

STROKE INFORMATION CARD

Southwest area

Why a Stroke Information Card?

- Provides information on the types of community services available in the Southwest area.
- Gives family physicians and other health professionals the support to improve a stroke survivor's satisfaction with life.

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 counselling ▪ 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 ▪ Modifiable risk factors 	<ul style="list-style-type: none"> Quality of relationships with family & friends Financial strain Vocational situation Lifestyle Caregiver stress & burnout
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The following Regional Stroke Centres offer high-risk primary & secondary prevention services:

*** Stroke Prevention Clinic in Lethbridge 403-329-6886 (Private)**

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 403-327-3239 in Lethbridge

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

*Prepared by the Alberta Provincial Stroke Strategy and Southwest area based on the
GTA Rehabilitation Network Stroke Information Card, 2005*

* Requires physician referral for service

MAY 2009

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STROKE COMMUNITY SERVICES IN THE SOUTHWEST 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.

HOME CARE SERVICES Lethbridge Home Care 403-388-6700 (if already a client) Chinook Health Access Center 403-388-6380 OR 1-866-388-6380 A registered nurse will answer questions about continuing care and other senior's services in your community. VON 403-328-0033 (adult respite care, Monday to Friday) We Care 403-380-4441 www.wecare.ca (Private)		PEER SUPPORT <ul style="list-style-type: none"> ■ Chinook Stroke Club 403-320-2222 ■ Stroke Recovery Association of Alberta 403-249-7215 http://www.strokealberta.com/ ■ Living with Stroke 403-388 – 6343 to register An interactive program 6 months post stroke to support patients and caregivers to deal with stroke
EDUCATION and VOCATIONAL <ul style="list-style-type: none"> ■ REDI Enterprises/Brain Injury Relearning Services To request a Survival Guide: 403-320-7402 in Lethbridge ■ Building Healthy Lifestyles Offers free classes and information in regards to managing chronic diseases 403-388-6654 OR 1-866-506-6654 Website: www.chr.ab.ca ■ Heart and Stroke Foundation of Alberta, Nunavut and NWT www.heartandstroke.ca or 403-327-3239 in Lethbridge ■ Health Link Alberta 1-866-408-(LINK)5465 ■ Volunteer Lethbridge 403-320-2044 www.volunteerlethbridge.com 		
OUTPATIENT REHAB SERVICES Community Rehabilitation 403-388-6343 (Program Secretary) Private Physical Therapy Clinics-see yellow pages under "Physical Therapists" for a list of services.		
COMMUNITY SUPPORT SERVICES		
<ul style="list-style-type: none"> ■ Inform Alberta www.informalberta.ca Searchable database of local and provincial programs & services ■ Community Links Free service that specializes in connecting people to community health, social and government services and programs in southwest Alberta. 403 - 328 - LINK (5465) Toll free: 1 - 866 - 355 - 5465 Website: www.community-links.ca Email: comlinks@shaw.ca ■ City of Lethbridge Family and Community Support Services Contracts with non-profit agencies and other service providers to deliver subsidized services under their FCSS program funding. Telephone: 403 - 320 – 3020 Website: http://www.lethbridge.ca 	<ul style="list-style-type: none"> ■ Chinook Lifeline Association Allows 24 hour emergency contact for high risk patients living alone Telephone: 403-388 - 6317 or 1 - 866 - 388 - 6317 ■ Meal on Wheels Self referral to help to address dietary needs Phone: 403-327 - 7990 or www.mealsonwheelslethbridge.ca ■ Alberta Seniors and Community Supports 403 - 381 – 5469 ■ Lethbridge Senior Citizens' Organization Home Support for seniors Phone 403-320 – 2222 ■ Geriatric Community Rehab (GCR)/Bridges Contact Chinook Health Access Center (see above) 	
PHYSICAL DISABILITIES Access Center 403-388-6380 Red Cross 403-327-7117	DRIVING ASSESSMENT * Drive Able 403-317-1463 Fax: 403-327-6241	COUNSELLING/FAMILY SUPPORT Lethbridge Mental Health Clinic 403-381-5260 (adult) * Joanne Lavergne , consulting neuropsychologist (Private) 403-328-8815
TRANSPORTATION		
<ul style="list-style-type: none"> ■ LA Transit 403-320-3885 ■ Lethbridge Access- A- Ride 403-329-6464 ■ Genesis Medi Shuttle Inc. 403-320-9057 Rural Sites for Handibus: Cardston 403-635-1025 Crowsnest Pass 403-562-8833 Pincher Creek 403-627-2509 Coaldale 403-380-0228 Magrath 403-317-0737 Raymond 403-752-4561 Milk River 403-647-3773 Picture Butte 403-732-4762 Taber 403-223-2224 		
FINANCIAL RESOURCES		
<ul style="list-style-type: none"> ■ Alberta Aids to Daily Living www.seniors.gov.ab.ca/aadl or Toll free in Alberta 310-0000, then 780-427-0731, offers 75% 100% coverage ■ Assured Income for the Severely Handicapped (AISH) www.seniors.gov.ab.ca/AISH or Lethbridge: 403-381 - 5186 	<ul style="list-style-type: none"> ■ 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) www.cmhc-schl.gc.ca/en/co/ or 1-800-704-6488 Financial assistance to modify dwellings of low-income persons with disabilities 	

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