

My Stroke Care Passport

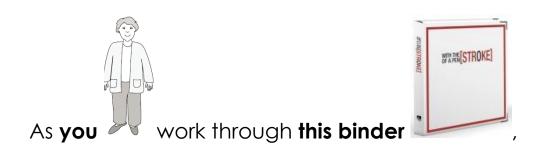
A Guide for Patients & Families

Aphasia Friendly



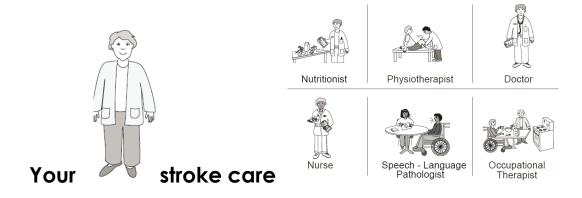
Introduction





remember every stroke

is different.



will be individualized, focusing on strengths

and help you manage optimally -



any questions/concerns \downarrow



you

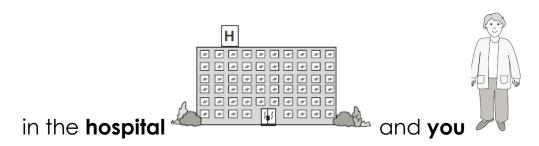
may have. A stroke

can be **frightening**



for you and your family





may have questions ?

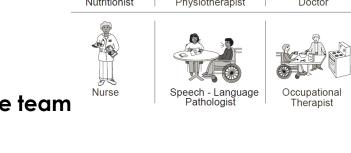




help answer some questions



health care team



This binder is yours to keep!



Please fill in the pages

and refer to it

as you continue through your stroke journey



Pages 31-38, 85-86, 102-106, 119-127 are interactive.

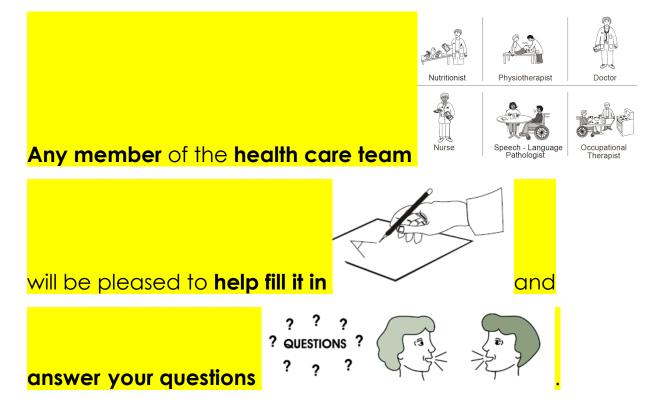


Table of Contents





My Stroke

Journey - Understanding My Stroke (p. 15-44)



What







What

are the types of stroke

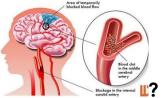


What







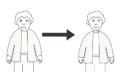


What









Changes



since my stroke



(interactive).



My Stroke

<u>Journey – The Integrated Stroke Unit (p.45-81)</u>

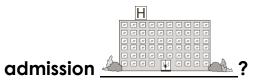


 \forall is an **integrated stroke unit**



• What should I expect

during my







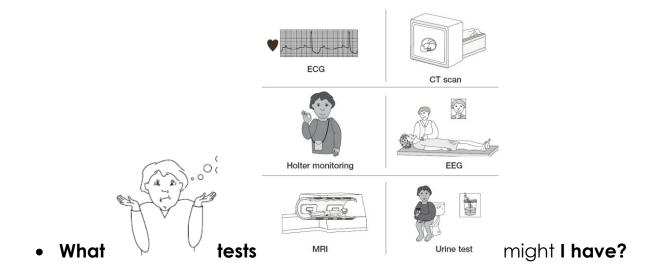


800





• Who is in my stroke care team



What medications might be prescribed?



• What do I need?

What should I expect

My stroke

rehab goals

(interactive).



My Stroke

<u>Journey - Stroke Prevention (p. 97-119)</u>



What

are stroke risk factors?



• My stroke

(interactive).

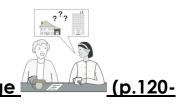


wnat

is **self-management?**



Journey – Planning For Discharge





expect at discharge?



About my discharge

(interactive).



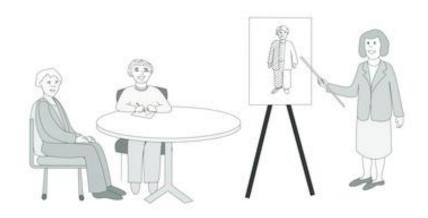
Discharge





Community resources

MY STROKE JOURNEYUNDERSTANDING MY STROKE



What is a stroke?







It is caused by the blockage of blood flow

to

to the

brain or the rupture of blood vessels



in the **brain**.

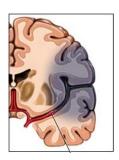
The effects of the stroke



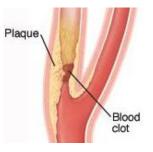


much of the brain is damaged

Types of stroke



Ischemic stroke

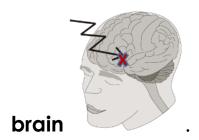


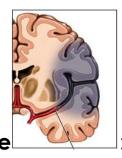
Caused by a blood clot or a blocked artery



leading to the brain

, **affecting blood flow** to the





There are two (2) causes of ischemic stroke

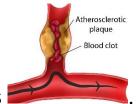


1. Embolic stroke –from a blood clot



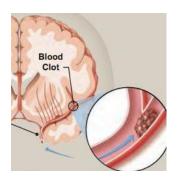
not formed in the brain

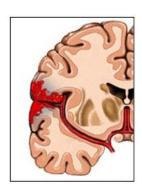




stuck in the smaller arteries

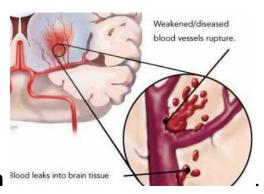
2. **Thrombotic stroke** –from **diseased or damaged arteries** that become **blocked** by the **blood clot**.





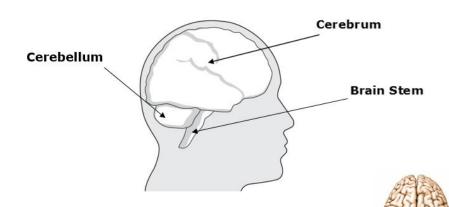
Hemorrhagic Stroke

Caused when a diseased vessel bursts and



blood leaks inside the brain 3lood leaks into brain tissue

Effects of a stroke



Stroke in the cerebrum/cerebral hemisphere



The cerebrum is the largest part of the brain.

It controls your speech, thinking

reasoning, memory, sexual function

and **emotions** . It **also controls** the **movements** in

other parts of the body.



Left Side

The cerebrum has two (2) parts;



Effects from your stroke

depend on which side

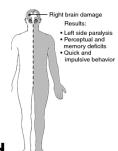


of the brain

was affected



Right side of the brain



The **left body** may be **affected**

You may have:





• Problems with distance



determining up and down



front and back



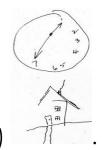
Problems understanding maps

Problems with short-term memory (remembering



things you did a little while ago)

• Ignoring or not recognizing objects or people on



your **left side** (**neglect**)



Difficulty in judgment

(e.g., acting impulsively or not realizing limitations.



Left side of the brain



The **right body** may be **affected**

You may have:



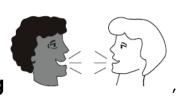
Weakness or paralysis



Trouble reading



understanding





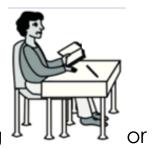


2 + 5 = 123 + 6 = 21

or using numbers 8 + 11 = ?



May be more slow

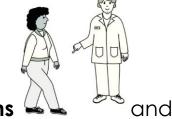


Trouble learning



remembering

new information.



Needing frequent instructions



feedback

to finish tasks



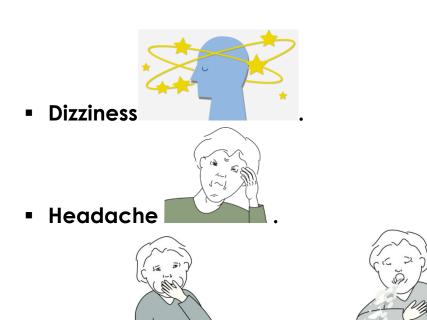
You may have:

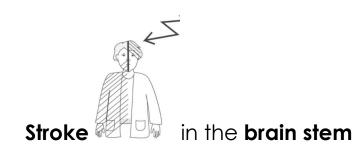
Nausea

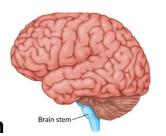




and vomiting

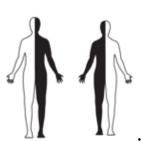






You may have:

Weakness in both sides of your body



Breathing

and **heart** problems



Difficulty controlling body temperature

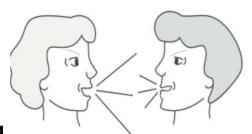


Problems in balance and coordination





Problems chewing, swallowing



Problems speaking









A Transient Ischemic Attack (TIA)



short term lack of blood supply



to the



This is **temporary**.

