

# 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?

- The *Stroke Information Card* provides information on the types of community services available.
- 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.

## 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 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:

**Stroke Prevention Clinic**  
Suite 167, 1 East Mackenzie Place  
Grande Prairie, AB  
T8V 2E8  
780-832-4914

**Telestroke access by referral to the Stroke Prevention Clinic through:**  
**University of Alberta Hospital** Phone: 780-407-7363 Fax: 780-407-6020  
**Royal Alexandra Hospital** 780-735-6823 780-735-5588  
**Grey Nuns Community Hospital** 780-735-9626 780-735-9631

Rural locations: Contact Chronic Disease Management office for local program information at 1-877-349-5711

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 or 780-513-0439

## STROKE COMMUNITY SERVICES IN AHS

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>PEER SUPPORT</b>																																	
<p>Home care services may include:</p> <p><u>Health Services:</u></p> <p>Nursing</p> <p>Physical Therapy</p> <p>Occupational Therapy</p> <p>Respiratory Therapy</p> <p>Nutrition</p> <p>Social Work</p> <p>Speech Language Pathology</p> <p><u>Support Services:</u></p> <p>Personal Care</p> <p>Respite Care</p> <p><u>Other Services:</u></p> <p>Seniors Wellness Clinic</p> <p><u>Assessments:</u></p> <p>Alberta Aids to Daily Living Program</p> <p>Continuing Care Placement</p>		<p><u>Home care offices</u></p> <table border="0"> <tr><td>Grande Prairie</td><td>780-532-4447</td></tr> <tr><td>Beaverlodge</td><td>780-354-2647</td></tr> <tr><td>Fairview</td><td>780-835-4951</td></tr> <tr><td>Fox Creek</td><td>780-622-3730</td></tr> <tr><td>Gift Lake</td><td>780-767-2101</td></tr> <tr><td>Grande Cache</td><td>780-827-3504</td></tr> <tr><td>Grimshaw / Berwyn</td><td>780-332-6500</td></tr> <tr><td>High Prairie</td><td>780-532-6450</td></tr> <tr><td>Kinuso</td><td>780-775-3501</td></tr> <tr><td>Manning</td><td>780-836-3391</td></tr> <tr><td>Peace River</td><td>780-624-7260</td></tr> <tr><td>McLennan</td><td>780-324-3750</td></tr> <tr><td>Spirit River</td><td>780-864-3063</td></tr> <tr><td>Valleyview</td><td>780-524-3338</td></tr> <tr><td>Worsley</td><td>780-685-3758</td></tr> <tr><td>Toll-free</td><td>1-800-732-8981</td></tr> </table>		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	Toll-free	1-800-732-8981
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		<p><b>Stroke Recovery Canada</b> 1-888-540-6666 <a href="http://www.telusplanet.net/public/fln/directory.html">www.telusplanet.net/public/fln/directory.html</a></p> <p><b>Stroke Recovery Association of Alberta</b> (403) 249-7215 <a href="http://www.strokealberta.com">www.strokealberta.com</a></p> <p><b>Alberta Caregivers Association</b> (780) or (877) 453-5088 e-mail: <a href="mailto:office@AlbertaCaregivers.org">office@AlbertaCaregivers.org</a></p>																																	
		<b>EDUCATION</b>																																	
		<p><b>Alberta Brain Injury Initiative Survival Guide</b> Toll Free 310-0000 then dial 780-415-2747 To request a Survival Guide <a href="http://www.seniors.gov.ab.ca/css/bii/survival_guide/index.asp">www.seniors.gov.ab.ca/css/bii/survival_guide/index.asp</a></p>																																	
		<b>REHAB SERVICES</b>																																	
		<p>Rehab services are available to Inpatients and Outpatients. Services include: Occupational Therapy, Physical Therapy, Speech Language Pathology, Recreation Therapy.</p> <p>QE II Rehab: 780-538-7360</p>																																	
<b>COMMUNITY SUPPORT SERVICES</b>																																			
<p><b>Inform Alberta</b> <a href="http://www.informalberta.ca">www.informalberta.ca</a> Searchable database of local and provincial programs &amp; services</p> <p><b>Health Link Alberta</b> <a href="http://www.healthlinkalberta.ca">www.healthlinkalberta.ca</a> 1-866-408-5465</p>		<p><b>ASLS (Accredited Supportive Living Services)</b> 780-593-0433 extension 120 or 121 Provides services and support for adults with brain injuries, their families, friends and caregivers</p>																																	
		<p><b>Speech Language Pathology Communication/Support Groups</b> QE II Rehab: 780 538-7360 <b>AADAC (Alberta Alcohol and Drug Abuse Commission)</b> 780-538-6330</p>																																	
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<p><b>CPP Disability Vocational Rehabilitation Program</b> <a href="http://www.hrsdc.gc.ca">www.hrsdc.gc.ca</a> 1-800-461-3422</p> <ul style="list-style-type: none"> <li>Assistance to CPP Disability pensioners to return to former, modified or new job</li> </ul> <p><b>R-Work Group</b> 780-539-1072</p> <ul style="list-style-type: none"> <li>Helps persons with disabilities, chronic illness, etc find and keep the "right" job</li> </ul> <p><b>Complete Rehab and Wellness Services</b> 780-532-4921</p> <ul style="list-style-type: none"> <li>Provides some return to work programs</li> </ul>		<p><b>Catholic Family Services:</b> 780-532-9381 <b>Alberta Mental Health:</b> 780-538-5160 <b>Aboriginal Health Liaison:</b> Acute care 780-538-7125 Community 780-513-7504</p> <p><b>Family and community Support Services (FCSS) Home Support Services:</b> 780-538-0374 Subsidized fees for eligible clients requiring in-home support</p> <p><b>Burden Bearers:</b> 780-539-5225</p>																																	
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<p><b>Disabled Transportation Society (DTS):</b> 780-830-7433 in Grande Prairie</p>		<p><b>Complete Rehab and Wellness Services – Grande Prairie</b> 780-532-4921</p>																																	
<b>FINANCIAL RESOURCES</b>																																			
<p><b>Residential Rehabilitation Assistance Program for Persons with Disabilities (RRAP)</b> 1-800-704-6488 <a href="http://www.cmhc-schl.gc.ca/en/ab/noho/noho_011.cfm">http://www.cmhc-schl.gc.ca/en/ab/noho/noho_011.cfm</a> Financial assistance to modify dwellings of low-income persons with disabilities</p> <p><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 refer to <a href="http://www.seniors.gov.ab.ca/AISH/tipsheets/OfficeLocations.pdf">http://www.seniors.gov.ab.ca/AISH/tipsheets/OfficeLocations.pdf</a></p>		<p><b>CPP Disability Benefits</b> 1-800-277-9914 <a href="http://www.hrsdc.gc.ca/en/isp/cpp/disaben.shtml">http://www.hrsdc.gc.ca/en/isp/cpp/disaben.shtml</a></p> <p><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 Funding may be available for persons with a physical disability of 6 months or longer</p>																																	