



Mackenzie
Health

Community Resource Guide for Stroke Survivors and Caregivers



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This booklet contains resources to help people with stroke and their families to find support in the community after being connected with the District Stroke Program at Mackenzie Health. The information contained in this document has been updated in September 2023 and is subject to change without notice.

Disclaimer: This list of resources is provided for informational purposes only and is not a substitute for professional advice. The authors do not assume responsibility for the accuracy of the information found on the websites. This list is by no means a complete listing of information available. The mention of products and services should not be assumed to be an endorsement of any kind.

There may be fees associated with the services listed in this guide; please contact the individual service providers for more information about the individual programs, program fees and possible subsidy based on financial need.

For an up-to-date listing of community programs/ services search the Health Line at <https://www.thehealthline.ca/>

MACKENZIE HEALTH DISTRICT STROKE CENTRE INFORMATION

Mackenzie Health is the District Stroke Centre for York Region. We received this designation in 2005 and have subsequently received Stroke Distinction Accreditation for acute and rehabilitation stroke services in March 2013 and again in 2015. We are committed to providing Best Practice stroke care.

We participate in ongoing education and training in stroke care. We work with providers across the health care continuum to deliver coordinated stroke services for York Region. We receive leadership and support from the Central East Stroke Network with the Enhanced District Stroke Centre located at the Royal Victoria Regional Health Centre in Barrie.

For more information, please visit www.mackenziehealth.ca/stroke or contact:

District Stroke Coordinator

Telephone: (905) 883-1212 ext. 6215

Email – anna.sewell@mackenziehealth.ca

You can find education and resources about stroke by visiting:

<https://www.mackenziehealth.ca/programs-services/district-stroke-centre/stroke-education>

STROKE PREVENTION CLINICS

A Stroke Prevention Clinic is an outpatient clinic for people who have experienced signs and symptoms of a recent stroke or transient ischemic attack (TIA). The goals of these clinics are:

- To provide early assessments and appropriate interventions
- To provide rapid access to diagnostic tests
- To provide education to patients and family members about risk factor management and stroke prevention

At **Mackenzie Health's TIA/Stroke/Neurology (TSN) Clinic** we:

- Provide rapid access to assessment and investigation of the underlying cause of Transient Ischemic Attack/Minor Non-Disabling Stroke (TIA/MNDS);
- Initiate interventions based on current best practices to address risk factors and the underlying cause, working in a timely manner to prevent a full stroke.
- Provide education on lifestyle, risk management, stroke prevention and warning signs for stroke;
- Facilitate referrals to local cardiovascular rehabilitation services for ongoing secondary prevention and chronic disease management;
- Facilitate linkage to community programs for secondary prevention and chronic disease management.

Mackenzie Health - TSN (TIA/ Stroke/ Neurology) Clinic

10 Trench Street, room A100

Richmond Hill, ON

Telephone: (905) 883-1212 ext. 7721

Fax: (905) 883-2246

<https://www.mackenziehealth.ca/programs-services/district-stroke-centre/tia-stroke-neurology-tsn-clinic>

A referral from a Physician is required.

NOTE:

There are Stroke Prevention Clinics at the five main hospitals in Central LHIN. Patients can request to be referred to a Stroke Prevention Clinic at any of the following locations:

- Mackenzie Health www.mackenziehealth.ca
- Southlake Regional Health Centre www.southlake.ca
- Oak Valley Health Markham Stouffville Hospital <https://www.oakvalleyhealth.ca/>
- Oak Valley Health Uxbridge <https://www.oakvalleyhealth.ca/>
- North York General Hospital www.nygh.on.ca
- Humber River Hospital www.hrh.ca