TIA's usually last from 30 seconds



however some can last

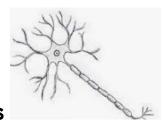


up to 24 hours



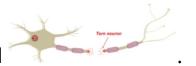
Most TIA's

do not leave noticeable deficits even

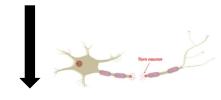


though some brain cells

may have been damaged

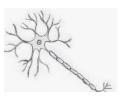


Minor damage



may go

unnoticed as other healthy brain cells



continue to do the work.



are often referred to as "mini-strokes" and

are a **serious sign** of an **increased risk of stroke**

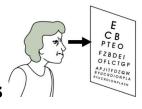




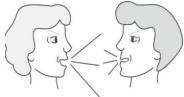
Short term problems that may occur with a TIA



Weakness



Vision problems



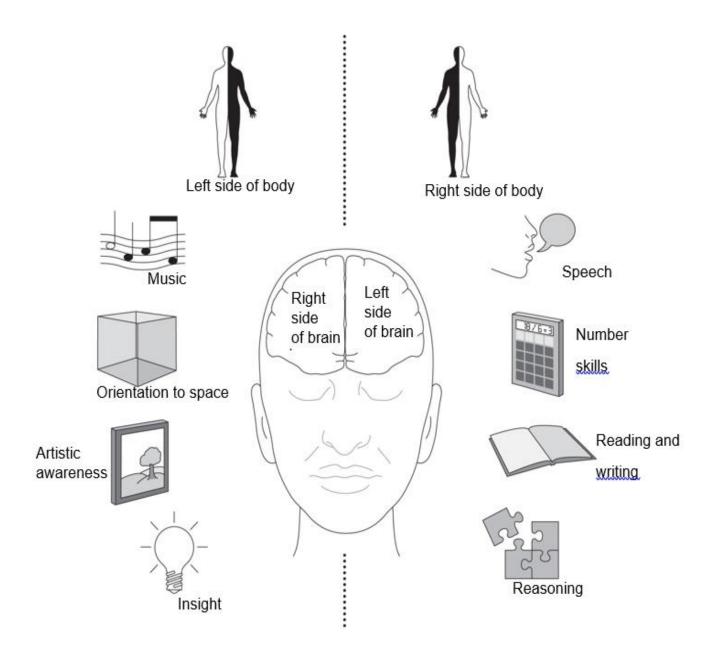
• Trouble speaking



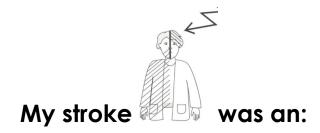
Dizziness



Headache



ABOUT MY STROKE

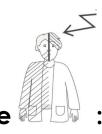




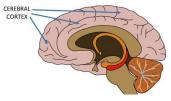
□ Hemorrhagic Stroke

| Stook | Stroke | Stook | Stoo

□ Transient Ischemic Attack (TIA)



The location of my stroke



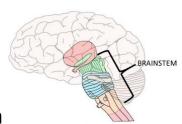
☐ Cerebrum/Cerebral Cortex



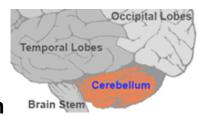
☐ Right side of the brain (right hemisphere)



☐ Left side of my brain (left hemisphere)



□ Brainstem

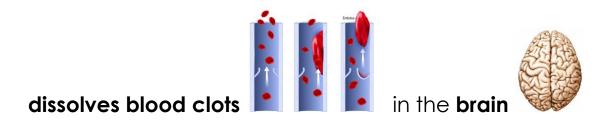


□ Cerebellum

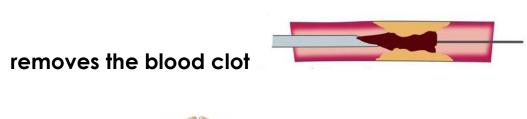


Interventions I had for my stroke

☐ Thrombolysis – medicine that



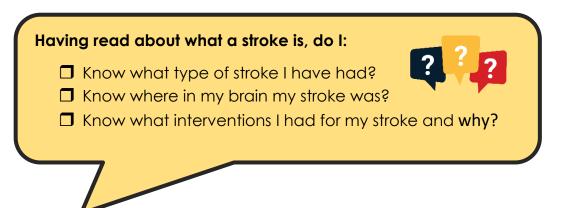
☐ Endovascular Thrombectomy — a procedure that

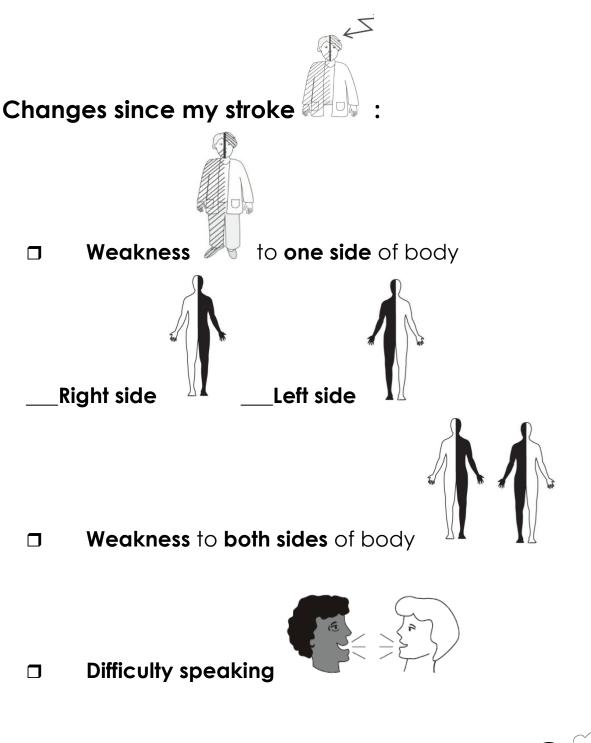




☐ Craniectomy – a procedure to relieve pressure in the







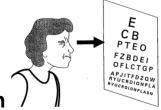








Difficulty reading



Difficulty with vision



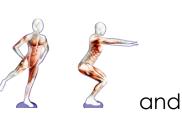
Difficulty writing



and/or **drinking**

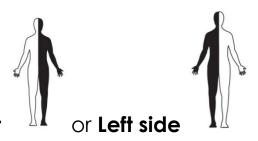


Difficulty with balance



walking

□ Neglect:



o **Poor attention** to the **Right**

of your **body** and/or **surroundings**.

o Ignoring or not recognizing objects, people or body



☐ Difficulty with activities such as dressing







managing finances



☐ Difficulty with thinking









☐ Mood changes



□ Feeling tired

□ Other:

MY STROKE JOURNEY: THE INTEGRATED STROKE UNIT (ISU)







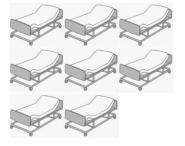
The Integrated Stroke Unit (ISU)





is an Integrated Stroke Unit



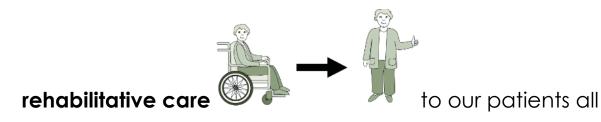


At STEGH, we have an 8-bed



Integrated Stroke Unit

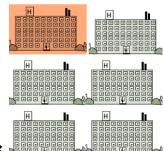
This means we offer acute and





in one unit

We are also a **District Stroke Centre**, just



1 of 6 hospitals



in Southwest Ontario

that provide



stroke

specific care.





519-631-2030, extension 2950.

