

# STROKE INFORMATION CARD

## NORTHWEST HIGH LEVEL

### 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 Northwest High Level 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"> <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:

**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

**Living With Stroke  
High Level & La Crete**  
Facilitator Contacts:  
Barb Hollick: 780-841-4149  
Nathan VanMelle: 780-841-3207

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 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](http://www.informalberta.ca)

## STROKE COMMUNITY SERVICES IN NORTHWEST HIGH LEVEL

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>TRANSPORTATION</b>	
Meals on Wheels 780-841-3231 780-841-3232	Home Care: 780-841-3231 780-928-2410 La Crete 780-927-3391 Fort Vermillion	Travel Planning 1-800 O CANADA Medically at Risk Drivers	Triple A Taxi 780-926-3333 <a href="http://www.mard.ualberta.ca">www.mard.ualberta.ca</a>
<b>PEER SUPPORT</b>	<b>EDUCATION</b>	<b>REHAB SERVICES</b>	
Stroke Recovery Canada: 1-888-540-6666  Northern Alberta Brain Injury Society (NABIS) 1-800-425-5552 or 1-780-479-1757.  Living with Stroke : Barbe Holick: 780-841-4149 Nathan VanMelle: 780-841-3207	Alberta Brain Injury Initiative Survival Guide Toll Free 310-0000 than dial 780-415-2747  Heart and Stroke Foundation of Alberta, Nunavut & NWT Toll Free: 1-866-473-4636 To request a Survival Guide please visit the website at: <a href="http://www.heartandstroke.ca">www.heartandstroke.ca</a>  Living Well with a Chronic Condition: 1-403-943-2584	Occupational Therapy: 780-841-3201 Physical Therapy: 780-841-3201 Speech and Language: 780-841-3201  Home Care: High Level: 780-841-3231 Fort Vermillion: 780-927-3391 La Crete: 780-928-2410	
<b>COMMUNITY SUPPORT SERVICES</b>			
Community Volunteer Income Tax Program: 1-800-959-8281 Health Promotion: 780-841-3321 Accredited Supportive Living Services: 780-928-2802 (La Crete) La Crete Supportive Services: 780-928-3967 Health Link: 1-866-408-5465 (LINK) Little Red River Cree Nation-Health Services: 780-759-2000 ASLS High Level: 780-926-2466	Family and Community Support Services: 780-821-4026 Voting Assistance: 1-800-463-6868 La Crete Doctor's Clinic: 780-928-3733 Fort Vermillion Health Center: 780-927-3391 North Peace Tribal Council : 780-926-3446 Living well-Chronic Disease Network: 780- 841-3262 ASLS La Crete: 780-928-2802		
<b>VOCATIONAL</b>			
CPP Disability Vocational Rehabilitation Program Assistance to CPP Disability pensioners to return to former, modified or new job 1-800-461-3422 or visit <a href="http://www.hrsdc.gc.ca">www.hrsdc.gc.ca</a>		Life Long Learning Plan Canada Revenue Agency: 1-800-959-8281  Alberta Immigration & Employment: 780-841-4315 High Level Library: 780-926-2097  High Level Job Corp: 780-926-4515	
<b>COUNSELLING AND FAMILY SUPPORT</b>		<b>PHYSICAL DISABILITIES</b>	
Respite Services 780-841-3207 Mental Health 780-841-3229 La Crete Support Services 780-928-3967	Telus: Residential Service 310-2255 TTY to Voice 711 TTY To TTY 1-800-855-1155		
<b>FINANCIAL RESOURCES</b>			
Alberta Aids to Daily Living: Toll free in Alberta 310-0000, then 780-427-0731 or visit <a href="http://www.seniors.gov.ab.ca/aadl">www.seniors.gov.ab.ca/aadl</a> ▪ 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 <a href="http://www.seniors.gov.ab.ca/AISH">www.seniors.gov.ab.ca/AISH</a> .  Canada Revenue Agency 1-800-959-8281  Disability: 1-800-206-7218 or visit <a href="http://www.hrsdc.gc.ca/en/ei/menu/eihome.shtm1">www.hrsdc.gc.ca/en/ei/menu/eihome.shtm1</a>		CPP Disability Benefits: 1-800-277-9914 or visit <a href="http://www.hrsdc.gc.ca/en/isp/cpp/disaben.shtml">http://www.hrsdc.gc.ca/en/isp/cpp/disaben.shtml</a>  Service Canada Employment Insurance 1-800-206-7218	