



MY COMMUNITY RESOURCES

Find out about programs and services that are important to you.

TOP 2 RESOURCES TO GET STARTED WITH MY STROKE CARE

1. CHAMPLAIN REGIONAL STROKE NETWORK

Visit crsn.ca to find helpful information for people who have had stroke or TIA and their care partners including:

- What you need to know about stroke and TIA prevention
- Peer support and stories from people who have experienced stroke
- Resources for care and recovery: Including topics such as fatigue, driving, balance, mood, aphasia, healthy living and exercise



2. PERSONALIZED NAVIGATION OF STROKE SERVICES – AFTER STROKE SUPPORT

March of Dimes Canada - After Stroke

1-888-540-6666 | afterstroke@marchofdimes.ca | www.afterstroke.ca

Speak with an **After Stroke Coordinator** for one-on-one help to connect you with:

- A personalized recovery plan
- A network of support to help navigate the journey ahead
- Resources in your community

March of Dimes services include:

- After Stroke Peer Support (On-line, in-person, as well as groups for young adults (age 18-40), persons with aphasia, caregivers, and life partners)
- Education
- Skill Development
- Exercise and Movement
- Home and Vehicle Modification Program
- Aphasia & Communication Support
- Employment Services



MY CONNECTIONS WITH OTHERS

PEER SUPPORTS

PEER SUPPORT GROUPS

Peer supports connect you with others who have experienced stroke

Support groups are available on-line and in-person.

There are general support groups, as well as groups for young adults (age 18-40), persons with aphasia, caregivers, and life partners. For an up-to-date listing of peer support groups, visit:

1. **CRSN:** www.crsn.ca/en/stroke-survivor-and-caregiver-support
2. **March of Dimes - After Stroke:** www.afterstroke.ca/find-support | 1-888-540-6666

APHASIA SERVICES



Aphasia Centre of Ottawa | 613-567-1119 | <https://aphasiaottawa.org>

Aphasia Peer Connect – After Stroke Program March of Dimes
<https://afterstroke.marchofdimes.ca> | 1-888-540-6666

COGNITION & DEMENTIA

DEMENTIA SUPPORT SERVICES:

Dementia Society of Ottawa and Renfrew County | www.dementiahelp.ca | Email: info@dsorc.org
Ottawa: 613-523-4004 | Renfrew County: 1-888-411-2067

Alzheimer's Society of Cornwall and District | www.alzheimer.ca/cornwall | 613-932-4914
Alzheimer.info@one-mail.on.ca



ACCESSING HEALTH CARE SERVICES

DOCTOR OR NURSE PRACTITIONER SERVICES

PRIMARY CARE PROVIDER SERVICES:

Health Care Connect | Ministry of Health and Long-Term Care program designed to help Ontario residents without a primary care provider find one: **1-800-445-1822** | <https://hcc3.hcc.moh.gov.on.ca>

Walk-in Clinics, Champlain | Search for walk-in primary care services near you using your postal code or city www.champlainhealthline.ca/listServices.aspx?id=10072

East Region Virtual Care Clinic | Nurse Practitioner-led virtual care clinic | Register for an appointment 7 days a week from 1:00pm and 9:00pm | www.virtualcareontario.ca | 1-888-684-1999

MEDICATION AND PHARMACY SERVICES

The MedsCheck Program: A free, one-on-one review of all your medications with a pharmacist. Available in-pharmacy or at home for those unable to visit due to physical or mental health conditions. Eligibility: Ontario residents with a valid Health Card, taking at least 3 prescription medications for a chronic condition.

To access MedsCheck: Contact your pharmacy team

MEDICAL ALERT JEWELRY



It is recommended that anyone taking anticoagulation medication wear a medical alert bracelet or necklace with the specific name of their medication to notify medical providers in cases of emergency. Ask your pharmacy if they sell medical alert jewelry or look at online stores for options by searching “medical alert jewelry”.



GETTING HELP IN MY COMMUNITY

HOME AND COMMUNITY CARE SERVICES

ONTARIO HEALTH AT HOME | Call 310-2222 (no area code required)

Call and speak to a Care Coordinator if you feel that you or your family member needs health care support at home or in the community.

Based on assessments, services may include:

- Nursing or Personal support
- Speech therapy or Social work
- Physiotherapy or Occupational therapy
- Medical supplies and equipment

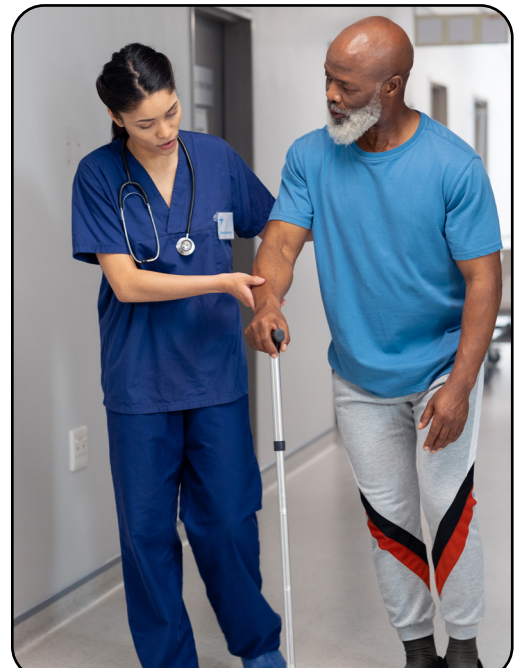
COMMUNITY SERVICES

CALL 211 (ONTARIO) OR 311 (OTTAWA) for access to various community services like transportation, food access and community agencies.

