

STROKE INFORMATION CARD

Beaverlodge, Fairview, Fox Creek, Grande Cache, Grande Prairie, Grimshaw, High Prairie, Manning, McLennan, Peace River, Spirit River, Valleyview, Worsley.

Why a Stroke Information Card?

- Provides information on the types of community services available.
- Give family physicians and other health professionals the support to improve a stroke survivor's life on reintegration in to the community.

SIGNS OF SUCCESSFUL COMMUNITY RE-ENGAGEMENT

| COMMUNITY INVOLVEMENT | PSYCHOSOCIAL FUNCTIONING | VOCATIONAL & AVOCATIONAL |
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| <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

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| <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:

Stroke Prevention Clinic
Public Health Centre
Main Floor Provincial building
10320-99 St., Grande Prairie, AB T8V 6J4

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 780-513-0439

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 and Alberta Health Services based on the GTA Rehabilitation Network Stroke Information Card, 2005

(Please check www.strokestrategy.ab.ca for updated versions of the Stroke Information Card)

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STROKE COMMUNITY SERVICES

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

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| Home care services may include: | Home care offices |
| <u>Health Services:</u> | <ul style="list-style-type: none"> • Grande Prairie 780-532-4447 • Beaverlodge 780-354-2647 • Fairview 780-835-4951 • Fox Creek 780-622-3730 • Gift Lake 780-767-2101 • Grande Cache 780-827-3504 • Grimshaw / Berwyn 780-332-6500 • High Prairie 780-532-6450 • Kinuso 780-775-3501 • Manning 780-836-3391 • Peace River 780-624-7260 • McLennan 780-324-3750 • Spirit River 780-864-3063 • Valleyview 780-524-3338 • Worsley 780-685-3758 |
| <u>Support Services:</u> | |
| <ul style="list-style-type: none"> • Personal care • Respite care | |
| <u>Other services:</u> | |
| <ul style="list-style-type: none"> • Seniors wellness clinic | |
| <u>Assessments:</u> | |
| <ul style="list-style-type: none"> • Alberta Aids to Daily Living Program • Continuing care placement | Toll-free 1-800-732-8981 www.pchr.ca |

PEER SUPPORT

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| Stroke Recovery Canada 1-888-540-6666 www.strokerecoverycanada.com |
| Stroke Recovery Association of Alberta 780-539-9329 www.strokealberta.com/ |
| Alberta Caregivers Association 780-453-5088 email:caregiver@AlbertaCaregiversAssociation.org |

EDUCATION

Alberta Brain Injury Initiative Survival Guide
 Toll Free 310-0000 then dial 780-415-2747
 To request a Survival Guide
www.seniors.gov.ab.ca/css/bii/survival_guide/index.asp

REHAB SERVICES

Rehab services are available to Inpatients and Outpatients, Services include: OT,PT, SLP, SW, Rec Therapy.
 QEII Rehab : 780-538-7360

COMMUNITY & OTHER SUPPORT SERVICES

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| Inform Alberta www.informalberta.ca Searchable database of local and provincial programs & services Health Link Alberta www.healthlinkalberta.ca www.informalberta.ca 1-866-408- 5465 | Speech Language Pathology Communication/Support Groups Virene Building (780)513 8126 ASLS (Accredited Supportive Living Services) 780-593-0433 extension 120 or 121 ■ Provides services and support for adults with brain injuries, their families, friends and caregivers | AADAC (Alberta Alcohol and Drug Abuse Commission) 780-539-6330 |
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VOCATIONAL

CPP Disability Vocational Rehabilitation Program
www.hrsdc.gc.ca 1-800-461-3422
 ■ Assistance to CPP Disability pensioners to return to former, modified or new job
R-Work Group 780-539-1072
 ■ Help persons with disabilities, chronic illness etc. find and keep the "right" job
Complete Rehab and Wellness Services
 Phone 780-532-4921
 ■ Provides some return to work programs

COUNSELLING/FAMILY SUPPORT

Catholic Family Services : 780-532-9381
Alberta Mental Health : 780-538-5160
Aboriginal Health Liaison : Acute care 780 538 7125 & Community 780-513-7504
Family and Community Support Services (FCSS) Home Support Services : 780-538-0374
 ■ Provides subsidized fees for eligible clients requiring in-home support
Burden Bearers: (780) 539 5225

TRANSPORTATION

Disabled Transportation Society (DTS)
 780-876-0637
 Pre-booked transportation to clients in Grande Prairie who are physically handicapped

DRIVING ASSESSMENT

Complete Rehab and Wellness Services
 Grande Prairie, AB
 Phone 780-532-4921 www.crws.ca

FINANCIAL RESOURCES

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| Alberta Aids to Daily Living www.seniors.gov.ab.ca/aadl or Toll free in Alberta 310-0000, then 780-427-0731 ■ Funding may be available for persons with a physical disability of 6 months or longer Assured Income for the Severely Handicapped (AISH) www.seniors.gov.ab.ca/AISH or refer to http://www.seniors.gov.ab.ca/AISH/tipsheets/OfficeLocations.pdf | 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) http://www.cmhc-schl.gc.ca/en/ab/noho/noho_011.cfm or 1-800-704-6488 ■ Financial assistance to modify dwellings of low-income persons with disabilities |
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