We may not be able to give much information out over the

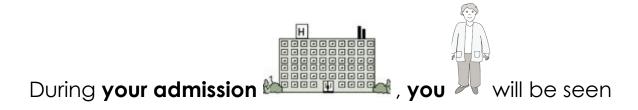


phone

because of



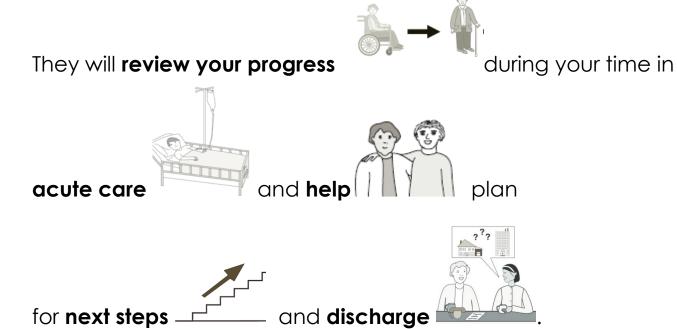
privacy legislation

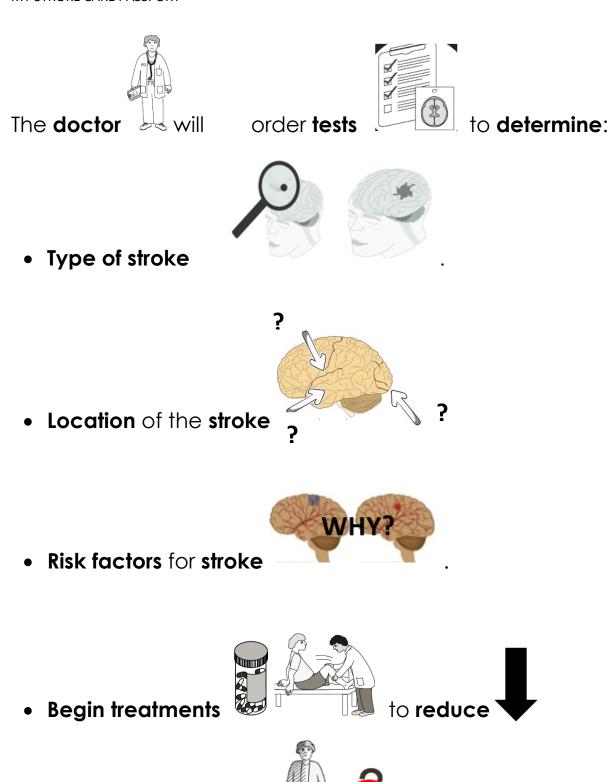




by members of the stroke team







having another stroke



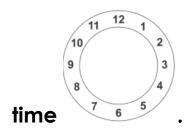


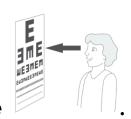


• Ability to follow commands



• Orientation to **person**





• Ability to see



• Strength in your arms and legs



• Ability to **feel** your **face**, **arms**, and **legs**



• Ability to swallow



The **health care team**





determine the treatment

you need to



help you learn

how to do things that



you did before







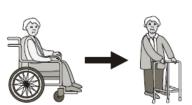
and therapists



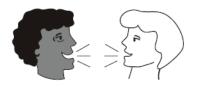


• Getting in

and **out of bed safely**



• Walking or moving around



Talking





• Eating



• Hygiene



Dressing



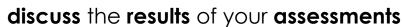
An important part of your recovery is doing as much for













including the



any deficits



and

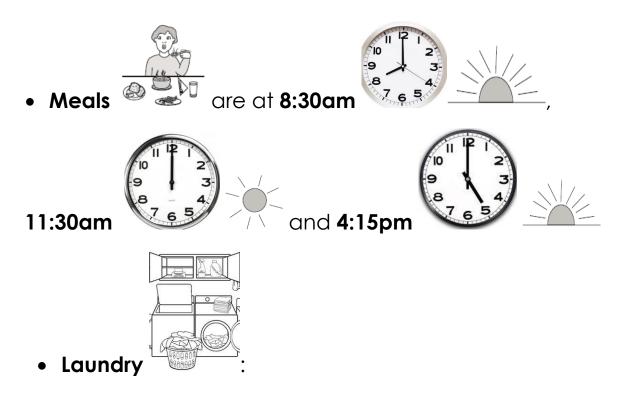




needed.

the next level of care

Additional Information:









The Stroke

Care Team



The **health care team**









about:



• What has happened



Treatment

Nurse

and care needed

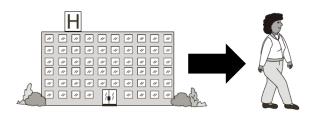


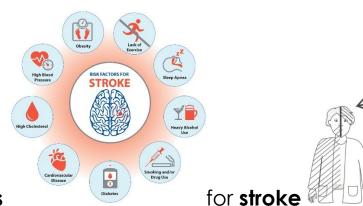
Social Worker



Medications and how they help with recovery

• What to expect when you leave the hospital





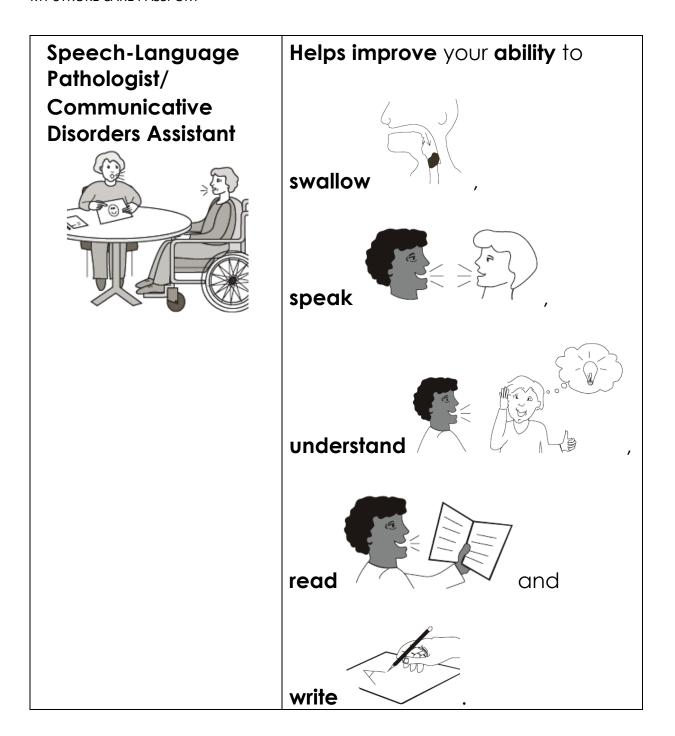
Risk factors

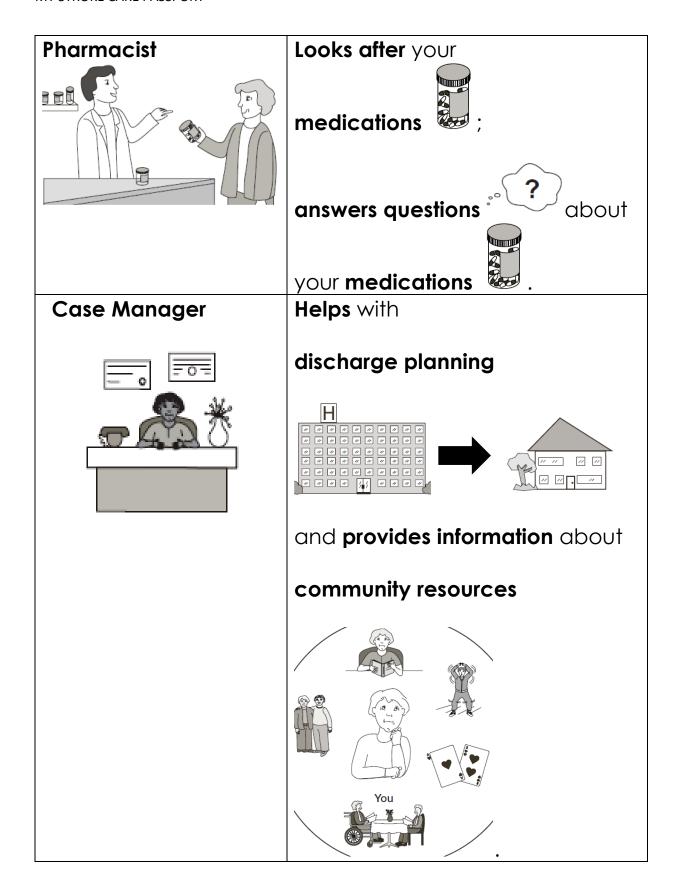


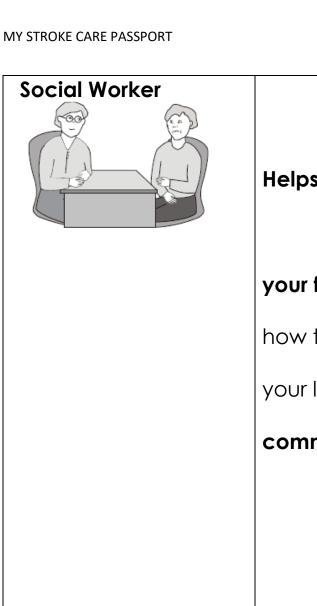
See the following **chart**.

