

## STROKE INFORMATION CARD

### 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 Alberta Health Services – Southeast Area 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.

### 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> <li>▪ Communication challenges</li> <li>▪ Weight loss prevention</li> <li>▪ Healthy eating &amp; swallowing challenges</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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### Alberta Health Services – Southeast Area offers high-risk primary & secondary prevention services:

Vascular Disease Prevention clinic    Ph(403)529-8904    Fax(403)529-8070

Living Healthy Program    Ph(403)529-8969 ext. 1    Fax(403)528-5602

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 (403) 527-0028

For additional information on community support services, contact:

**Healthlink:** Toll-Free 1-866-408-5465 or within Calgary at 943-5465 or **Inform Alberta:** [www.informalberta.ca](http://www.informalberta.ca)

*Prepared by the Alberta Provincial Stroke Strategy and Alberta Health Services – Southeast Area based on the GTA Rehabilitation Network Stroke Information Card, 2005*

*(Please check [www.strokestrategy.ab.ca](http://www.strokestrategy.ab.ca) for updated versions of the Stroke Information Card)*

*Last updated: August 2009*

## STROKE COMMUNITY SERVICES IN ALBERTA HEALTH SERVICES – SOUTHEAST AREA

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.

<p><b>HOME CARE SERVICES</b></p> <p><b>Home Care (Alberta Health Services – Southeast Area)</b>            Medicine Hat Ph(403)581-5750 fax(403)581-5752            Brooks/Bassano Ph(403)362-7766 fax(403)362-7778            Bow Island Ph(403)545-2296 fax(403)545-6357            Oyen Ph(403)664-3651 fax(403)664-2934</p> <p><b>We Care Home Health Services</b> Ph(403) 529-2200  <b>VON Alberta South</b> Ph(403)529-8025  <b>Supports for Community Living Program</b>            Ph(403)528-2661, Cell(403)528-0123 or fax(403)528-2647</p>	<p><b>PEER SUPPORT</b></p> <p><b>Stroke Recovery Canada</b>            Ph 1-888-540-6666 <a href="http://www.strokerecoverycanada.com/">http://www.strokerecoverycanada.com/</a></p> <p><b>Stroke Recovery Association of Alberta</b>            Ph(403) 249-7215 <a href="http://www.strokealberta.com/">http://www.strokealberta.com/</a></p>
<p><b>REHAB SERVICES</b></p> <p><b>Outpatient Rehabilitation Services (Alberta Health Services–Southeast Area)</b></p> <p><b>Speech, Language &amp; Hearing Services</b>            Ph(403)528-8175 or fax(403)528-8190</p> <p><b>Occupational Therapy</b>            Medicine Hat Ph(403)529-8851 or fax(403)529-8968            Brooks Ph(403)501-3325</p> <p><b>Physical Therapy</b>            Medicine Hat Ph(403)529-8851 or fax(403)529-8968            Brooks Ph(403)501-3234 or fax(403)793-6666            Bassano Ph(403)641-6122 or fax(403)641-2157            Bow Island Ph(403)545-3207 or fax(403)545-2281            Oyen Ph(403)664-4325 or fax(403)664-4325</p> <p><b>Senior Services - Community Outreach Team</b>            Medicine Hat Ph(403)528-5609 or fax(403)528-5647</p> <p><b>Living Healthy Program</b>            Medicine Hat Ph (403)529-8969 ext. 1 or fax(403)528-5602            Brooks Ph (403)793-6659 or fax(403)501-3327            Toll Free 1-866-795-9709  <a href="http://www.palliserhealth.ca/livinghealthy.html">www.palliserhealth.ca/livinghealthy.html</a></p> <p><b>Outpatient Clinical Nutrition</b>            