CHAMPLAIN COMMUNITY SUPPORT NETWORK: Helps you to find non-profit services close to home using your postal code. Visit communityhomesupport.ca

An example of services includes:

- Meal and grocery delivery
- Caregiver support
- Respite programs
- Transportation
- Housekeeping
- Telephone safety checks



WHAT AM I INTERESTED IN SIGNING UP FOR TODAY?

CALL OR CLICK TO SIGN UP! Sign up for free community workshops for health and stroke prevention. Most of these programs are accessible during the day or in the evening for your convenience. You can sign up on your own and do not need a doctor to refer you.

SELF-MANAGEMENT AND HEALTH PROMOTION SERVICES

Chronic Disease Self-Management | Free online workshops and coaching to help individuals living with chronic conditions to take control of their health and live healthier and more fulfilling lives.

3-month programs available including group format or 1-on-1 coaching.

www.selfmanagementontario.ca | **TOLL FREE:** 1-844-301-6389 | **EMAIL:** apuderer@bruyere.org

FREE REGISTERED DIETITIAN SERVICES

www.Unlockfood.ca | **Health 8-1-1 Ontario:** Call 8-1-1

FREE SMOKING CESSATION SERVICES

Health 8-1-1 Ontario: Call 8-1-1

Quit Smoking Program/Clinic at the Heart Institute: 613-696-7069 | **E-MAIL:** quitsmoking@ottawaheart.ca

Community Program for Smoking Cessation from the Heart Institute: Live call with counsellor for a quit plan visit – leave voicemail for call back: 1-888-645-5405

FREE DIABETES EDUCATION SERVICES

You can refer yourself to meet with a nurse and dietitian about prediabetes or diabetes care and other resources like funding assistance. These services are available across the region.

HEALTH 8-1-1 ONTARIO: To sign up for a free **Diabetes Education program** close to your home, call 8-1-1 or visit <https://health811.ontario.ca/static/guest/find-a-service>, enter the keyword “Diabetes”, your city or postal code and select “Diabetes Education Programs” under Filter categories.

HEALTHLINE: Another option is to search: “Diabetes Education Programs Champlain Healthline” for a list of programs you can filter by postal code



WHAT AM I INTERESTED IN SIGNING UP FOR TODAY?

PHYSICAL ACTIVITY AND MOBILITY (OR/BALANCE) PROGRAMS

POST-STROKE EXERCISE CLASSES FOR ADULTS (VIRTUAL OR IN-PERSON)

- Appropriate for any level of impairment
- Stroke-specific accommodations
- Seated or standing

To register or for more information, contact Grace at 613-796-4729 or gkowalczyk@familyphysio.com

HEART WISE EXERCISE

Locations across Champlain: fitness programs in your community with classes that are appropriate for people who want to stay healthy or who may be living with a chronic health condition.

<https://heartwise.ottawaheart.ca/locations/map>

OTTAWA REGION

Better Strength, Better Balance Programs are offered virtually and in person: 613-580-6744

To watch classes on-line, search "YouTube + Better Strength, Better Balance Ottawa"

RENFREW COUNTY

Exercise and Fall Prevention Programs | contact@rcdhu.com 613-732-3629

Renfrew County and District Health Unit (rcdhu.com)

CORNWALL, STORMONT, DUNDAS & GLENGARRY

Exercise and Balance Programs

For a listing of options, search "Seaway Valley CHC + exercise programs" | 613-930-4892 x229



SERVICES TO SUPPORT MY RELATIONSHIPS AND MENTAL HEALTH

MENTAL HEALTH OR SUBSTANCE USE SUPPORT AND SERVICES

ACCESS MHA (www.accessmha.ca, 1-833-527-8207) is a free, online service that provides a single point of entry to eastern Ontario's system of care for people needing support with mental health or substance use. After reaching out, you will be paired with a trained specialist who will connect you to the services you need from a network of partner organizations.

MOOD AND MENTAL HEALTH

Bounceback | A skill-building program for managing symptoms of mild to moderate depression and anxiety. The program involves telephone coaching sessions to help clients develop new skills to manage stress, mood, depression, and anxiety. Free with valid Ontario health card. Self-referral.
bouncebackontario.ca | Referral form: www.accessmha.ca.



NONE OF THESE RESOURCES ARE FOR PEOPLE IN CRISIS.
If you believe you need immediate mental health assistance, call 911.
Mental Health Crisis line information
(Within Ottawa 613-722-6914 • Outside Ottawa 1-866-996-0991)

ADDITIONAL COUNSELLING SERVICES, FOR ALL YOUR NEEDS

Walk in Counselling Clinic | Virtual and in-person services across Champlain | walkincounselling.com
613-755-2277

Counselling Connect | Same-day or next-day phone or video counselling sessions | counsellingconnect.org
or call 211