COMMUNITY STROKE REHABILITATION

Program	Description	Contact/ Website
St. John's - Stroke & Neurological Rehabilitation Program	Customized aphasia friendly programs. Referrals are welcome from family physicians throughout the GTA.	<ul style="list-style-type: none"> • 285 Cummer Avenue, Toronto • (416) 226-6780 • www.sunnybrook.ca/content/?page=sjr-patvis-prog-stroke
Home and Community Care	Offers in home therapy services including physiotherapy, occupational therapy, and speech language pathology.	<ul style="list-style-type: none"> • (905) 895-1240 • (416) 222-2241 • Toll-Free: 1-888-470-2222 • TTY: 416-222-0876 • https://healthcareathome.ca/
Private Pay Options		
Agency	Description	Contact/ Website
College of Physiotherapists of Ontario (CPO)	Find a physiotherapist who is registered to work in Ontario	<ul style="list-style-type: none"> • www.collegept.org Select "Find a Physiotherapist" Type in "neuro" or "Stroke"
Occupational Therapy	Find an occupational therapist who is registered to work in Ontario	<ul style="list-style-type: none"> • www.coto.org Select "find an occupational therapist"
Speech and Language Pathology	Find a speech-language therapist who is registered to work in Ontario	<ul style="list-style-type: none"> • www.caslpo.com Select "find a registered Audiologists or Speech-Language Pathologists"

COMMUNITY CARE SERVICES

HOME AND COMMUNITY CARE SERVICES

Home and community care offers coordinated health care services (such as nursing, personal support, physiotherapy, occupational therapy) for people living in the community. A home and community care coordinator will work with you and your hospital health care team to help:

- Connect you with the support you need at home following an injury, illness or the complications of age or disability.
- Arrange and coordinate nursing, rehabilitation, and supportive care.
- Access long-term care homes, convalescent care and adult day programs.
- Link you to other community supports, services and resources.

To access home services and programs, you do not need a doctor's referral. You must have a valid Ontario Health (OHIP) card and meet the eligibility criteria. There is no cost for services once eligibility criteria are met.

To learn more please contact your local home care team:

Agency Name	Contact/ Website
Central York Region, South Simcoe, North York and areas of northern Toronto	<ul style="list-style-type: none">• (905) 895-1240• Toll-Free: 1-888-470-2222.• www.healthcareathome.ca/central
Central West Local Brampton, Caledon, Dufferin County, Malton, North Etobicoke & West Woodbridge	<ul style="list-style-type: none">• 199 County Court Blvd., Brampton, ON L6W 4P3• Toll Free: 1-888-733-1177• www.healthcareathome.ca/centralwest

PRIVATE PAY NURSING, PERSONAL CARE, HOME MAKING AND RESPITE SERVICES

There are several agencies which provide nursing services outside of the hospital by regulated nursing professionals for a fee. There are also agencies that provide services such as assistance with personal care, light housekeeping, meal preparation, shopping, laundry, companionship, and overnight support for a fee. Respite services provide the opportunity for a family caregiver to have a temporary break from the responsibilities of providing care to a family member at home.

For an up-to-date listing of in-home fee for service supports you can access please refer to one of the following websites:

Agency Name	Contact/ Website
Health Line	<ul style="list-style-type: none"> • www.thehealthline.ca
Ontario – Respite Care page	<ul style="list-style-type: none"> • www.ontario.ca/page/respice-care
Health Line – Respite Care	<ul style="list-style-type: none"> • https://www.centraleasthealthline.ca/Respite Care - Central East

ADULT DAY PROGRAMS

Adult Day Programs offer social and recreational activities for clients with physical or cognitive impairments. Assistance and supervision with personal care, caregiver respite, support and education may be provided (program services vary). Referrals to most programs are made through the Local Health Integration Network Home and Community Care office. Transportation to and from the program may be an additional fee.

Agency Name	Description/ Contact/ Website
Mackenzie Health York Simcoe Brain Injury Services	<ul style="list-style-type: none"> • York Region, Simcoe County and Muskoka • (905) 773-3038 • Toll Free: 1-800-362-7793
York Region Adult Day Program	<ul style="list-style-type: none"> • Maple or Keswick • 1-877-464-9675 ext. 73472 • www.york.ca, Search “Adult Day Program”
Yee Hong Centre for Geriatric Care	<ul style="list-style-type: none"> • Scarborough, Markham or Mississauga • (416) 412-4571 • www.yeehong.com/centre/community-services/adult-day-program
West Park Healthcare Centre ABI Adult Day Program	<ul style="list-style-type: none"> • (416) 243-3600 x.2601 • https://www.westpark.org/ Select “acquired brain injury adult day program (outpatient)”