Medicine Hat Ph(403)528-5628 or fax(403)529-8005            Brooks Ph(403)501-3201 or fax(403)501-3327            Bassano Ph(403)501-3201 or fax(403)501-3327            Bow Island Ph(403)528-5628 or fax(403)529-8005            Oyen Ph(403)528-5628 or fax(403)529-8005</p>	<p><b>EDUCATION</b></p> <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>  <b>For a paper copy</b> Ph(403)528-2661</p> <p><b>Heart &amp; Stroke Foundation of Alberta, Nunavut &amp; NWT</b>  <a href="http://www.heartandstroke.ca">www.heartandstroke.ca</a> or Ph(403)527-0028 or Ph 1-888-473-4636</p> <p><b>Living Healthy Program</b>            Medicine Hat Ph (403)529-8969 ext. 1 or fax(403)528-5602</p> <p><b>Actions for Life Program</b>            Medicine Hat Ph (403)529-8969 ext. 1 or fax(403)528-5602</p>
<p><b>TRANSPORTATION</b></p> <p><b>Special Transit</b> Ph(403) 529-8214  <b>Buddy Program</b> Ph(403) 529-8384  <b>Brooks Handibus</b> Ph(403)362-6190</p>	<p><b>VOCATIONAL</b></p> <p><b>CPP Disability Vocational Rehabilitation Program</b>  <a href="http://www.hrsdc.gc.ca">www.hrsdc.gc.ca</a> Ph 1-800-461-3422            Assistance to CPP Disability pensioners to return to former, modified or new job</p> <p><b>PHYSICAL DISABILITIES</b></p> <p><b>Alberta Aids to Daily Living Program</b> Ph(403)528-8170  <b>Red Cross Medical Equipment Loan Service</b> Ph(403)526-3048  <b>Alan Joys Memorial Fund Society AJ'S Loan Cupboard</b> Ph(403)580-5580</p>
	<p><b>COMMUNITY SUPPORT SERVICES</b></p> <p><b>Brain Injury Relearning Services</b> Ph(403)528-2661 or fax(403)528-2647  <b>Seniors Outreach</b>            Brooks Ph(403)362-4131 or fax (403)362-6736</p> <p><b>Inform Alberta</b>  <a href="http://www.informalberta.ca">www.informalberta.ca</a> Searchable database of local and provincial programs &amp; services  <b>Healthlink</b> <a href="http://www.healthlinkalberta.ca/default.htm">www.healthlinkalberta.ca/default.htm</a> You can call Health Link anytime by dialing 1-866-408-LINK(5465)</p>
	<p><b>COUNSELLING/FAMILY SUPPORT</b></p> <p><b>Brain Injury Relearning Services</b> Ph(403)528-2661 or fax(403)528-2647  <b>Stroke Recovery Association of Medicine Hat</b>            Ph(403) 526-6764 or fax(403)526-6764</p>
	<p><b>DRIVING ASSESSMENT</b></p> <p><b>Drive-Able</b> Ph(403)528-4860</p>
<p><b>FINANCIAL RESOURCES</b></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</p> <ul style="list-style-type: none"> <li>Up to 75% funding of equipment costs for persons with a physical disability of 6 months or longer</li> </ul> <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 Ph(403)529-3550</p> <p><b>Alberta Seniors Benefit Program</b> Ph 1-(800)642-3853</p> <ul style="list-style-type: none"> <li>Provides support in addition to the federal benefits received under Old Age Security, Guaranteed Income Supplement, Federal Allowance the GST credit. It is based on income and provides monthly cash benefits to eligible seniors.</li> </ul> <p><b>CPP Disability Benefits</b>  <a href="http://www.hrsdc.gc.ca/en/isp/cpp/disaben.shtml">http://www.hrsdc.gc.ca/en/isp/cpp/disaben.shtml</a>            or Ph 1-800-277-9914</p> <p><b>Residential Rehabilitation Assistance Program for Persons with Disabilities (RRAP)</b>  <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> or            Ph 1-800-704-6488</p> <ul style="list-style-type: none"> <li>Financial assistance to modify dwellings of low-income persons with disabilities</li> </ul>	