



**Alberta Health  
Services**



# For stroke survivors and their caregivers



## Community Resource Guide Edmonton Area

*Leading the way to help you live at home*



*This guide is presented by Alberta Health Services Stroke Program in the Edmonton area and the Stroke Recovery Association (SRA) of Edmonton. The SRA is a non-profit organization that supports and promotes the continuing recovery and community integration of stroke survivors and their caregivers.*

*This guide was first developed by the SRA for stroke survivors and their caregivers to assist them in accessing community services once the person has been discharged from the hospital.*

*Please feel free to contact:*

*Alberta Health Services, Stroke Program,  
Edmonton Area at **780-407-3041** or  
e-mail **StrokeProgramEdmontonArea@  
albertahealthservices.ca***

*Stroke Recovery Association of Edmonton  
at **780-485-3052** or see their website at  
**www.sraedmonton.org***

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## Accessibility in the Home

### **Home for Life: Design and Modifications for Barrier Free Living**

A Wiki website with information about ways to make your home more accessible. Includes helpful links regarding funding sources, finding a contractor, home modification ideas and more.

WEBSITE: [www.homeforlife.info](http://www.homeforlife.info)

COST: Information is free

## Aids to Daily Living

### **Community Aids for Independent Living**

Provides medical supplies and equipment for people with a chronic illness or disability to increase their independence.

PHONE: (780)496-1300

COST: There may be a fee involved, depending on the equipment needed and other factors.

### **Canadian Red Cross Short Term Equipment Loan Program (STELP)**

Lends medical equipment on a short-term basis (up to three months). Written request from medical personnel such as a physical therapist or occupational therapist is required.

PHONE: (780)413-4990

COST: Free

# Caregiver Support

*Also see 'Living with Stroke' on page 6.*

## **Alberta Caregiver College®**

Provides general information, support, and information on community resources. Caregivers of individuals with brain injury including stroke develop skills and confidence to care for their family member or friend. Courses are held in the spring and fall. Sessions are scheduled once per week in the evening for six weeks and are held at the Glenrose Rehabilitation Hospital. Caregivers must register in advance. Also available by Telehealth.

PHONE: (780)735-7912

COST: Free

## **Alberta Caregivers Association**

Provides information, education, networking and advocacy services for primary caregivers. Caregiver Club meets monthly for potluck lunch and a general meeting. It offers an opportunity to network with other caregivers regardless of the disease that has placed them in this role.

PHONE: (780)453-5088

*Toll-free: 1-877-453-5088*

WEBSITE: [www.albertacaregiversassociation.org](http://www.albertacaregiversassociation.org)

COST: Free

## **Northern Alberta Brain Injury Society (NABIS) Caregiver Support Group**

Designed for family members and loved ones of individuals with a brain injury or stroke. Topics include self-care and understanding brain injury and its impact on survivors and families.

PHONE: (780)479-1757

WEBSITE: [www.nabis.ab.ca](http://www.nabis.ab.ca)

COST: Free

## **Day Programs**

*Adult Day Support Program:* provides nursing, rehabilitative services and social support in a group setting from one to three days/week.

*CHOICE (Comprehensive Home Option of Integrated Care) Program:* provides medical, social, rehabilitation and supportive services.

The program is aimed at those individuals who cannot live at home without support from their family, significant others and care providers.

There are several locations of both these programs offered throughout the Edmonton area. Contact the number below for further information.

PHONE: (780)496-1300

COST: There may be a fee involved to attend these programs.

## **Grey Nuns Rehab Outreach Services**

The Grey Nuns Community Hospital offers a large variety of programs directed mostly toward seniors and those with disabilities. These include:

Tai Chi Chih, Yoga, Water Wellness, Get Up and Go, Walking to Wellness and Fitness Improvement Training classes and Massage Therapy.

PHONE: (780)735-7121

COST: Varies depending on program.

## **Networks Activity Centre**

Offers a flexible, individualized set of recreational programs and activities for adults who have sustained a brain injury or stroke. Open Monday to Friday, 10:00 a.m. to 3:00 p.m.