Alzheimer's Society York Region	<ul style="list-style-type: none"> • Aurora, Thornhill, Stouffville • (905) 726-3477 • www.alzheimer-york.com
Care First Seniors	<ul style="list-style-type: none"> • (416) 847-0277 (Scarborough – Silver Star) • (416) 649-1212 (Scarborough – Victoria Park) • (905) 780-9646 (Richmond Hill) • www.carefirstontario.ca
Caring Touch	<ul style="list-style-type: none"> • Vaughan • (416) 479-4288 • www.caringtouchhealth.ca
Health Line	<ul style="list-style-type: none"> • https://www.centraleasthealthline.ca/listServices.aspx?id=10347

PROFESSIONAL PROGRAMS AND SERVICES

APHASIA SUPPORTS AND PROGRAMS

Agency Name	Description/ Contact/ Website
The Aphasia Institute	<p>Referrals to programs and services are through your SLP, your doctor or the Local Health Integration Network (LHIN)</p> <ul style="list-style-type: none"> • (416) 226-3636 • www.aphasia.ca
March of Dimes - Aphasia and Communication Disabilities Program	<ul style="list-style-type: none"> • Vaughan, Newmarket, Maple, Stouffville 13311 Yonge St., Suite 202, Richmond Hill, Ontario • (905) 751-4096 – Clinical Coordinator SLP • Email - acd@marchofdimes.ca • www.marchofdimes.ca/en-ca/programs/acs/acdp

NUTRITION/ DIETARY RESOURCES AND SERVICES

Agency Name	Description/ Contact/ Website
Telehealth Ontario –Dietician Support	<ul style="list-style-type: none"> • 1-866-797-0000 • www.unlockfood.ca
Dieticians of Canada	<ul style="list-style-type: none"> • (416) 596-0857 • www.dieticians.ca
Canadian Food Guide	<ul style="list-style-type: none"> • https://food-guide.canada.ca/en/

SPASTICITY CLINICS

Agency Name	Contact/ Website
Physiatry Clinic at Mackenzie Health	<p>For stroke related pain, bracing, spasticity management. Requires referral from Mackenzie Health Neurologist</p>
West Park Health Care Centre	<p>Spasticity Management Clinic</p> <ul style="list-style-type: none"> • (416) 243-3721 • www.westpark.org/en/Services/Spasticity
Baycrest Hospital	<p>Spasticity Management Program</p> <ul style="list-style-type: none"> • (416) 784-3600 • www.assistivetechologyclinic.ca

INCONTINENCE RESOURCES

Agency Name	Description/ Contact/ Website
Canadian Continence Foundation	<ul style="list-style-type: none"> • (705) 750-4600 • https://www.canadiancontinence.ca


VISION AND PERCEPTION REHABILITATION

Agency Name	Description/ Contact/ Website
Neuro-optometric Rehabilitation Association	<ul style="list-style-type: none"> • (949) 250-0176 • www.noravisionrehab.org
Canadian Optometrists in Vision Therapy and Rehabilitation	<ul style="list-style-type: none"> • www.visiontherapycanada.com
Vision Loss Rehabilitation	<ul style="list-style-type: none"> • 1-844-887-8572 • https://www.visionlosrehab.ca/en
Canadian National Institute for the Blind (CNIB)	<ul style="list-style-type: none"> • 1-800-563-2642 • www.cnib.ca

ACQUIRED BRAIN INJURY SERVICES

Program Name	Description/ Contact/ Website
York-Simcoe Brain Injury Services	<ul style="list-style-type: none"> • York Region, Simcoe County and Muskoka • (905) 773-3038 • Toll Free: 1-800-362-7793 • https://www.mackenziehealth.ca/en/programs-services/centre-for-behaviour-health-sciences.aspx

MENTAL HEALTH SERVICES

Program Name	Description/ Contact/ Website
<p>The Programs listed below are offered by Mackenzie Health. For more information visit the programs and services section on the Mackenzie Health website</p> <p> https://www.mackenziehealth.ca/en/programs-services/mental-health-services-for-adults.aspx</p>	
Aftercare Clinic	<p>The Aftercare Clinic includes nurses, psychiatrists and recreation therapists who work as a team to provide care to adults with a severe and persistent mental illness.</p> <ul style="list-style-type: none"> • (905) 883-1212 ext. 7311
Stepping Stones Day Hospital Program	<p>The Stepping Stones Mental Health Day Hospital provides assessment, stabilization and individual and group treatment and education programs for adult patients experiencing an acute mental illness.</p>
Outpatient Adult Services	<p>Provides short-term individual and group counseling for adult patients who have an acute mental illness. Patients are assessed by a mental health clinician and therapy is provided every other week up to a maximum of 8 sessions.</p>
Urgent Clinic	<p>Provides 1 to 3 sessions with a psychiatrist for adult patients in need of timely follow</p>

