

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

<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 ▪ Communication challenges ▪ Weight loss prevention ▪ Healthy eating & swallowing challenges 	<ul style="list-style-type: none"> ▪ Quality of relationships with family & friends ▪ Financial strain ▪ Vocational situation ▪ Lifestyle ▪ Caregiver stress & burnout ▪ Modifiable risk factors
--	--

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 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

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 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 align="center">HOME CARE SERVICES</p> <p>Home Care (Alberta Health Services – Southeast Area) 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>We Care Home Health Services Ph(403) 529-2200 VON Alberta South Ph(403)529-8025 Supports for Community Living Program Ph(403)528-2661, Cell(403)528-0123 or fax(403)528-2647</p>	<p align="center">PEER SUPPORT</p> <p>Stroke Recovery Canada Ph 1-888-540-6666 http://www.strokerecoverycanada.com/ Stroke Recovery Association of Alberta Ph(403) 249-7215 http://www.strokealberta.com/</p>
<p align="center">REHAB SERVICES</p> <p>Outpatient Rehabilitation Services (Alberta Health Services–Southeast Area)</p> <p>Speech, Language & Hearing Services Ph(403)528-8175 or fax(403)528-8190</p> <p>Occupational Therapy Medicine Hat Ph(403)529-8851 or fax(403)529-8968 Brooks Ph(403)501-3325</p> <p>Physical Therapy 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>Senior Services - Community Outreach Team Medicine Hat Ph(403)528-5609 or fax(403)528-5647</p> <p>Living Healthy Program 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 www.palliserhealth.ca/livinghealthy.html</p> <p>Outpatient Clinical Nutrition 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 align="center">EDUCATION</p> <p>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 For a paper copy Ph(403)528-2661</p> <p>Heart & Stroke Foundation of Alberta, Nunavut & NWT www.heartandstroke.ca or Ph(403)527-0028 or Ph 1-888-473-4636</p> <p>Living Healthy Program Medicine Hat Ph (403)529-8969 ext. 1 or fax(403)528-5602</p> <p>Actions for Life Program Medicine Hat Ph (403)529-8969 ext. 1 or fax(403)528-5602</p>
<p align="center">TRANSPORTATION</p> <p>Special Transit Ph(403) 529-8214 Buddy Program Ph(403) 529-8384 Brooks Handibus Ph(403)362-6190</p>	<p align="center">VOCATIONAL</p> <p>CPP Disability Vocational Rehabilitation Program www.hrsdc.gc.ca Ph 1-800-461-3422 Assistance to CPP Disability pensioners to return to former, modified or new job</p> <p align="center">PHYSICAL DISABILITIES</p> <p>Alberta Aids to Daily Living Program Ph(403)528-8170 Red Cross Medical Equipment Loan Service Ph(403)526-3048 Alan Joys Memorial Fund Society AJ'S Loan Cupboard Ph(403)580-5580</p>
	<p align="center">COMMUNITY SUPPORT SERVICES</p> <p>Brain Injury Relearning Services Ph(403)528-2661 or fax(403)528-2647 Seniors Outreach Brooks Ph(403)362-4131 or fax (403)362-6736</p> <p>Inform Alberta www.informalberta.ca Searchable database of local and provincial programs & services Healthlink www.healthlinkalberta.ca/default.htm You can call Health Link anytime by dialing 1-866-408-LINK(5465)</p>
	<p align="center">COUNSELLING/FAMILY SUPPORT</p> <p>Brain Injury Relearning Services Ph(403)528-2661 or fax(403)528-2647 Stroke Recovery Association of Medicine Hat Ph(403) 526-6764 or fax(403)526-6764</p>
	<p align="center">DRIVING ASSESSMENT</p> <p>Drive-Able Ph(403)528-4860</p>
<p align="center">FINANCIAL RESOURCES</p>	
<p>Alberta Aids to Daily Living www.seniors.gov.ab.ca/aadl or Toll free in Alberta 310-0000, then 780-427-0731</p> <ul style="list-style-type: none"> Up to 75% funding of equipment costs for persons with a physical disability of 6 months or longer <p>Assured Income for the Severely Handicapped (AISH) www.seniors.gov.ab.ca/AISH or Ph(403)529-3550</p> <p>Alberta Seniors Benefit Program Ph 1-(800)642-3853</p> <ul style="list-style-type: none"> 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. 	<p>CPP Disability Benefits http://www.hrsdc.gc.ca/en/isp/cpp/disaben.shtml or Ph 1-800-277-9914</p> <p>Residential Rehabilitation Assistance Program for Persons with Disabilities (RRAP) http://www.cmhc-schl.gc.ca/en/ab/noho/noho_011.cfm or Ph 1-800-704-6488</p> <ul style="list-style-type: none"> Financial assistance to modify dwellings of low-income persons with disabilities