PHONE: (780)474-3363

COST: \$20 for a monthly membership.

## **Steward Centre for Personal and Physical Achievement**

Offers a variety of quality fitness and lifestyle programs and services for individuals with physical disabilities. There are several locations throughout the city.

PHONE: (780)492-3182

COST: Varies depending on program.

## **Community Enrichment Program at the Excel Academy**

Offers courses in physical, emotional, social and financial areas that can lead to a more independent and fulfilling life.

PHONE: (780)441-7999

COST: Minimal fees to cover campus requirements.

## **Education and Support**

### **Live Better Every Day**

A six-week workshop to help people learn how to take care of their chronic health problems, carry out normal activities and manage emotional changes.

Led by people who have chronic conditions.

Sessions are 2.5 hours, held weekly for six weeks.

PHONE: Health Link Alberta, Edmonton Area  
(780)408-5465 (or *toll-free* at  
1-866-408-5465) for information.

COST: Free

### **Living with Stroke**

This interactive workshop was developed by the Heart and Stroke Foundation for stroke survivors and their caregivers. Each session is two hours held once a week for eight weeks and includes discussion, videos and activities to help you learn more about dealing with stroke.

PHONE: AHS Stroke Program, Edmonton Area  
(780)407-3041 for information on times  
and locations.

COST: Free

# Emergency Alert/Alarm Services

Provides personal emergency response and telephone support services for a fee.

## *Bethany Lifeline*

PHONE: (780)471-2175

## *Good Samaritan Society Telecare - Personal Emergency Response*

PHONE: (780)431-3630

## *Kyeteck Aid-Call*

PHONE: (780)429-4490

## *Lifecall*

PHONE: (780)463-6773

## *Lifeline Systems*

PHONE: 1-800-387-8120

COST: Varies between services

# Home Care

Includes services such as nursing, rehabilitation, social work and personal care to people of all ages who need help to manage at home. Services may be provided for a short period of time (e.g. after surgery), a longer period of time (more than three months) such as with chronic illness or disability, or at the end of life and palliative care.

Provides referrals to other health professionals and to services like respite care and Aids to Daily Living.

PHONE: (780)496-1300

COST: Free

# Income Tax

## Disability Tax Credit

Available to individuals with a severe and prolonged (at least 12 months) mental or physical impairment that markedly restricts the ability to perform the basic activities of daily living. If you qualify, this credit will reduce your income tax payable (if you have no tax payable, you may transfer the credit to your spouse or supporting person). Complete Form T2201 with your tax return. A qualified person such as a medical doctor must complete part of the form.

PHONE: Revenue Canada, 1-800-959-8281

WEBSITE: [www.cra.gc.ca](http://www.cra.gc.ca)

# Meals

## Edmonton Dining Out Guide

Includes information on different restaurants in the city – prices, locations, and wheelchair accessibility.

WEBSITE: [www.edmontonplus.ca](http://www.edmontonplus.ca)

COST: Free

## Meals on Wheels

Delivers meals to people of any age who are unable to provide nutritious food for themselves.

PHONE: (780)429-2020

COST: Price of meals. Delivery charges may apply.

# Rehabilitation

## **Alberta Brain Injury Initiative and Network (ABIN)**

Service coordinators assist stroke and brain injury survivors and their families to access community services. Areas accessed include education/employment programs, volunteer programs, goal setting, cognitive supports/strategies, stroke education and leisure/recreation. Service coordinators also provide assistance with legal, residential, and financial issues. In the Edmonton area, Service Coordinators are provided by NABIS.

### ***Supports for Community Living (SCLS)***

This additional ABIN service can be accessed through a service coordinator. SCLS workers assist the stroke or brain injury survivor in their home and community to increase independence and community access.

Contact NABIS to find out more about this service coordination.

PHONE: (780)479-1757

COST: Free

## **Community Rehabilitation Neurological Physical Therapy Services**

Provides physical therapy in a number of locations throughout the Edmonton area.

CONTACT: (780)735-3490 for more information

COST: If eligible, you can be seen for six funded treatment sessions.