	up, by referral through the Emergency Department or from a community physician.	
Other Mental Health Programs		
Centre for Addictions and Mental Health	<ul style="list-style-type: none"> • (416) 535-8501 x.2 • www.camh.net 	
Bounce Back	<p>Free skill-building program managed by the Canadian Mental Health Association (CMHA).</p> <ul style="list-style-type: none"> • 1-866-345-0224 • https://bouncebackontario.ca/ 	
Healthline	<ul style="list-style-type: none"> • www.thehealthline.ca 	
Ontario College of Social Workers/ Social Service Workers	<ul style="list-style-type: none"> • https://www.ocswssw.org/members/online-register/ 	

COMMUNITY REINTEGRATION

ASSISTIVE DEVICES/ EQUIPMENT

Your health care team will inform you if you need adaptive or assistive devices to help you complete your daily activities after your stroke and teach you how to properly use these devices. The resources listed here may be helpful if you require any of these devices after your stroke.

Agency Name	Description/ Contact/ Website
Canadian Red Cross – Health Equipment Loan Program (HELP)	Short-term loans of health equipment <ul style="list-style-type: none"> • www.redcross.ca Search: ‘Health Equipment Loan Program’
Health care or medical equipment and supply stores	<ul style="list-style-type: none"> • www.Canada411.ca • www.centralhealthline.ca Search: ‘Medical Equipment Supplies’
Aphasia Institute	<ul style="list-style-type: none"> • www.aphasia.ca/shop pictographic book: search: ‘Transitions’.
Financial help for assistive devices	
Ministry - Assistive Devices Program (ADP)	<ul style="list-style-type: none"> • https://www.ontario.ca/page/assistive-devices-program
March of Dimes Assistive Devices Program	This program helps individuals in financial need to purchase assistive devices and has information/ resources to assist with locating additional funding sources. <ul style="list-style-type: none"> • 1-866-765-7237 • https://www.marchofdimes.ca/en-ca/programs/am/adp
March of Dimes – DesignAbility® Program	Volunteers craft creative, custom solutions that help to overcome barriers to work, play, personal hygiene and other daily activities. <ul style="list-style-type: none"> • (416) 700-4070 • https://www.marchofdimes.ca/en-ca/programs/am/designability

ADAPTED EXERCISE PROGRAMS

Program Name	Description/ Contact/ Website
Together in Movement and Exercise	A group exercise program geared toward supporting people with balance and mobility issues. Also offers virtual programming (TIME at home). <ul style="list-style-type: none"> • www.uhn.ca/TorontoRehab/Clinics/TIME

POST STROKE DEPRESSION

Agency Name	Description/ Contact/ Website
Stroke Engine	<ul style="list-style-type: none"> • https://strokengine.ca/en/consequences/depression/

Heart and Stroke Foundation	<ul style="list-style-type: none"> • https://www.heartandstroke.ca/stroke/recovery-and-support/emotions/depression
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PEER SUPPORT

Agency Name	Description/ Contact/ Website
March of Dimes – After Stroke Program	Connect with stroke survivors, caregivers and advocates. Access resources for transitions from hospital to home and recovery. Virtual programs are available. <ul style="list-style-type: none"> • 1-800-263-3463 • Warmline (Confidential support line): 1-888-540-6666 • https://afterstroke.marchofdimes.ca/
Stroke Recovery Association, York Region	<ul style="list-style-type: none"> • Richmond Hill Contact President and Stroke Survivor Ajit Pahwa for more information. 9325 Yonge Street # 31 A- Richmond Hill Ontario L4C OA8 • 647-832-3218 • Email: info.SRAYR@proton.me.
Heart & Stroke - Community of Survivors	<ul style="list-style-type: none"> • https://www.heartandstroke.ca/heart-disease/recovery-and-support/the-power-of-community