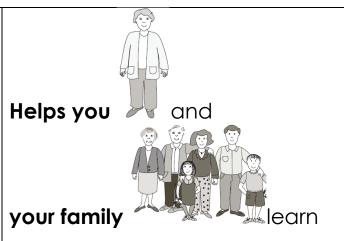
Health Care Team Member	How They Help	
Physician Doctor	Organizes your medical care, addresses questions and	
Registered Nurse and Registered Practical	concerns .	
Nurse	Helps with daily care	
	answers questions and concerns	
Dietitian	Helps meet nutritional needs,	
	get the best foods for you.	

Occupational Helps you become more Therapist/ Occupational independent with **Therapy Assistant** daily activities, using special equipment and improving memory and thinking. Physiotherapist/ Helps improve your **Physiotherapist Assistant** mobility , strength flexibility and balance









how to cope with the changes in your lives. Connects you with

community resources



Recreational Therapist/ Recreational Therapist Assistant



Helps you participate in activities

and hobbies that you enjoy



Will connect you with resources in the community **Respiratory Therapist Assesses** and treats difficulties with breathing **Unit Manager** Ensures you have access to therapies and will help with any concerns

you may have about the unit.



What tests will I have during my admission?

There are many tests.



that can **help** the

health care team



find out

what type of stroke



you had and

why you had it





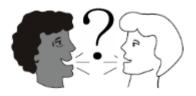
Each stroke is different







Please ask your Nurse/Doctor



you have any questions



TYPE OF TEST	PURPOSE OF TEST	HOW THE TEST IS DONE
Blood Tests	To see if there are any	Blood is taken
A Com	abnormalities	from your arm and
Olm	in your blood	sent to the lab
Carotid Doppler	Looks to see if	Uses ultrasound
Carotid artery 0	there is plaque	(non harmful sound
	your arteries and	waves) to listen
	affecting blood	to the flow of your
	flow	blood through arteries.
ECG	Records the	Sticky pads with
(electrocardiogram)	electrical activity	concore
	of the heart	placed on your body.
	Mr Salv	They detect the
		electrical activity of
		your heart

Echocardiogram	Sees if there is a	Uses non harmful
A. C.	heart condition and	sound waves to
	detects if	create a picture
		of your heart .
7	blood clots 🕻 are	
	forming in your	
	heart W	
CT Scan (CAT,	Looks at the	You lay down
computerized tomography)		in
	brain	a scanner that
		takes pictures of
		your brain
		using x-rays .

CTA (CT angiography) Uses x-rays X-rays look at blood flow taken by a device that rotates in the **arteries**. making a 3D You will need an picture. MRI (magnetic resonance **Sees** if there is Uses non harmful imaging) magnetic field and bleeding radio waves changes in the produce a 3D picture of the brain brain You lay still

in a **scanner**.





will help me?

Medications are used for many reasons.



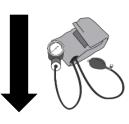


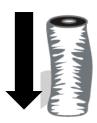


□ help prevent blood clots



□ lower your blood pressure







It is **important** that you take **your medications**

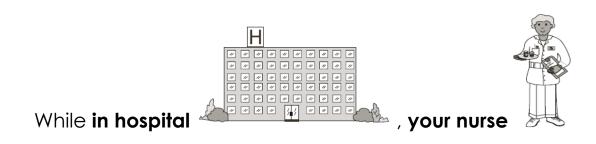




Never take anyone else's medications



Do not share your medications



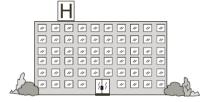
will give your medications



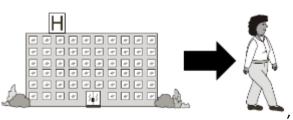
to you.



Do not take any of your home medications



you may have **brought to hospital**



Before you leave the hospital



someone from the stroke team

will talk to you





and you will be able to



ask questions

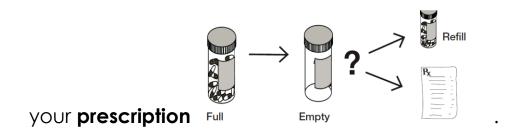


will **help** you **learn** information about your





review this information each time you refill









Common medications



stroke



If you have any questions





ask your doctor, nurse



or **pharmacist**







Medications that Prevent Blood Clots

Antiplatelet

- Acetylsalicylic Acid ASA (Aspirin, Entrophen, Novasen)
- Clopidogriel (Plavix)
- Acetylsalicylic Acid + Dipyridamole (Aggrenox)

Anticoagulant

- Warfarin
- Dabigatran (Coumadin)
- Rivaroxaban (Xarelto)
- Apixaban (Eliquis)





Medication with that Help Lower Blood Pressure



ACE (Angiotensin-Converting Enzymes) Inhibitors

- Perindopril (Coversyl)
- Ramipril (Altace)

ARBs (Angiotensin Receptor Bockers)

- Valsartan (Divoan)
- Candesartan (Atacand)

Calcium Channel Blockers

- Amlodipine (Norvasc)
- Diltiazem (Cardizem SR, Cardizem CD, Tiazac)

Beta Blockers

- Metoprolol (Lopressor)
- Atenolol (Tenormin)
- Bisoprolol (Monocur)

Diuretics

- Hydrochlorothiazide (Apo Hydro/Novo-Hydrazide)
- Indapamide (Lozide)



Medications that Help Lower Cholesterol

Statins

- Atorvastatin (Lipitor)
- Rosuvastatin (Crestor)

Fibrates

• Fenofibrate (Lipidil Micro)

Other

• Ezetimibe (Ezetrol)

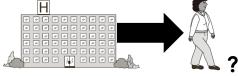




my medications







name and dose of your



medications



you are taking these medications



How to take your **medications**



how long



to **keep** your **medications**

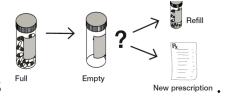




• Possible side effects



• How to refill your prescriptions



• When to speak

pharmacist



to your



or **doctor**



• Do you use a dosette box?





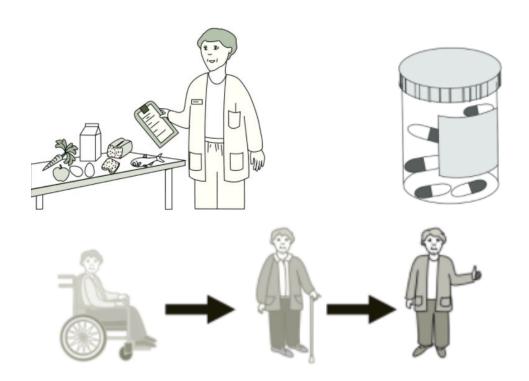
• Always carry an up-to-date list



of your **medications**

with you.

MY STROKE JOURNEY: REHABILITATION







how to do certain





activities again is called rehabilitation

An important part of your recovery is doing as much for



yourself as possible la



your family/care provider



and the **health care team**



based on your needs.



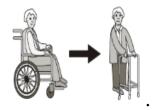
Rehabilitation

can help you



keep your abilities

and



restore lost abilities



The health care team

has determined your

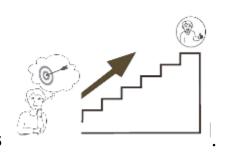


stroke rehabilitation needs

by



completing a number of tests and assessments



They will help you to set goals



Stroke rehabilitation

is **located** in



the **same unit**





your rehabilitation

You will not be moved, but your service will change to



rehabilitation





You will dress in your regular clothes



Wear loose fitting clothing



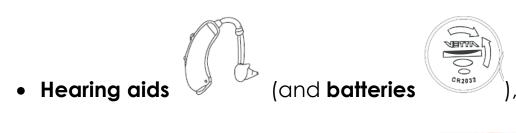
Wear supportive shoes





Please have your family







• Any special devices used (ex. a walker



Do not bring valuables, for example jewelry



What can I expect

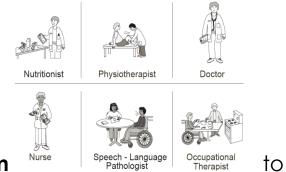


in the first few days of



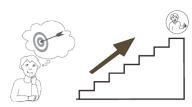
stroke rehab



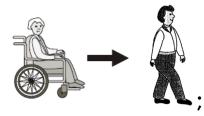


the health care team





For example, some people want to



learn how to walk unassisted



cook their meals



or work on their speech





depending on how the stroke

has **affected them**.



The schedule you follow will **depend** on $^{ ext{ iny}}$ and what your goals are what you need





talk about your progress regularly.