## **Community Rehabilitation Interdisciplinary Service (CRIS)**

CRIS provides outpatient rehabilitation services including: physical therapy, occupational therapy, speech-language pathology, recreation therapy and social work to those clients living in the community who require active rehabilitation.

PHONE: (780)735-2413

COST: Free

## **Corbett Clinic**

Speech-language pathology students provide speech and language services under the supervision of a registered speech-language pathologist.

PHONE: (780)492-5314

COST: Varies with services required. Cost may be covered by private insurance.

## **Edmonton Brain Injury Relearning Society (EBIRS)**

Provides services for people with brain injury (including stroke). EBIRS assists adults to rebuild an independent lifestyle by providing individualized community-based services. Services include social communication skills, productive activity, practical thinking strategies, and personal life management. Most services and activities are provided in community settings that are important to the client.

PHONE: (780)477-7575

WEBSITE: [www.ebirs.ab.ca](http://www.ebirs.ab.ca)

COST: Free

## **Glenrose Rehabilitation Hospital Outpatient Stroke Program**

Provides interdisciplinary assessment, rehabilitation and outpatient services for adults who have experienced a stroke within the last year. A doctor's referral is required.

PHONE: (780)735-7936

COST: Free

## **Neighborhood CHAT**

A group communication program for people with aphasia caused by brain injury, supervised by speech-language pathologists and facilitated by trained volunteers. Groups run September to June at sites throughout Edmonton (mostly Seniors' Centres). Goals of the program are to improve functional communication skills and confidence in communicating, improve overall well-being, and increase public awareness and understanding of aphasia.

PHONE: (780)735-2413

COST: Free

## **Private Practice Speech Therapy**

Contact the Alberta Speech-Language Association of Private Practitioners. There is a fee for service.

PHONE: (780)988-2217

COST: Varies with therapy required. May be covered by private insurance.

## Specialized Geriatric Program (Glenrose Rehabilitation Hospital)

Serves frail seniors who require in-depth assessment, treatment, and rehabilitation. The program aims to help seniors live their desired lifestyle as independently as possible. Geriatric medicine and geriatric psychiatry both provide inpatient and outpatient services for the elderly and their families. In addition, problems associated with loss of memory, feeding and swallowing and movement disorders are assessed and treated. A doctor's referral is required.

CONTACT: (780)735-8800

COST: Free

## Respite Care

There are three major types of respite care:

*Home Care:* e.g. an attendant comes to the home for a few hours to provide care and companionship to the stroke survivor while the caregiver runs errands or visits with friends.

*Adult Day Support Programs:* e.g. the stroke survivor attends a program outside of the home one to three days per week.

*Facility Respite:* e.g. the stroke survivor stays in a Continuing Care Centre for one week or more.

Health professionals will assess the needs of the caregiver and suggest respite programs suited to the needs of the caregiver and care recipient.

PHONE: (780)496-1300

COST: There may be a fee for this service.

# Stroke Information and Support

## Stroke Program

Alberta Health Services Stroke Program, Edmonton Area strives to ensure stroke care is provided in the right setting, at the right time, and by the right health care professional. Stroke Service Coordinators will help you find the programs or services you need.

PHONE: (780)407-3041

## Health Link Alberta

A 24-hour phone service that provides health information and advice. Registered nurses provide this service.

PHONE:

Edmonton Area: (780)408-LINK (5465)

Outside Edmonton Area

*Toll-free:* 1-866-408-LINK (5465)

COST: Free

## Heart and Stroke Foundation of Alberta, NWT and Nunavut

Offers newsletters, books and pamphlets that contain information about stroke that may assist stroke survivors, caregivers and families.

PHONE: (780)451-4545

COST: Free

## **NABIS Brain Injury Information Line**

Provides survivors of brain injury and stroke, family and friends with information and referrals to community resources.

