<https://hypertension.ca/>

Heart and Stroke Foundation High Blood Pressure

www.heartandstroke.ca/heart/risk-and-prevention/condition-risk-factors/high-blood-pressure

Incontinence

Heart and Stroke Foundation Recovery and Support

www.heartandstroke.ca/stroke/recovery-and-support/physical-changes/bowels-and-bladder

Self-Help Tool for Women Managing Incontinence

<http://swostroke.ca/wp-content/uploads/2011/11/UI-SM-Tool-English-updated-Feb-2011.pdf>

Stroke Association (UK)

www.stroke.org.uk/resources/continence-problems-after-stroke

US National Stroke Foundation Incontinence Post-Stroke

www.stroke.org/we-can-help/survivors/stroke-recovery/post-stroke-conditions/physical/incontinence/

Intimacy Post Stroke

Find a Therapist Near You: BESTCO (Board of Examiners in Sex Therapy & Counselling in Ontario)

www.bestco.info/therapistlocator.php

Heart and Stroke Canada Sex and Intimacy

www.heartandstroke.ca/stroke/recovery-and-support/relationships/sex-and-intimacy

Toronto Stroke Network Getting Back Into Your Life: Your Sexual Relationship

<http://tostroke.com/wp-content/uploads/2012/12/your-sexual-relationship.pdf>

National Stroke Association: iHOPE Discussion Guide

www.stroke.org/ihope-discussion-guide-sex-and-sexuality-after-a-stroke/

National Stroke Association Sex and Sexuality

www.stroke.org/we-can-help/survivors/stroke-recovery/life-style/relationships/sex-and-sexuality/

Stroke Association Sex after Stroke Fact Sheet (UK)

www.stroke.org.uk/resources/sex-after-stroke

Stroke Engine Sexuality

www.strokingengine.ca/en/patient-info/sexuality-info/

Stroke Connection Sex and Intimacy after Stroke

<http://strokeconnection.strokeassociation.org/Mar-Apr-2009/Sex-and-Intimacy-after-Stroke/>

Pain Management

National Stroke Association: iHOPE Online Education Series

www.stroke.org/site/PageServer?pagename=iHOPE

US National Stroke Foundation Recovery Fact Sheets

www.stroke.org/category/resource/fact-sheets/

Senior Services

Senior Services Directory

An online resource that advertises businesses catered to seniors and older adults throughout North America.

www.seniors servicedirectory.com/

Silverts Adaptive Clothing and Footwear

Supplies simplified and dignified dressing solutions to assist with independent living.
1-800-387-7088

www.silverts.com

Smoking

Quit Smoking Canada

This website provides facts and tips to help smokers quit. Please visit their website for more information.

www.canada.ca/en/health-canada/services/smoking-tobacco/quit-smoking/tips-help-someone-quit-smoking/you-can-quit-smoking-we-can-help.html

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

<http://www.heartandstroke.ca/>

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/travelInsurance.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 May 2019, and is subject to change without notice. Furthermore, the sponsors of this resource does not 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.



**Lakeridge
Health**

LEARN THE SIGNS OF STROKE

FACE is it drooping?

ARM can you raise both?

SPEECH is it slurred or jumbled?

TIME to call 9-1-1 right away.

ACT **F A S T** BECAUSE THE QUICKER YOU ACT,
THE MORE OF THE PERSON YOU SAVE.

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