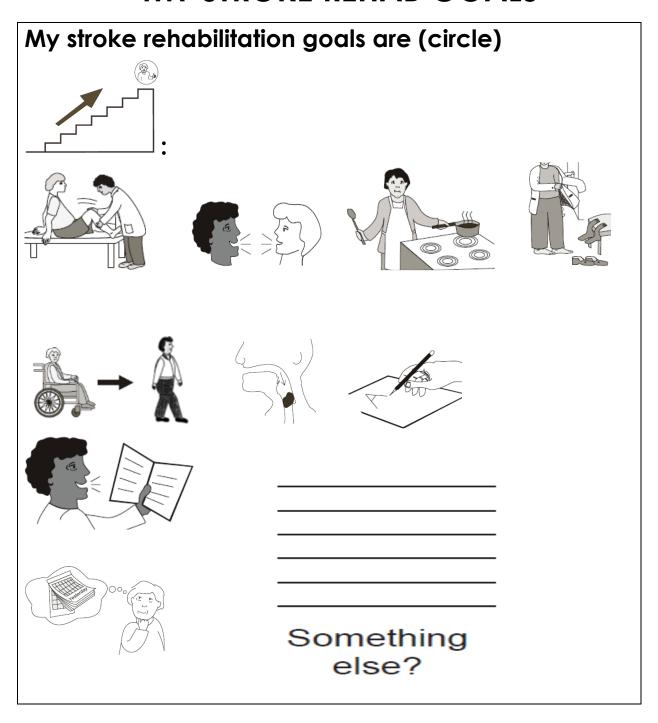


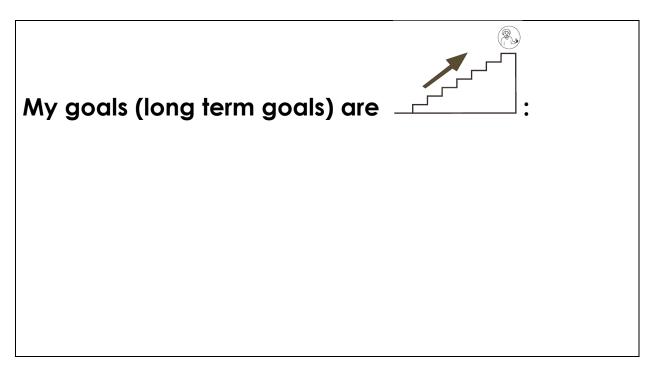




to create your stroke rehab needs and goals

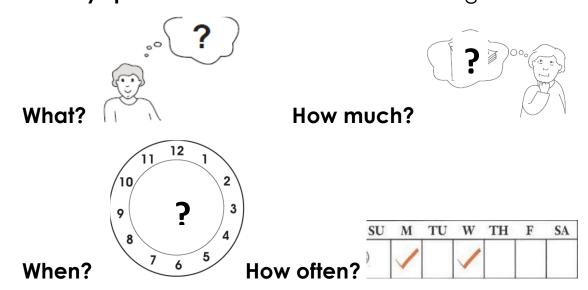
MY STROKE REHAB GOALS







Be very specific and to answer the following:

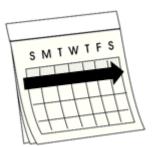


Example

What: I will feed myself

How much: 50% of my meal

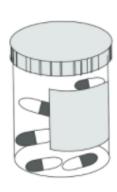
When: breakfast _____, lunch ____ and dinner * * *

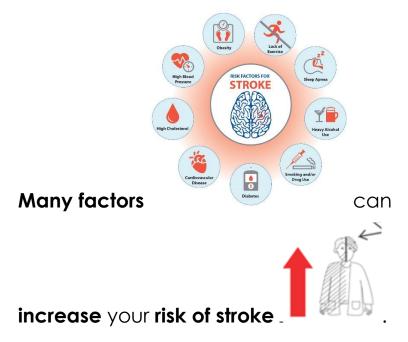


How often: daily

MY STROKE JOURNEY: STROKE PREVENTION





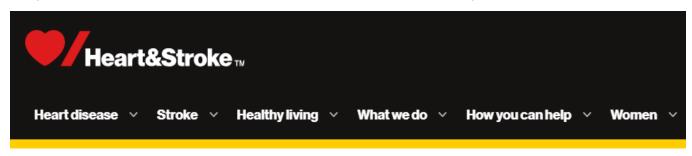




For additional resources, visit the

Heart & Stroke Risk and Prevention page:

https://www.heartandstroke.ca/stroke/risk-and-prevention

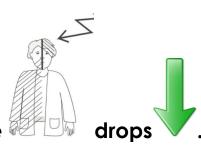




☐ High blood pressure (hypertension)

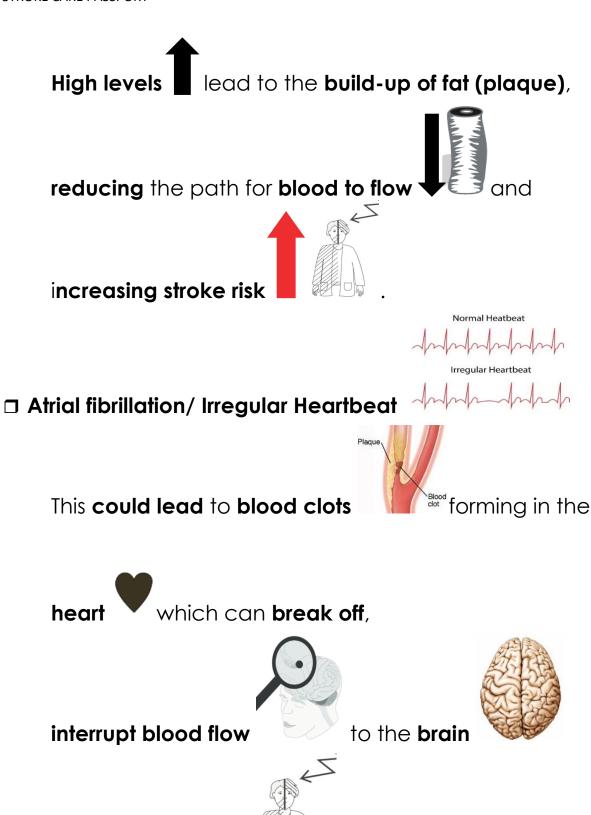
Cannot be "felt".

When controlled, the risk of stroke









and cause a stroke



Especially if uncontrolled.

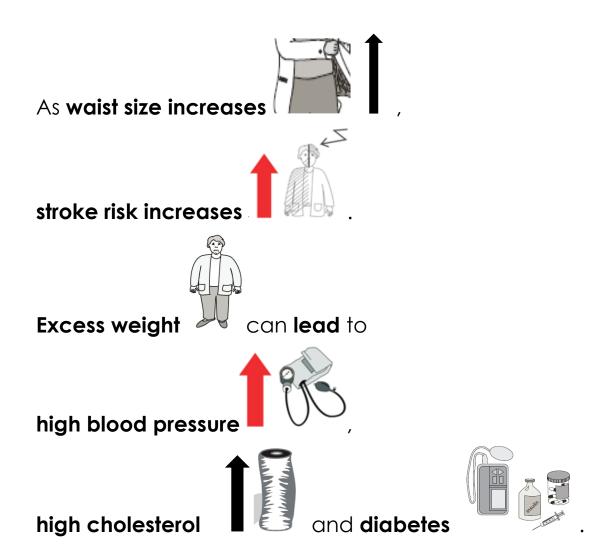






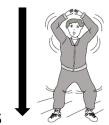


☐ Being overweight

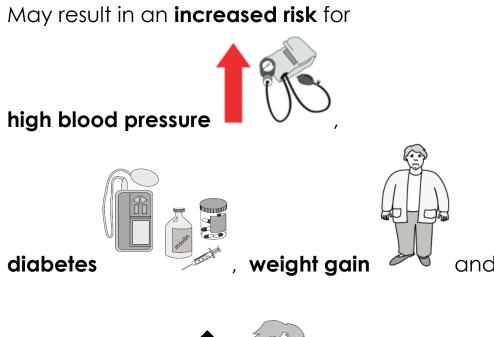


★ Keep your waist size below <80 cm for





☐ Low activity levels







☐ Drinking too much alcohol

Having more than 2 drinks per day



increases the risk of stroke







plugged arteries







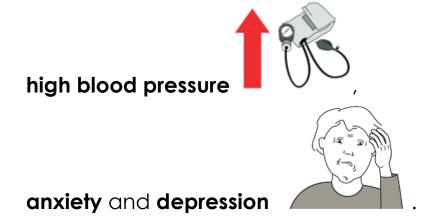




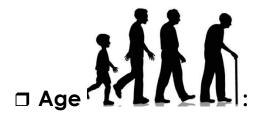








Risk factors you cannot control:

