

STROKE INFORMATION CARD EDMONTON AREA

Why a Stroke Information Card?

The *Stroke Information Card* provides information about the key determinants of successful community re-engagement following a stroke and the types of community services available in the Edmonton Area for stroke survivors and their families. Family physicians are often the only health care providers involved throughout the recovery process and continuum of care. By providing relevant information at the time it is needed, family physicians and other healthcare professionals can help to maximize a person's satisfaction with life after stroke.

SIGNS OF SUCCESSFUL COMMUNITY RE-ENGAGEMENT

COMMUNITY INVOLVEMENT	PSYCHOSOCIAL FUNCTIONING	VOCATIONAL & AVOCATIONAL
<ul style="list-style-type: none"> ▪ Transportation Services ▪ Mobility Aids ▪ Driving Assessment ▪ Communication Aids Age appropriate: <ul style="list-style-type: none"> ▪ Recreational Programs ▪ Volunteer Activities ▪ Peer Support Groups 	<ul style="list-style-type: none"> ▪ Home support services ▪ Supportive relationships with family & friends ▪ Positive outlook: wellness focus ▪ Resumption of activities ▪ Healthy lifestyle: nutrition, exercise ▪ Knowledge of financial support programs ▪ Caregivers educated about care needs ▪ Caregivers aware of respite services 	<ul style="list-style-type: none"> ▪ Able to return to work ▪ Employer supports modified work environment or schedule ▪ Access to vocational counseling ▪ Access to support in educational setting ▪ Involved in productive & meaningful activities as alternative to paid employment

ASK ABOUT

<ul style="list-style-type: none"> ▪ Availability of home support services ▪ Access to the community ▪ Participation in recreational & community activities ▪ Mood changes 	<ul style="list-style-type: none"> ▪ Quality of relationships with family & friends ▪ Financial strain ▪ Vocational situation ▪ Lifestyle ▪ Caregiver stress & burnout ▪ Modifiable risk factors
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Stroke Prevention Clinics:	Phone	Fax
UAH	780-407-7363	780-407-6020
RAH	780-735-6823	780-735-5588
GNCH	780-735-9626	780-735-9631
Telestroke	780-407-1504	780-407-6020

The Edmonton Area offers high-risk primary & secondary prevention services:

For additional information on heart disease & stroke, healthy living tips & resources, contact: **Regional Stroke Program, Edmonton Area:** 780-407-3041 www.albertahealthservices.ca

Alberta Provincial Stroke Strategy (APSS): For latest best-practice guidelines see www.strokestrategy.ab.ca

The Heart and Stroke Foundation of Alberta, NWT & Nunavut Edmonton Branch: 780-451-4545

www.heartandstroke.ca

For Additional information on stroke, healthy living tips & resources in the Edmonton Area, contact:

Regional Stroke Program, Edmonton Area: 780-407-3041 www.albertahealthservices.ca

For additional information on community support services, contact:

Healthlink: Toll-Free 1-866-408-5465 or 780-408-LINK (5465) within Edmonton or **Inform Alberta:** www.informalberta.ca

Prepared by the Alberta Provincial Stroke Strategy and Alberta Health Services Edmonton Area based on the GTA Rehabilitation Network Stroke Information Card (Please check www.strokestrategy.ab.ca for updated versions of the Stroke Information Card)

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STROKE COMMUNITY SERVICES IN THE EDMONTON AREA

The following is a list of the types of community agencies that provide **direct service** or **link** stroke survivors and caregivers to other community programs to support successful community re-engagement. The information contained herein is not an exhaustive listing of community services. However, each of these organizations, as well as rehab providers in stroke rehab facilities, can provide additional resource information.

