

## STROKE INFORMATION CARD

Bashaw, Camrose, Daysland, Galahad, Hardisty, Hughenden, Islay, Kitscoty, Killam, Lamont, Mannville, Mundare, Myrnam, Provost, Sedgewick, Tofield, Two Hills, Vegreville, Vermilion, Viking, Wainwright, Willingdon and other nearby communities

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

### ASK ABOUT

<ul style="list-style-type: none"> <li>▪ Availability of home support services</li> <li>▪ Access to the community</li> <li>▪ Participation in recreational &amp; community activities</li> <li>▪ Mood changes</li> </ul>	<ul style="list-style-type: none"> <li>▪ Quality of relationships with family &amp; friends</li> <li>▪ Financial strain</li> <li>▪ Vocational situation</li> <li>▪ Lifestyle</li> <li>▪ Caregiver stress &amp; burnout</li> <li>▪ Modifiable risk factors</li> </ul>
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The following Regional Stroke Centres offer high-risk primary & secondary prevention services:

St. Mary's Hospital (Camrose) Heart & Stroke Clinic (780) 679-3112 or 1-888-979-3113 – includes stroke prevention & heart function clinics

Wainwright Health Centre & Congestive Heart Failure Clinic (780) 842-3324

Lloydminster Hospital (306) 820-6000

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

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

For additional information on community support services, contact:

**Healthlink:** Toll-Free 1-866-408-5465 or **Inform Alberta:** [www.informalberta.ca](http://www.informalberta.ca)

## STROKE COMMUNITY SERVICES IN CENTRAL ZONE

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.

HOME CARE SERVICES		PEER SUPPORT	
Bashaw (780) 372-4155	Sedgewick (780) 384-3652	<b>Stroke Recovery Canada</b> 1-888-540-6666 <a href="http://www.strokerecoverycanada.com/">http://www.strokerecoverycanada.com/</a>	
Camrose (780) 679-2900	Tofield (780) 662-3984	<b>Stroke Recovery Association of Alberta</b> (403) 249-7215 <a href="http://www.strokealberta.com/">http://www.strokealberta.com/</a>	
Hughenden (780) 856-3655	Two Hills (780) 657-3361	<b>Camrose Support Groups, Contact:</b> Janet Rickards (780) 855-3023 David Nelson (780) 679-1241 Brandy Kowalchuk (780) 672-0257	
Islay/Kitscoty (780) 744-0200	Vegreville (780) 632-3331		
Lamont (780) 895-2211	Vermilion (780) 853-5270		
Mannville (780) 763-3989	Viking (780) 336-4782		
Myrnam (780) 366-3891	Wainwright (780) 842-4077		
Provost (780) 753-6180	Willingdon (780) 367-2374		
REGIONAL STROKE / REHABILITATION PROGRAMS:		EDUCATION	
Two Hills Health Centre - Stroke And Geriatric Empowerment Unit (SAGE) (780) 657-3344		<b>Alberta Brain Injury Initiative Survival Guide</b> Toll Free 310-0000 then dial 780-415-2747 To request a Survival Guide <a href="http://www.seniors.gov.ab.ca/css/bii/survival_guide/index.asp">www.seniors.gov.ab.ca/css/bii/survival_guide/index.asp</a>	
Daysland Health Centre – Daysland Orthopedic and Active Rehab (DOAR) (780) 374-3746			
COMMUNITY REHABILITATION SERVICES		LIVING WITH STROKE SERIES	
Bashaw (780) 372-3731	Provost (780) 753-3305	Contact (780) 608-8683 to learn about programs in your area. Interactive 8-week program for stroke survivors & caregivers focussed on improving the quality of life after stroke.	
Camrose (780) 608-8683	Tofield (780) 662-3263		
Hardisty (780) 888-3742	Viking (780) 336-4786		
Killam (780) 385-3741	Vegreville (780) 632-3331, 632-7011		
Lamont (780) 895-2211	Wainwright (780) 806-2005		
COMMUNITY SUPPORT SERVICES			
<p><b>Inform Alberta</b> <a href="http://www.informalberta.ca">www.informalberta.ca</a> Searchable database of local and provincial programs &amp; services.</p> <p><b>Alberta Brain Injury Network</b> – North Central Region – serving Killam, Lloydminster, Vermilion, Provost, Camrose, Tofield &amp; surrounding areas. Phone (780) 672-0257, Fax (780) 672-7484.</p> <p><b>Meals on Wheels</b> – Contact the Bethany Group, or local FCSS or Seniors' Centre for more information.</p> <p><b>Indoor Walking Programs</b> exist in many communities. Contact your local community rehabilitation service office for details.</p>			
VOCATIONAL		DRIVING ASSESSMENT	
<p>CPP Disability Vocational Rehabilitation Program <a href="http://www.hrsdc.gc.ca">www.hrsdc.gc.ca</a> 1-800-461-3422</p> <ul style="list-style-type: none"> <li>Assistance to CPP Disability pensioners to return to former, modified or new job</li> </ul>		<p>Camrose (780) 608-8683, 679-2900      Two Hills (780) 657-3361 Sedgewick (780) 384-3652              Vegreville (780) 632-3331 Tofield (780) 662-3984                  Vermilion (780) 853-5270</p>	
TRANSPORTATION			
<ul style="list-style-type: none"> <li>Contact your local taxi, Seniors' Centre, HandiVan or Neighbour Aid Services.</li> </ul>			
FINANCIAL RESOURCES			
<p><b>Alberta Aids to Daily Living</b> <a href="http://www.seniors.gov.ab.ca/aadl">www.seniors.gov.ab.ca/aadl</a> or Toll free in Alberta 310-0000, then 780-427-0731</p> <ul style="list-style-type: none"> <li>Up to 75% funding of equipment costs for persons with a physical disability of 6 months or longer</li> </ul> <p><b>Assured Income for the Severely Handicapped (AISH)</b> <a href="http://www.seniors.gov.ab.ca/AISH">www.seniors.gov.ab.ca/AISH</a></p>		<p><b>CPP Disability Benefits</b> <a href="http://www.hrsdc.gc.ca/en/isp/cpp/disaben.shtml">http://www.hrsdc.gc.ca/en/isp/cpp/disaben.shtml</a> or 1-800-277-9914</p> <p><b>Residential Rehabilitation Assistance Program for Persons with Disabilities (RRAP)</b> <a href="http://www.cmhc-schl.gc.ca/en/ab/noho/noho_011.cfm">http://www.cmhc-schl.gc.ca/en/ab/noho/noho_011.cfm</a> or 1-800-704-6488</p> <ul style="list-style-type: none"> <li>Financial assistance to modify dwellings of low-income persons with disabilities</li> </ul>	