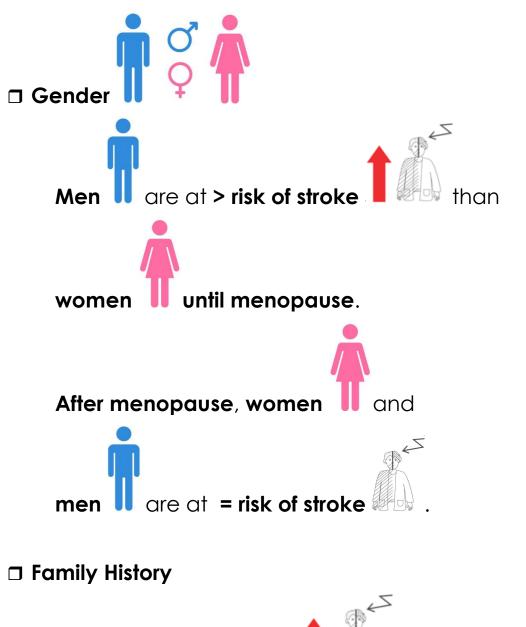


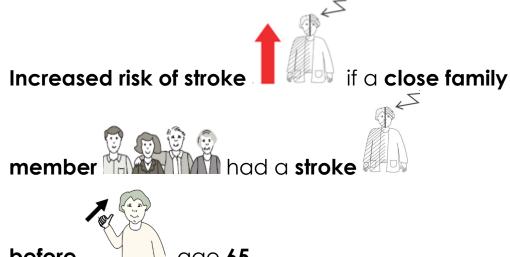
Stroke can occur at any age.



increases with age









First Nations people, as well as those of African,

Chinese, Latin American, or South Asian descent





and diabetes

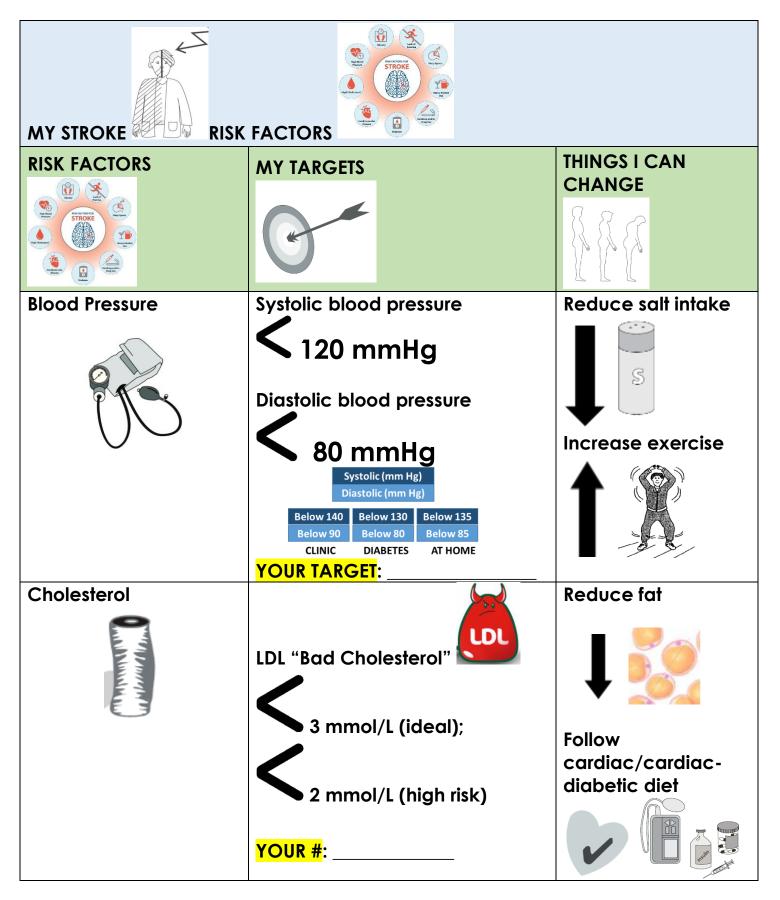
general population.



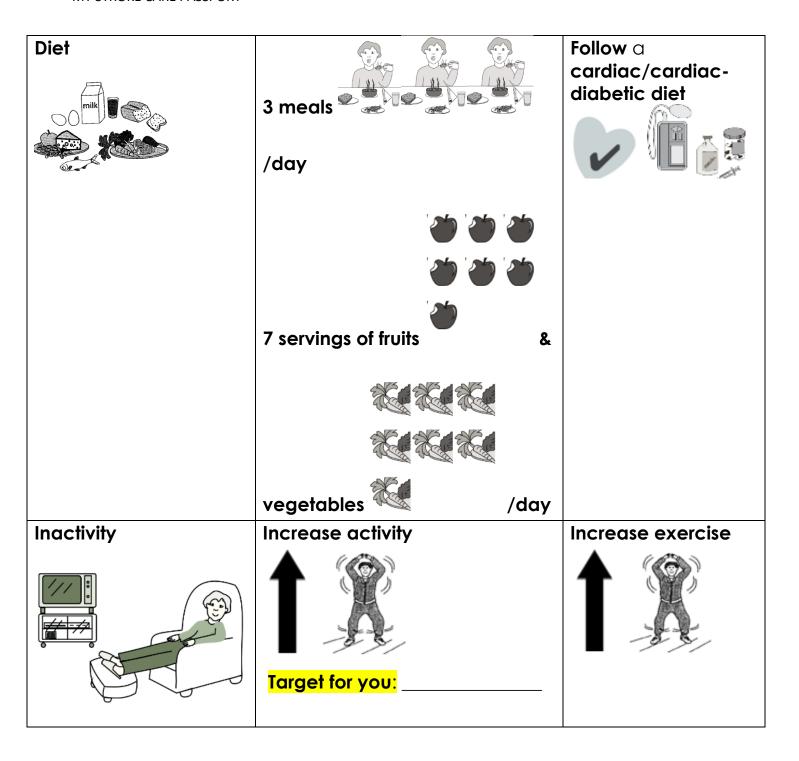
☐ History of Stroke or Transient Ischemic Attack (TIA)

If you had a stroke or TIA , the risk of having

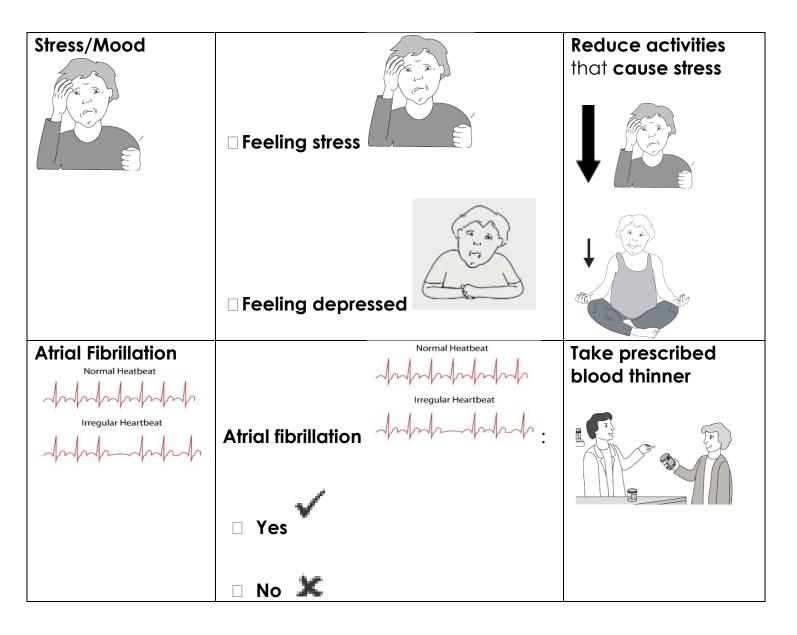




Diabetes Reduce salt HbA1C: 7% or Fasting blood sugar: 4-7mmol/L Diabetic diet Increase exercise **Smoking/vaping** Smoke and tobacco free Reduce/quit smoking Access smoking **cessation** resources **Waist Circumference** Set weight loss goal Men (40") Women (35")

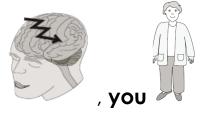


Alcohol Intake Reduce alcohol consumption /week: Women ₅ 10 drinks /week to a maximum of 2 /day. 15 drinks /week to a In some cases NO alcohol.

