

STROKE INFORMATION CARD

NORTHEAST FORT MCMURRAY

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 Northeast Fort McMurray 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.

FACTORS TO CONSIDER FOR A 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:

University of Alberta Hospital
A.H. Owen and Family Stroke Prevention Clinic
1 F2.16 Walter Mackenzie Center
8440 -112 Street
Edmonton, AB T6G 2B7
Phone: 780-407-7363
Fax: 780-407-6020

Royal Alexandra Hospital
Stroke Prevention Clinic
Room 657 Community Service Center
10405 – 111 Avenue
Edmonton, AB T5H 3V0
Phone: 780-735-6823
Fax: 780-735-5588

Grey Nun's Community Hospital
Room 5224, 1100 Youville Drive
Edmonton, AB T6L 5X8
Phone: 780-735-9626
Fax: 780-735-9631

**Primary Care Network
Stroke Prevention Clinic**
Suite 111
9914 Morrison Street
Fort McMurray, AB
T9H 4A4
Phone: 780-788-1765
Fax: 780-788-1764

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 1-888-473-4636

For additional information on community support services, contact:

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

Prepared by the Alberta Provincial Stroke Strategy Northern Lights Regional Health
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STROKE COMMUNITY SERVICES IN NORTHEAST FORT MCMURRAY

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/RESPITE SERVICES Meals on Wheels 780-790-0900 Continuing Care, Case Management Coordinator 780-791-6255 Home Care Social Worker 780-791-6254		TRANSPORTATION Travel Planning 1-800-O CANADA Alberta Aids to Daily Living 310-0000 then 780-427-0731 Specialized Transportation Service 780-743-7909 Fort McMurray Transit 780-743-4157 Local Taxicab Companies 780-743-5050 or 780-743-1234 or 780-799-3333 Medically at Risk Drivers www.mard.ualberta.ca	
PEER SUPPORT Heart & Stroke Foundation of Alberta 1-888-473-4636 Northern Alberta Brain Injury Society (NABIS) 1-780-479-1757 Alberta Brain Injury Network 780-791-3342	EDUCATION Alberta Brain Injury Initiative Survival Guide Toll Free 310-0000 then dial 780-415-2747 Heart and Stroke Foundation of Alberta, Nunavut & NWT Toll Free 1-888-473-4636 www.heartandstroke.ca To request a Survival Guide Living With Stroke 1-780-788-1765	REHAB SERVICES Occupational Therapy 780-791-6016 Physical Therapy 780-791-6016 Speech and Language 780-791-6275 Home Care 780-791-6250	
COMMUNITY SUPPORT SERVICES Community Volunteer Income Tax Program 1-800-959-8281 Voting Assistance 1-800-463-6868 Health Link 1-866-408-5465 Wood Buffalo Housing & Development Corp. 780-799-4050 Canadian Paraplegic Assoc. Alberta 780-743-0357			
VOCATIONAL CPP Disability Vocational Rehabilitation Program: Assistance to CPP Disability pensioners to return to former, modified or new job 1-800-461-3422 or visit www.hrsdc.gc.ca Canada Access Grant for Students with Permanent Disabilities 1 800 0-CANADA Skills Development Service Canada 1-800 O-CANADA			
COUNSELLING AND FAMILY SUPPORT Respite Services 780-791-6066 Canadian Mental Health Association: 1-780-743-1053		PHYSICAL DISABILITIES Telus Residential Service 310-2255 Equipment Loan Program Life Long Learning Plan Canada Revenue Agency: 1-800-959-8281 C.H.O.I.C.E.S Employment Services 780-791-3355 Learners Assistance Program 780-791-8934	
FINANCIAL RESOURCES Alberta Aids to Daily Living: Toll free in Alberta 310-0000, then 780-427-0731 or visit www.seniors.gov.ab.ca/aadl ■ 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): 1-866-477-8589 or visit www.seniors.gov.ab.ca/AISH EI Disability: 1-800-206-7218 or visit www.hrsdc.gc.ca/en/ei/menu/eihome.shtm1 Alberta Employment and Immigration, Disability Related Employment: 1-866-644-5135			
CPP Disability Benefits: 1-800-277-9914 or visit http://www.hrsdc.gc.ca/en/isp/cpp/disaben.shtml Residential Rehabilitation Assistance Program for Persons with Disabilities (RRAP): 1-800-704-6488 or visit http://www.cmhc-schl.gc.ca/en/ab/noho/noho_011.cfm ■ Financial assistance to modify dwellings of low-income persons with disabilities Canada Revenue Agency 1-800-959-8281			