

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

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		TRANSPORTATION	
Meals on Wheels	780-790-0900	Travel Planning	1-800-O CANADA
Continuing Care, Case Management Coordinator	780-791-6255	Alberta Aids to Daily Living	310-0000 then 780-427-0731
Home Care Social Worker	780-791-6254	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		EDUCATION	
Heart & Stroke Foundation of Alberta 1-888-473-4636	Alberta Brain Injury Initiative Survival Guide Toll Free 310-0000 then dial 780-415-2747	REHAB SERVICES	
Northern Alberta Brain Injury Society (NABIS) 1-780-479-1757	Heart and Stroke Foundation of Alberta, Nunavut & NWT Toll Free 1-888-473-4636 www.heartandstroke.ca To request a Survival Guide	Occupational Therapy	780-791-6016
Alberta Brain Injury Network 780-791-3342	Living With Stroke	Physical Therapy	780-791-6016
	1-780-788-1765	Speech and Language	780-791-6275
		Home Care	780-791-6250
COMMUNITY SUPPORT SERVICES			
Community Volunteer Income Tax Program	1-800-959-8281	Primary Care Network, Stroke Prevention Clinic	780-788-1765
Voting Assistance	1-800-463-6868	Fort McMurray Association of Community Living	780-791-3009
Health Link	1-866-408-5465	Neighbourhood Senior Services	780-743-7081 & 780-697-3627 (Fort Chip)
Wood Buffalo Housing & Development Corp.	780-799-4050	NLHR – Home Care	780-791-6250
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		Life Long Learning Plan Canada Revenue Agency: 1-800-959-8281	
Canada Access Grant for Students with Permanent Disabilities 1 800 0-CANADA		C.H.O.I.C.E.S Employment Services 780-791-3355	
Skills Development Service Canada 1-800 O-CANADA		Learners Assistance Program 780-791-8934	
COUNSELLING AND FAMILY SUPPORT		PHYSICAL DISABILITIES	
Respite Services	780-791-6066	Telus Residential Service	310-2255
Canadian Mental Health Association:	1-780-743-1053	Equipment Loan Program	TTY to Voice 711 780-791-6215
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		CPP Disability Benefits: 1-800-277-9914 or visit http://www.hrsdc.gc.ca/en/isp/cpp/disaben.shtml	
<ul style="list-style-type: none"> ▪ Up to 75% funding of equipment costs for persons with a physical disability of 6 months or longer 		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	
Assured Income for the Severely Handicapped (AISH): 1-866-477-8589 or visit www.seniors.gov.ab.ca/AISH		<ul style="list-style-type: none"> ▪ Financial assistance to modify dwellings of low-income persons with disabilities 	
EI Disability: 1-800-206-7218 or visit www.hrsdc.gc.ca/en/ei/menu/eihome.shtml		Canada Revenue Agency 1-800-959-8281	
Alberta Employment and Immigration, Disability Related Employment: 1-866-644-5135			