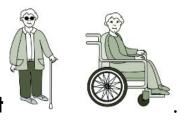




Self-Management Following Stroke



Depending on the effects of your stroke



may have to find new ways to adapt





in your **health decisions**



confidence to meet your goals



An important thing to remember



are resilient and strong

The Heart & Stroke Foundation online website



has many resources to help support



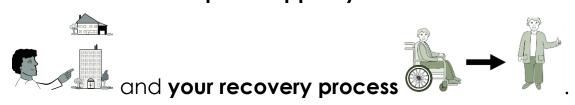
caregivers"

Visit the website for the: "Enabling self-management

following stroke: a checklist for patients, families and



The checklist has tips to support your transition to home



MY STROKE JOURNEY: PLANNING FOR DISCHARGE









Discharge planning

starts from the time you

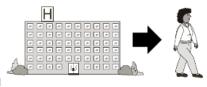


enter the program. Our therapy team



and care coordinator

will **help plan** what is



needed when you leave the program

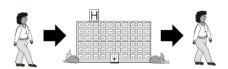


The stroke team



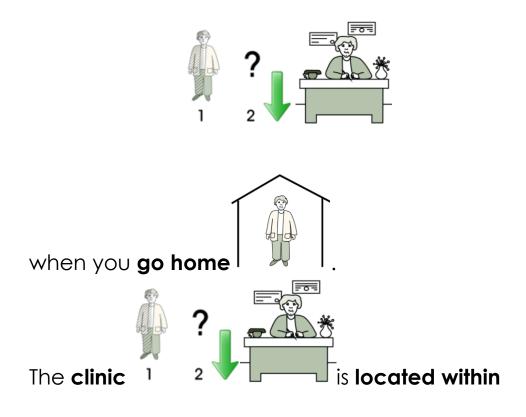


transition out of rehabilitation smooth





in the Secondary Stroke Prevention Clinic





STEGH

on the ground floor.





During this **appointment**

you will be able to







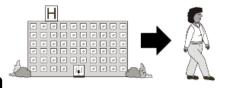


After inpatient rehabilitation



Your work is not done

when

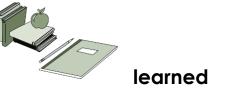


you leave the rehabilitation program











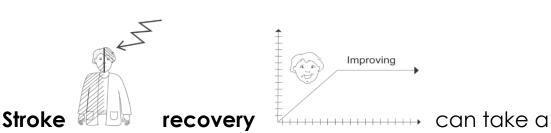


Before you finish your stay in rehab







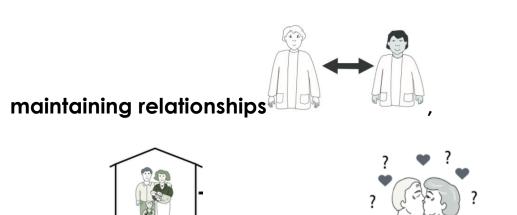




parenting

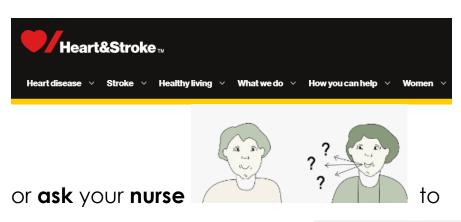






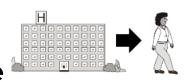
https://www.heartandstroke.ca/stroke/recovery-and-support/relationships,

and intimacy



print off these FREE resources

by visiting



Getting help after discharge



• Your stroke team



give you specific instructions



to manage at home

• If you are **experiencing** any





from the prescribed medications



speak to your pharmacist



family doctor



If you

experience new or worsening









stroke symptoms



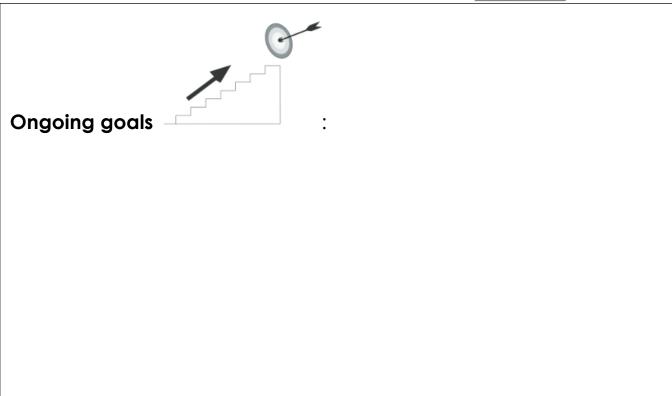


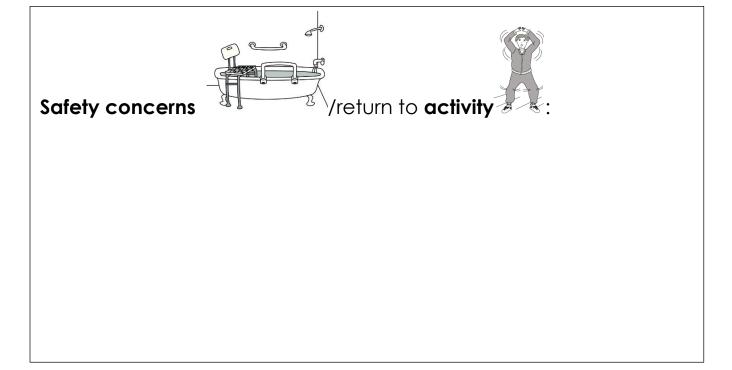
Act **FAST**. Lifesaving treatment begins the second you call 9-1-1.

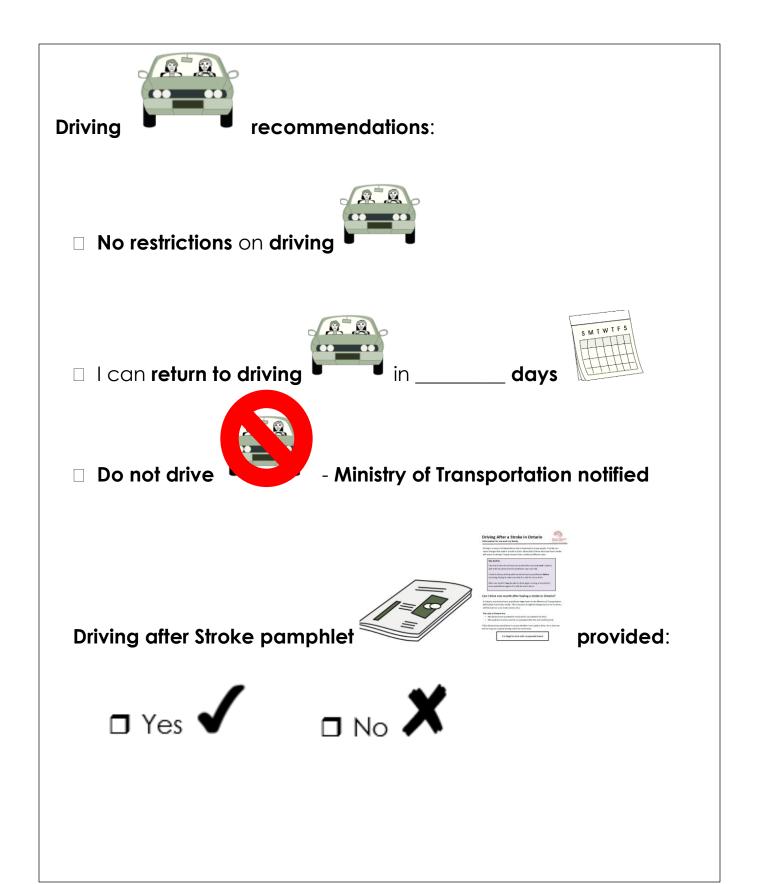
© Heart and Stroke Foundation of Canada, 2021.

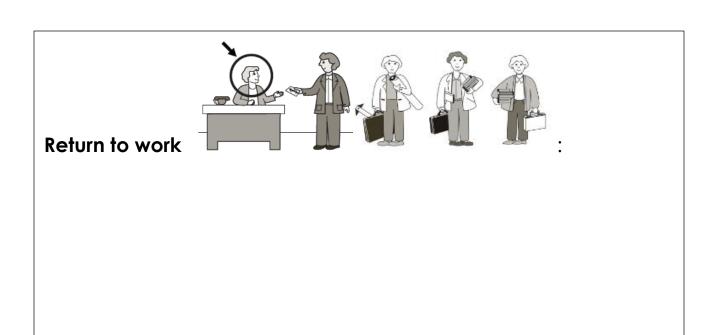
MY DISCHARGE

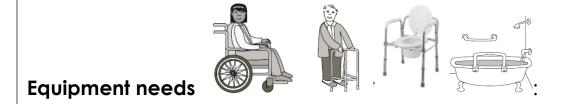














Discharge Information



I am being discharged/transferred

Ask yourself: 'Before I go' (check-off



all that apply.