CAREGIVER RESOURCES

Agency Name	Description/ Contact/ Website
March of Dimes – After Stroke Program	<p>Connect with stroke survivors, caregivers and advocates. Access resources for transitions from hospital to home and recovery. Virtual programs are available.</p> <ul style="list-style-type: none"> • 1-800-263-3463 • After Stroke Support Line: 1-888-540-6666 • https://afterstroke.marchofdimes.ca/
Central Health Line	<ul style="list-style-type: none"> • https://www.centralhealthline.ca/libraryContent.aspx?id=20844
Central West Health Line	<ul style="list-style-type: none"> • www.centralwesthealthline.ca/libraryContent.aspx?id=21255
Powerful Tools for Caregivers	<p>This 6-week workshop teaches skills to help caregivers manage the day-to-day challenges of caregiving.</p> <ul style="list-style-type: none"> • (289) 231-0926 • 1-855-462-8848 ext. 6489 • https://healthy-living-now.ca/upcoming-workshops/
Ontario Caregiver Organization	<ul style="list-style-type: none"> • 24/7 Ontario Caregiver Helpline: 1-833-416-2273 • https://ontariocaregiver.ca/ live chat Mon-Fri from 7am-9 pm
Caregiver Exchange	<ul style="list-style-type: none"> • https://www.caregiverexchange.ca/
Carechannel	<p>Information is available in multiple languages.</p> <ul style="list-style-type: none"> • https://carechannel.elizz.com/
Community Home Assistance to Seniors	<p>We help to inspire older adults to discover the possibilities of aging at home longer and staying safe for better quality of independent living. We also work to empower caregivers to look after themselves, so they can better provide compassionate assistance to those they care for.</p> <ul style="list-style-type: none"> • https://chats.on.ca/ 905-713-6596. or toll-free 1-877-452-4287 Email seniorshelp@chats.on.ca

SEXUALITY AND INTIMACY

Agency Name	Description/ Contact/ Website
Stroke Engine	<p>Stroke Engine provides the most current information about interventions and assessment tools used in stroke rehabilitation.</p> <ul style="list-style-type: none"> • www.strokingengine.ca/en/consequences/sexuality/
Heart and Stroke Foundation -sex and intimacy -relationships	<ul style="list-style-type: none"> • https://www.heartandstroke.ca/heart-disease/recovery-and-support/relationships • https://www.heartandstroke.ca/heart-disease/recovery-and-support/relationships/sex-and-intimacy
Toronto Stroke Network- Stroke Recovery Guide	<ul style="list-style-type: none"> • http://strokerecovery.guide/how-to-be-intimate-with-your-partner

UHN resources on Intimacy after stroke	<ul style="list-style-type: none"> • https://www.uhn.ca/TorontoRehab/Clinics/Outpatient_Stroke_Services/Documents/Intimacy_Sex_After_Stroke_FAQ.pdf#search=sexuality%20stroke
Different Strokes UK	<ul style="list-style-type: none"> • https://differentstrokes.co.uk/stroke-information/sex-and-relationships/

TRANSPORTATION, DRIVING and VEHICLE MODIFICATION

If you have a drivers' license, your doctor is required to report your stroke to the Ministry of Transportation of Ontario (MTO). Following this report, the MTO will direct you on the next steps. Some people who have weakness after a stroke can successfully resume driving and if needed you can adapt your vehicle to allow you to be safer while driving.

If you are unable to drive following your stroke, transportation service are available to help you get around. Below are some helpful links to information and public transportation services. For a listing of private services please see:

The Help Line: www.thehealthline.ca

Agency Name	Description/ Contact/ Website
Central East Stroke Network Resource	
CESN Driving Post Stroke Resource	Educational resource for patients and listing of local resources to support you to get back to driving <ul style="list-style-type: none"> • https://cesnstroke.ca/professional/new-driving-resource/
Ministry of Transportation information	
Medical Review Section	Provides information about medical reviews and the process for getting a license reinstated, including driver assessment. <ul style="list-style-type: none"> • 1-800-268-1481 • www.mto.gov.on.ca/english/dandv/driver/medical-review
Approved driver assessment centres	<ul style="list-style-type: none"> • http://www.mto.gov.on.ca/english/safety/functional-assessment-centres.shtml
Accessible parking permits	<ul style="list-style-type: none"> • https://www.ontario.ca/page/get-accessible-parking-permit
Accessible public transportation services	
YRT – Mobility on Request Paratransit	York Region's door-to-door, shared ride, accessible public transit service for people with disabilities, formerly known as Mobility Plus. <ul style="list-style-type: none"> • Toll Free: 1-866-744-1119 • Bell Relay (for the deaf or hard of hearing): 711 • https://www.yrt.ca/en/our-services/mobility-on-request-paratransit.aspx
YRT – Mobility on Request	Request transit when and where you need it, no application process required. Service within York Region limited to travel within 5 km distance from pick up location.

