

# 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"> <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 counselling</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> <li>▪ Modifiable risk factors</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> </ul>
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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](http://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](http://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

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[www.strokestrategy.ab.ca](http://www.strokestrategy.ab.ca)

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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.

<b>HOME CARE SERVICES</b> <b>Lethbridge Home Care</b> 403-388-6700 (if already a client) <b>Chinook Health Access Center</b> 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. <b>VON</b> 403-328-0033 (adult respite care, Monday to Friday) <b>We Care</b> 403-380-4441 <a href="http://www.wecare.ca">www.wecare.ca</a> (Private)		<b>PEER SUPPORT</b> <ul style="list-style-type: none"> <li>■ <b>Chinook Stroke Club</b> 403-320-2222</li> <li>■ <b>Stroke Recovery Association of Alberta</b> 403-249-7215 <a href="http://www.strokealberta.com/">http://www.strokealberta.com/</a></li> <li>■ <b>Living with Stroke</b> 403-388 – 6343 to register An interactive program 6 months post stroke to support patients and caregivers to deal with stroke</li> </ul>
<b>EDUCATION and VOCATIONAL</b> <ul style="list-style-type: none"> <li>■ <b>REDI Enterprises/Brain Injury Relearning Services</b> To request a Survival Guide: 403-320-7402 in Lethbridge</li> <li>■ <b>Building Healthy Lifestyles</b> Offers free classes and information in regards to managing chronic diseases 403-388-6654 OR 1-866-506-6654 Website: <a href="http://www.chr.ab.ca">www.chr.ab.ca</a></li> <li>■ <b>Heart and Stroke Foundation of Alberta, Nunavut and NWT</b> <a href="http://www.heartandstroke.ca">www.heartandstroke.ca</a> or 403-327-3239 in Lethbridge</li> <li>■ <b>Health Link Alberta</b> 1-866-408-(LINK)5465</li> <li>■ <b>Volunteer Lethbridge</b> 403-320-2044 <a href="http://www.volunteerlethbridge.com">www.volunteerlethbridge.com</a></li> </ul>		
<b>OUTPATIENT REHAB SERVICES</b> <b>Community Rehabilitation</b> 403-388-6343 (Program Secretary) Private Physical Therapy Clinics-see yellow pages under "Physical Therapists" for a list of services.		
<b>COMMUNITY SUPPORT SERVICES</b>		
<ul style="list-style-type: none"> <li>■ <b>Inform Alberta</b> <a href="http://www.informalberta.ca">www.informalberta.ca</a> Searchable database of local and provincial programs &amp; services</li> <li>■ <b>Community Links</b> 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: <a href="http://www.community-links.ca">www.community-links.ca</a> Email: <a href="mailto:comlinks@shaw.ca">comlinks@shaw.ca</a></li> <li>■ <b>City of Lethbridge Family and Community Support Services</b> Contracts with non-profit agencies and other service providers to deliver subsidized services under their FCSS program funding. Telephone: 403 - 320 – 3020 Website: <a href="http://www.lethbridge.ca">http://www.lethbridge.ca</a></li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Chinook Lifeline Association</b> Allows 24 hour emergency contact for high risk patients living alone Telephone: 403-388 - 6317 or 1 - 866 - 388 - 6317</li> <li>■ <b>Meal on Wheels</b> Self referral to help to address dietary needs Phone: 403-327 - 7990 or <a href="http://www.mealsonwheelslethbridge.ca">www.mealsonwheelslethbridge.ca</a></li> <li>■ <b>Alberta Seniors and Community Supports</b> 403 - 381 – 5469</li> <li>■ <b>Lethbridge Senior Citizens' Organization</b> Home Support for seniors Phone 403-320 – 2222</li> <li>■ <b>Geriatric Community Rehab (GCR)/Bridges</b> Contact Chinook Health Access Center (see above)</li> </ul>	
<b>PHYSICAL DISABILITIES</b> <b>Access Center</b> 403-388-6380 <b>Red Cross</b> 403-327-7117	<b>DRIVING ASSESSMENT</b> * <b>Drive Able</b> 403-317-1463 Fax: 403-327-6241	<b>COUNSELLING/FAMILY SUPPORT</b> <b>Lethbridge Mental Health Clinic</b> 403-381-5260 (adult) * <b>Joanne Lavergne</b> , consulting neuropsychologist (Private) 403-328-8815
<b>TRANSPORTATION</b>		
<ul style="list-style-type: none"> <li>■ <b>LA Transit</b> 403-320-3885 ■ <b>Lethbridge Access- A- Ride</b> 403-329-6464 ■ <b>Genesis Medi Shuttle Inc.</b> 403-320-9057</li> <li><b>Rural Sites for Handibus:</b> 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</li> </ul>		
<b>FINANCIAL RESOURCES</b>		
<ul style="list-style-type: none"> <li>■ <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, offers 75% 100% coverage</li> <li>■ <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> or Lethbridge: 403-381 - 5186</li> </ul>	<ul style="list-style-type: none"> <li>■ <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</li> <li>■ <b>Residential Rehabilitation Assistance Program for Persons with Disabilities (RRAP)</b> <a href="http://www.cmhc-schl.gc.ca/en/co/">www.cmhc-schl.gc.ca/en/co/</a> or 1-800-704-6488 Financial assistance to modify dwellings of low-income persons with disabilities</li> </ul>	

\* Requires physician referral for service

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