PHONE: (780)479-1757  
*Toll-free: 1-800-425-5552*

WEBSITE: [www.nabis.ab.ca](http://www.nabis.ab.ca)

COST: Free

## **Northern Alberta Brain Injury Society (NABIS)**

Provides support and services to people affected by stroke or brain injury and their families/caregivers to assist them in accessing community resources and programs. Services include: service coordination, support groups, one to one counseling, referrals, and leisure/recreation. Also offers an information centre and advocates at a personal and systems level for persons with stroke.

PHONE: (780)479-1757

COST: Free

## **Stroke Recovery Association of Edmonton**

Supports and promotes the continuing recovery and community integration of stroke survivors and their families. Offers monthly meetings with guest speakers, maintains an association with other brain injury organizations, and produces a newsletter six times a year. Meetings are held monthly September to June from 7:00 to 8:30 p.m. on the last Monday of the month, at the Glenrose Rehabilitation Hospital.

PHONE: (780)485-3052

WEBSITE: [www.sraedmonton.org](http://www.sraedmonton.org)

COST: One-year membership: \$10 single; \$15 family

# Stroke Prevention

## Stroke Prevention Clinics

Determines whether or not a person had a stroke, type of stroke and risk factors involved, and educates the public and general practitioners in the area of stroke risk reduction treatment and management. Must be referred by a physician.

*Three Edmonton area locations:*

University of Alberta Hospital

(A.H. Owen): (780)407-7363

Royal Alexandra Hospital: (780)735-6823

Grey Nuns Community Hospital: (780)735-9626

COST: Free

## Stroke Risk Reducing Series

Five evenings where stroke survivors and their families can learn to significantly reduce their chance of having a stroke or another stroke.

Offered by the Glenrose Stroke Team and held at the Glenrose Rehabilitation Hospital.

Register in advance. Also available by Telehealth.

PHONE: (780)735-8281

COST: Free

# Transportation

## **Disabled Adult Transportation System (DATS)**

Transportation service for pre-registered persons over 16 years who cannot use regular transit buses due to a physical or cognitive disability. Provides door-to-door and shared ride transportation for ambulatory disabled and wheelchair-assisted adults.

PHONE: (780)496-4567

COST: Same as Edmonton Transit.

## **DriveABLE**

Offers driving assessments including in-office evaluation (looking at memory, judgment, reaction time and attention) and road evaluation.

PHONE: (780)433-1494

COST: There is a fee.

## **Driving Miss Daisy**

Provides a seniors' and disabled persons' transportation, assistance and accompaniment service.

PHONE: (780)470-0123

WEBSITE: [www.drivingmissdaisy.net](http://www.drivingmissdaisy.net)

COST: Charged per hour.

## **Glenrose Rehabilitation Hospital Driver Evaluation and Training Service**

Provides assessment, counseling, and training for individuals with a disability or health condition that may affect driving. Referrals must be made by a medical doctor.

PHONE: (780)735-6081

COST: There is a fee.

## **Handicapped Placard**

If you have a disability that makes movement difficult, you can request a handicapped placard. A physician or other medical personnel such as an occupational therapist must complete a form confirming your condition and you will need two pieces of identification when obtaining it.

**CONTACT:** See Yellow Pages under “License and Registry Services” for complete listing of registry agents.

**COST:** There is a small fee.

## **Seniors Driving Centre**

This service can help you get to appointments. A yearly membership of \$20 is required. Rides are available Monday to Friday 8:30 a.m. to 4:30 p.m. and should be booked three working days in advance.

**PHONE:** (780)732-1221

**COST:** The cost for a round trip is \$7 if less than two hours and more if the distance is further away.

## **Wheelchair Accessible Taxis**

Call approximately one hour prior to trip.

### *Co-Op Taxi*

**PHONE:** (780)425-2525

### *Yellow Cab*

**PHONE:** (780)462-3456

**COST:** Same as other taxis for both companies.



**Alberta Health  
Services**

**To learn more** about programs and services  
in the Edmonton area for stroke, contact:

Alberta Health Services  
Stroke Program, Edmonton Area

PHONE: (780)407-3041

E-MAIL: [StrokeProgramEdmontonArea@  
albertahealthservices.ca](mailto:StrokeProgramEdmontonArea@albertahealthservices.ca)