	<p>Mobility On-Request Contact Centre</p> <ul style="list-style-type: none"> • (905) 762-2100 • Bell Relay (for the deaf or hard of hearing): 711 • https://www.yrt.ca/en/our-services/mobility-on-request-service.aspx
Wheel-Trans	<ul style="list-style-type: none"> • Service area: Toronto & up to 1 KM into Peel, York and Durham. • (416) 393-4111 • https://www.ttc.ca/WheelTrans/index.jsp
Financial Assistance for Vehicle Modification	
The Home & Vehicle Modification®	<p>This is a March of Dimes program run on behalf of the Ministry of Community and Social Services. This program provides funding for basic home and/or vehicle modifications.</p> <ul style="list-style-type: none"> • 1-877-369-4867 • https://www.mcscs.gov.on.ca/en/mcscs/programs/social/hvmp.aspx • https://www.marchofdimes.ca/en-ca/programs/am/hvmp/Pages/modchvmp.aspx

RETURN TO WORK

Agency Name	Description/ Contact/ Website
Canadian Council on Rehabilitation and Work	<ul style="list-style-type: none"> • 477 Mount Pleasant Rd, Suite 105, Toronto, Ontario • 1-800-664-0925 • www.ccrw.org
South West Ontario Stroke Network - Return to Work Toolkit	<p>Covers the following:</p> <ul style="list-style-type: none"> -Process of returning to work -Self-assessment guide to focus recovery efforts and provide information about ability or readiness to return to work -Local and provincial resources <ul style="list-style-type: none"> • http://www.swostroke.ca/return-to-work/
March of Dimes Employment Services	<p>Provides job training and helps people with disabilities to find employment.</p> <ul style="list-style-type: none"> • 1-800-263-3463 • http://www.marchofdimes.ca/EN/programs/employment/Pages/default.aspx
Agilec	<p>Provides vocational rehabilitation services and government funded services including Employment Ontario, Ontario Disability Support Program Employment Supports</p> <ul style="list-style-type: none"> • 1-800-361-4642 • www.agilec.ca

FINANCIAL RESOURCES

Agency Name	Description/ Contact/ Website
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Government of Canada Programs	
Canadian Pension Plan (CPP)	<p>Eligibility criteria, deciding when to take your pension, how to apply online and amounts.</p> <ul style="list-style-type: none"> • 1-800-277-9914 • https://www.canada.ca/en/services/benefits/publicpensions/cpp.html
CPP disability benefits	<p>A taxable benefit you may be eligible for if you are unable to work because of a disability.</p> <ul style="list-style-type: none"> • 1-800-277-9914 • https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit.html
CPP Survivor's Pension	<p>Paid to the person who, at the time of death, is the legal spouse or common-law partner of the deceased contributor.</p> <ul style="list-style-type: none"> • 1-800-277-9914 • https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-survivor-pension.html
Old Age Security (OAS)	<p>A pension you can receive if you are 65 years of age or older and have lived in Canada for at least 10 years - even if you have never worked.</p> <ul style="list-style-type: none"> • 1-800-277-9914 • https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html
Guaranteed Income Supplement	<p>A benefit you may be eligible to collect if you are an Old Age Security recipient with low income.</p> <ul style="list-style-type: none"> • 1-800-277-9914 • https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement.html
Employment Insurance benefits and leave	<ul style="list-style-type: none"> • 1-800-277-9914 • https://www.canada.ca/en/services/benefits/ei.html
The Disability Vocational Rehabilitation Program	<p>If you are receiving a CPP disability benefit, you may be eligible for vocational counseling, financial support for training, and job-search services.</p> <ul style="list-style-type: none"> • 1-800-277-9914 • https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit/vocational-rehabilitation.html
Government of Ontario Programs	
Ontario Disability Support Program (ODSP)	<p>ODSP provides long-term financial assistance to people who cannot work for medical reasons or because of disability.</p> <ul style="list-style-type: none"> • www.ontario.ca/socialassistance
Ontario Works (OW)	<p>Provides temporary financial assistance to help cover the costs of your basic needs and employment assistance to help you prepare and find a job.</p> <ul style="list-style-type: none"> • www.ontario.ca/socialassistance
Direct Funding	