PEER SUPPORT

Stroke Recovery Association of Edmonton 780-485-3052 www.sraedmonton.org
 Stroke Recovery Canada 1-888-540-6666 www.strokerecoverycanada.com
 Northern Alberta Brain Injury Society (NABIS) 780-479-1757 www.nabis.ab.ca

COMMUNITY CARE ACCESS

Initial point of entry to programs offered by Community Care Services including Home Care, Day Programs, Comprehensive Home Option of Integrated Care for the Elderly (CHOICE), Community Aids for Independent Living (CAIL), Supportive Living, Facility Living (Long Term Care Placement), and the Regional Palliative Care Program. Phone: 780-496-1300 Fax: 780-496-8438

DRIVING ASSESSMENT

Glenrose Rehab Hospital Driver Evaluation and Training Service.
 Phone: 780-735-6081
 DriveAble. Phone: 780-433-1494

TRANSPORTATION

Disabled Adult Transportation System (DATS) Phone: 780-496-4567
 Driving Miss Daisy Phone: 780-470-0123

EDUCATION

Heart and Stroke Foundation of Alberta, Nunavut and NWT – Request important stroke-related resources (E.g. “Let’s Talk About Stroke” guide).
 Phone: 780-451-4545 www.heartandstroke.ca
 Alberta Brain Injury Initiative Survival Guide Toll Free 780-310-0000 then dial 780-415-2747
 To request a Survival Guide www.seniors.gov.ab.ca/css/bii/survival_guide/index.asp

COMMUNITY SUPPORT SERVICES

Health Link Alberta: Phone 780-407-5465 (LINK)
 Inform Alberta www.informalberta.ca Searchable database of local and provincial programs & services
 Stroke Resource Guide – Provides further information regarding available community resources in the Edmonton Area
[http://www.strokestrategy.ab.ca/AHS_RSP_StrokeGuide09%20\(2\).pdf](http://www.strokestrategy.ab.ca/AHS_RSP_StrokeGuide09%20(2).pdf)

COUNSELLING/FAMILY SUPPORT

Alberta Caregiver College Phone: 780-735-7912
 Alberta Caregiver Association Phone: 780-453-5088 or toll free 1-877-453-5088 www.albertacaregiversassociation.org
 Northern Alberta Brain Injury Society (NABIS) Caregiver Support Group Phone: 780-479-1757 www.nabis.ab.ca
 Coping with Caring – Assists Caregivers of seniors (55+ years) with confusion through OT home visits. Phone: 780-413-5645

PHYSICAL DISABILITIES

Short Term Equipment Loan Program (STELP) For short-term loan of medical equipment up to 3 months. Phone: 780-413-4990
 Wiki – homeforlife.info AHS – a web resource about home design and renovations for barrier-free living. www.homeforlife.info

VOCATIONAL

CPP Disability Vocational Rehabilitation Program
 Assistance to CPP Disability pensioners to return to former, modified or new job. Phone: 1-800-461-3422 www.hrsdc.gc.ca

REHAB SERVICES

Glenrose Rehabilitation Hospital Adult Outpatient Stroke Program Provides comprehensive, interdisciplinary assessment. Phone: 780-735-7936 Fax: 780-735-7946
 Community Rehabilitation Interdisciplinary Service (CRIS) Provides interdisciplinary service (PT, OT, SLP, SW, Rec. T, Psych Pending) Phone: 780-735-2413 Fax: 780-735-2414
 Community Rehabilitation Program (CRP) Provides physical therapy services. Phone: 780-413-7609

FINANCIAL RESOURCES

Alberta Aids to Daily Living
www.seniors.gov.ab.ca/aadl or Toll free in Alberta 780-310-0000, then 780-427-0731
 Up to 75% funding of equipment costs for persons with a physical disability of 6 months or longer
 Assured Income for the Severely Handicapped (AISH)
www.seniors.gov.ab.ca/AISH or refer to
<http://www.seniors.gov.ab.ca/AISH/tipsheets/OfficeLocations.pdf> for telephone number of offices in your area

CPP Disability Benefits
<http://www.hrsdc.gc.ca/en/isp/cpp/disaben.shtml>
 or 1-800-277-9914
 Residential Rehabilitation Assistance Program for Persons with Disabilities (RRAP)
http://www.cmhc-schl.gc.ca/en/ab/noho/noho_011.cfm or 1-800-704-6488
 Financial assistance to modify dwellings of low-income persons with disabilities