

STROKE INFORMATION CARD

CALGARY AND 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 Calgary 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 <p>Age appropriate:</p> <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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The following Regional Stroke Centres offer high-risk primary & secondary prevention services:

Calgary Stroke Program High Risk Primary and Secondary Prevention Services

Stroke Prevention Clinic (403) 944-1447

<http://www.calgaryhealthregion.ca/programs/stroke/contact.html>

Vascular Risk Reduction Clinic

(403) 955-8032

For additional information on heart disease & stroke, healthy living tips & resources, contact:

The Heart and Stroke Foundation of Alberta, NWT & Nunavut: www.heartandstroke.ca or (403) 264-5549

For additional information on community resources, contact:

Healthlink: Toll-Free 1-866-408-5465 or within Calgary at 943-5465 or **Inform Alberta:** www.informalberta.ca

STROKE COMMUNITY SERVICES IN THE CALGARY 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	
<p>Stroke Recovery Canada 1-888-540-6666 www.strokerecoverycanada.com</p>	<p>Stroke Recovery Association of Calgary (403) 827-7520 www.geocities.com/sracalgary</p>
<p>Stroke Recovery Association of Alberta (403) 249-7215 http://www.strokealberta.com/</p>	
HOME CARE SERVICES	
<p>New referrals (403) 943-1920 Current Home Care client (403) 943-1600</p>	
DRIVING ASSESSMENT	
<p>Community Accessible Rehabilitation S. Chumir Centre (403) 955-6900 Drive-Able Phone: (403) 252-2243 Fax: (403) 253-2627</p>	
COUNSELLING/FAMILY SUPPORT	
<p>Stroke Recovery Association of Calgary (403) 827-7520 www.geocities.com/sracalgary The Family Caregiver Centre (403) 303-6027 www.familycaregivers.ab.ca Provides information, education and support to caregivers Calgary Counselling Centre (403) 691-5991 http://www.calgarycounselling.com/contact.htm (24 hour access online)</p>	
OUTPATIENT REHABILITATION SERVICES	
<p>Community Accessible Rehabilitation (CAR) http://iweb.calgaryhealthregion.ca/rehab/car.htm Peter Lougheed Hospital (403) 943-4786 Sheldon Chumir Centre (403) 955-6900 South Calgary Health Centre (403) 943-9484</p> <p>Private Physiotherapy Clinics http://www.calgaryhealthregion.ca/programs/rehab/communityphysio.html</p> <p>Regional Brain Injury Coordinator (403) 944-8569 Provides information on Calgary Health Region Brain Injury programs/services</p> <p>Day Hospital Seniors' Health one line referral at ph: (403) 267-2991 or fax: (403) 267-2994.</p> <p>Adult Day Support Referral via Calgary HomeCare at 403-943-1920 http://www.calgaryhealthregion.ca/ads/contact.htm</p>	
TRANSPORTATION	
<p>Access Calgary (403) 537-7770 www.accesscalgary.ca Provides transportation for Calgarians unable to use Calgary Transit buses and C-Trains Includes Special Needs Taxi – Provides subsidized monthly allotment for visits to health related appointments, based on income Requires an interview with a Mobility Specialist to determine eligibility</p>	
COMMUNITY SUPPORT SERVICES	
<p>Inform Alberta www.informalberta.ca Searchable database of local and provincial programs & services</p> <p>Healthlink www.healthlinkalberta.ca A 24/7 nurse telephone advice and health information service Call from anywhere in the province by dialing: Toll-Free 1-866-408-5465 or within Calgary at 943-5465.</p>	
FINANCIAL RESOURCES	
<p>Alberta Aids to Daily Living www.seniors.gov.ab.ca/aald or Toll free in Alberta 310-0000, then 780-427-0731</p> <ul style="list-style-type: none"> Up to 75% funding of equipment costs for persons with a physical disability of 6 months or longer <p>Assured Income for the Severely Handicapped (AISH) www.seniors.gov.ab.ca/AISH or refer to www.seniors.gov.ab.ca/AISH/tipsheets/OfficeLocations.pdf</p>	<p>CPP Disability Benefits http://www.hrsdc.gc.ca/en/isp/cpp/disaben.shtml or 1-800-277-9914</p> <p>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</p>