The Home & Vehicle Modification®	<p>This is a March of Dimes program run on behalf of the Ministry of Community and Social Services. This program provides funding for basic home and/or vehicle modifications.</p> <ul style="list-style-type: none"> • 1-877-369-4867 • https://www.mcscs.gov.on.ca/en/mcscs/programs/social/hvmp.aspx • https://www.marchofdimes.ca/en-ca/programs/am/hvmp/Pages/modchvmp.aspx
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PATIENT RISK FACTOR MANAGEMENT

CARDIOVASCULAR REHABILITATION

Cardiovascular rehabilitation is recommended for patients who have experienced a Transient Ischemic Attack (TIA or warning stroke), a minor stroke with minimal deficits. This comprehensive program will get you conditioned, educate you about lifestyle changes you can make and give you skills to prevent another event from occurring.

Cardiovascular rehabilitation services promote overall cardiovascular wellness. An exercise program will be tailored for each individual. Individual and group counselling sessions are also available to provide nutrition and medication counselling. Those interested must be referred by a family physician, cardiologist, internist, or neurologist.

Vaughan/ Richmond Hill	<p>Mackenzie Health - Cardiovascular and Pulmonary Rehabilitation Program (CVPR) Upper Thornhill Centre</p> <ul style="list-style-type: none"> • 955 Major Mackenzie Drive, Vaughan, ON • (905) 883-2211 <p> cardiorehab@mackenziehealth.ca</p>
Newmarket	<p>MAGNA Centre</p> <ul style="list-style-type: none"> • 800 Mulock Drive, Newmarket, ON • (905) 895-4521 x.6411
Bradford	<p>Southlake Regional Health Centre - Cardiac Rehabilitation Bradford West Gwillimbury Leisure Complex</p> <ul style="list-style-type: none"> • 471 West Park Avenue, Bradford, ON
Markham	<p>Markham Stouffville Hospital - Lifestyle, Education and Exercise Program (LEEP)</p> <ul style="list-style-type: none"> • 381 Church Street, Markham, ON • (905) 472-7379
Richmond Hill/ Scarborough	<p>Bayview Hill Community Centre</p> <ul style="list-style-type: none"> • 114 Spadina Road, Richmond Hill, ON

(Carefirst Community Cardiovascular Prevention and Rehabilitation Program)	<ul style="list-style-type: none"> • (416) 502-2323 ext. 6277
North York	<p>Community Cardiovascular Rehabilitation Program Toronto Track & Field Centre: York University</p> <ul style="list-style-type: none"> • 4700 Keele St, 231 Ian MacDonald Blvd., Toronto, ON • (416) 597-3422 x5200

SELF-MANAGEMENT PROGRAMS

Program Name	Description	Contact/ Website
Healthy Living Now – Supporting Your Success (Hosted by Southlake Regional Health Centre)	An integrated, comprehensive strategy aimed at preventing and improving management of chronic conditions in Ontario.	<ul style="list-style-type: none"> • 1-855-462-8848 ext. 6489 • SKirby@southlakeregional.org • https://healthy-living-now.ca/contact-us-2/
Carefirst Chronic Disease Self-Management Program	A group of services to help ‘You help Yourself’ by supporting you to acquire the right knowledge, resources and skills.	<ul style="list-style-type: none"> • (416) 847-8941 • cdmc@carefirstontario.ca • https://carefirstontario.ca/services/chronic-disease-management/

DIABETES

Agency Name	Description	Contact/ Website
MH Diabetes Education Centre	For adults with diabetes or pre-diabetes. Care team provides: <ul style="list-style-type: none"> • assessments/ follow-up • education and support • group classes 	Your doctor can refer you but if you want to self-refer you can do that using this form: <ul style="list-style-type: none"> • https://www.mackenziehealth.ca/en/staff-physicians/resources/Referral-and-Consent-Forms/CLHIN-Self-referral-form.pdf
Diabetes Canada	Information and resources to help people with diabetes live healthy lives while working to find a cure.	<ul style="list-style-type: none"> • www.diabetes.ca
Heart and Stroke Foundation	Find information about diabetes including: types of diabetes, who is at risk, symptoms, diagnosis, treatment, living with diabetes	<ul style="list-style-type: none"> • https://www.heartandstroke.ca/heart-disease/risk-and-prevention/condition-risk-factors/diabetes

Ministry of Health - Insulin Syringes	People who are 65 years or older and are on daily insulin injections may apply for funding for syringes.	<ul style="list-style-type: none"> • www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf and search for “insulin syringes”
Aphasia Institute	Find aphasia friendly book about diabetes	<ul style="list-style-type: none"> • (416) 226-3636 • www.aphasia.ca Search for the pictographic book ‘Diabetes’

BLOOD PRESSURE

Hypertension Canada	<ul style="list-style-type: none"> • https://hypertension.ca/hypertension-and-you/
Heart and Stroke Foundation	<ul style="list-style-type: none"> • https://www.heartandstroke.ca/heart-disease/risk-and-prevention/condition-risk-factors/high-blood-pressure

ATRIAL FIBRILLATION

Heart and Stroke Foundation	<ul style="list-style-type: none"> • https://www.heartandstroke.ca/heart-disease/conditions/atrial-fibrillation
Unity Health (Patient’s Guide to Living with AFib)	<ul style="list-style-type: none"> • https://www.stmichaelshospital.com/pdf/programs/atrial-fibrillation-patients-guide.pdf

GENERAL RESOURCES/ STROKE SUPPORTS

Agency Name	Description	Contact/ Website
Heart and Stroke Foundation of Ontario	This website provides information and resources for Canadians who are impacted by stroke. Topics include: signs and symptoms of stroke, possible treatments, risk management and prevention strategies and supports.	<ul style="list-style-type: none"> • 2300 Yonge St., ste. 1300, Box 2414, Toronto, Ontario • 416-489-7111 • 1-888-473-4636 • www.heartandstroke.ca
Central East Stroke Network	The website provides information for public and professionals and links to useful information for people with stroke and their caregivers.	<ul style="list-style-type: none"> • c/o Royal Victoria Regional Health Centre, 201 Georgian Drive, Barrie • (705) 728-9090 x46320 • www.cesnstroke.ca
211Ontario	A province-wide directory and referral service for community and social services in Ontario.	<ul style="list-style-type: none"> • 2-1-1 Phone service is open 24/7 Available in 150+ languages • www.211ontario.ca
Central Healthline	Up-to-date information about health and community services that are available across the Central region of Ontario.	<ul style="list-style-type: none"> • http://www.centralhealthline.ca/
StrokeEngine	Information on stroke-related topics from quality articles, websites, and more.	<ul style="list-style-type: none"> • http://strokengine.ca/

GIVING BACK TO THE COMMUNITY

Mackenzie Health - Patient Partner	<p>Through the Patient Partners Program, we have a group of dedicated individuals who partner and work collaboratively with Mackenzie Health staff to include the voice of patients, their families and/or caregivers in programs, services/ plans and to help enhance the patient experience.</p> <ul style="list-style-type: none"> • (905) 883-1212 x7265 • https://www.mackenziehealth.ca/en/get-involved/patient-partners.aspx
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<p>March of Dimes – After Stroke Program</p>	<p>We provide an engaging, flexible environment where volunteers are empowered and appreciated.</p> <ul style="list-style-type: none"> • (416) 425-3463 x7209 • volunteer@marchofdimes.ca • https://www.marchofdimes.ca/en-ca/getinvolved/volunteer
<p>Heart and Stroke Foundation - Volunteer</p>	<p>Connect with the Heart and Stroke Foundation to find out more about how you can become a York Region Health Ambassador and use your story to educate others about the importance of stroke prevention, care, and rehabilitation. There are many ways that the Heart and Stroke Foundation is actively involved in local initiatives to educate communities and shape policies that will help prevent and minimize the devastating impact of heart disease and stroke.</p> <ul style="list-style-type: none"> • 2300 Yonge St., Ste.1300, Box 2414, Toronto, Ontario • (416) 489-7111 • 1-888-473-4636 • https://www.heartandstroke.ca/how-you-can-help/volunteer/join-us
<p>Volunteer York Region</p>	<p>Search this website for volunteer positions in York Region</p> <ul style="list-style-type: none"> • http://volunteeryorkregion.ca/