If you have not checked off a box



speak with your nurse



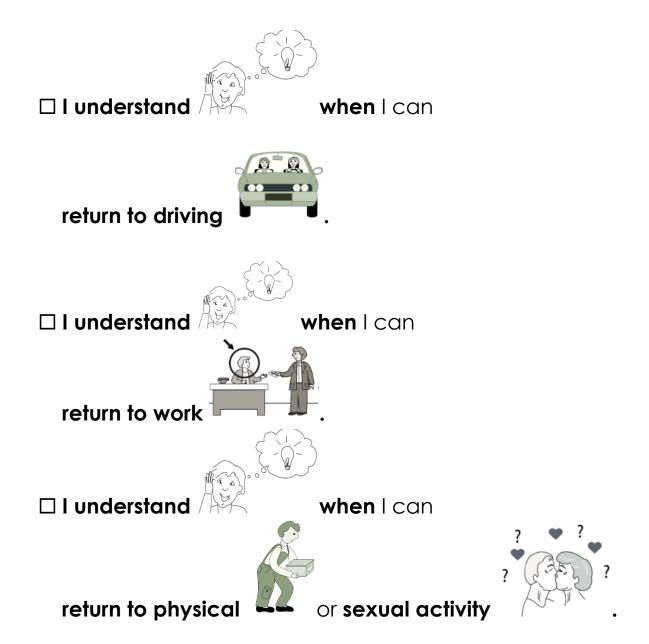


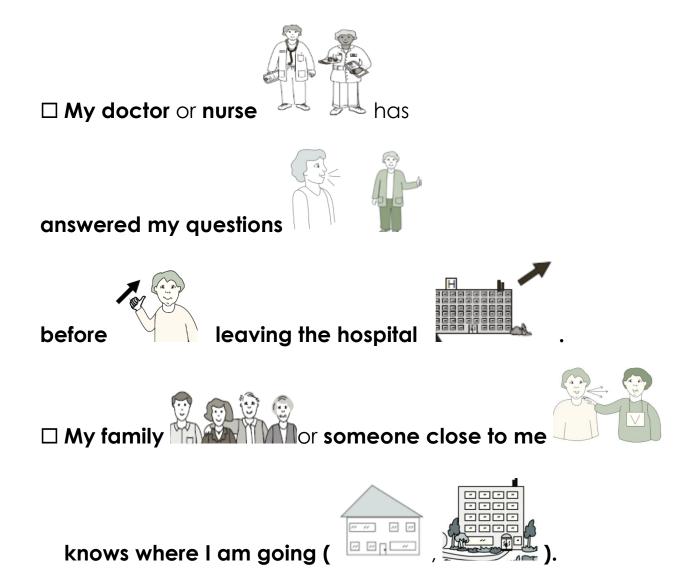


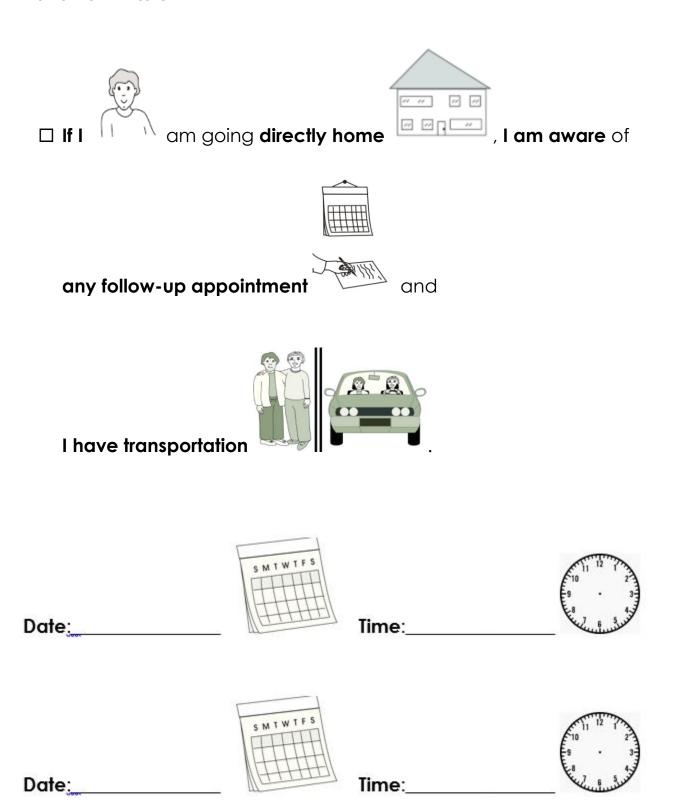
have been involved in decisions











Questions a	fter discharge :	
Who do I cont		
My Notes		

Community Programs

YMCA

YMCA offers fitness center and equipment, group fitness classes, community events, pool access for lane swims, aquatic exercise groups

For program information and services visit: https://www.ymcaswo.ca/

YMCA of Western Ontario

20 High Street, St. Thomas ON

Phone: 519-631-2418

http://ymcawo.ca/st-thomas-elgin

VON

VON offers a variety of supports including: assisted living supports, bathing, blood pressure clinics, caregiver/family supports, meal services, exercise programming, transportation and other group programs and services

VON Middlesex-Elgin

100-1151 Florence St London ON **Phone:** 519-659-2273, option 0 **Toll free:** 1-866-559-5532, option 0

Home care: 1-866-865-6711

VON Oxford

550 Ingersoll Ave Woodstock ON

Phone: 519-539-1231

https://von.ca/en

LIFE AFTER STROKE

Life After Stroke program is one day per week from 9:30am -2:00pm, a referral must be completed upon discharge from the hospital.

Where: Terrace Lodge 49462 Talbot Street. East, Aylmer, ON

Cost: \$13

Transportation: \$14 less than 20km or \$15 more than 20km

Overnight Respite: Wednesday and Thursday nights Starts 2:30pm Wednesday

until Friday at 9:00am

Cost: \$42.28 + cost of programs attended

Bath Program: \$30

Phone: 519-631-1030 ext 310

MARCH OF DIMES

March of dimes offers a variety of supports including: brain injury services, aphasia and communication program, vehicle accessibility, and other group/online programs

For more information about community programs contact **communityprograms@marchofdimes.ca**

London

920 Commissioners Road East

Phone: 519-642-3999 **Toll-free:** 1-866-496-8603

Home and Vehicle Modification Program (HVMP)

291 King Street, 3rd Floor London ON

Phone: 519-642-3700 **Toll-free:** 1-877-369-4867

Assistive Devices Program

291 King Street, 3rd Floor London ON

Phone: 519-642-3700 **Toll-free:** 1-866-765-7237

Visit: https://www.marchofdimes.ca/en-ca/programs/acs

DALE Brain Injury Services

- DALE Brain Injury Available across the South West (Elgin, Oxford, London/Middlesex, Huron, Perth, Grey and Bruce Counties)

- In-person and virtual groups focusing on individual and group goal achievement, increased independence and quality of life.
- Groups provided offer social, recreational, wellness, skill building, exercise and therapeutic activities.
- Services are available on a short-term, transitional, or lifelong basis.

Visit: https://www.daleservices.on.ca/

What's in YOUR community?

- Many local senior centers, libraries and recreation/community centers are offering virtual programs and/or in-person programs.
- Contact your local organization by phone or through their websites to learn more about virtual and group opportunities.

LONDON/MIDDLESEX:

- Horton Senior Center, Kiwanis Senior Center, Hamilton Rd. Senior Center, London Satellite Senior Programs through City of London, Huff n Puff League, Strathroy Senior Center, Thorndale and Dorchester Lions Senior Centers.
- Aquatic programs at Carling Heights Community Center, Aquatic Center, South London Community Pool and Boys and Girls Club. Over the Deep End in Strathroy.

ELGIN:

- St. Thomas Senior Center, West Lorne Community Health Center, East Elgin Community Complex Aylmer
- Aquatic programs at Talbot Trail Physiotherapy and Terrace Lodge in Aylmer.

OXFORD:

- Ingersoll 50+ Activity Center and Services for Seniors, Woodstock South Gate Seniors Center, Tillsonburg Senior Center, Tillsonburg Community Center, Station Arts Center Tillsonburg.
- Aquatic programs at Victoria Park Community Center, Tillsonburg Community Center, Southside Aquatic Center Woodstock.

SUF	PO	RTIV	E C	CARE
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Secondary Stroke | Where: St. T Prevention Clinic | Unit

Where: St. Thomas Elgin General Hospital, South Building, B

Phone: 519-631-2030 ext. 6760

Southwestern Public Health	Where: 1230 Talbot Street, St. Thomas, ON Phone: 1-800-922-0096 or 519-631-9900 https://www.swpublichealth.ca/en/index.aspx
Closing The Gap Healthcare Group	Where: 10 Mondaimin St #112 St. Thomas, ON Phone: 519-631-9866 Toll Free: 1-877-560-0202 http://www.closingthegap.ca/
Intensive Rehabilitation Outpatient Program (IROP)	Where: Woodstock Hospital Phone: 519-421-4211
Lifemark Physiotherapy	Where: 25 Elm Street, Unit 106, St. Thomas, ON Phone: 519-633-4300 http://www.lifemark.ca
Talbot Trail Physiotherapy	Where: 189 Elm Street, South Building Phone: 519-637-7727 http://www.talbottrailphysiotherapy.ca/
Driving Assessment and Rehabilitation Programs (DARP & DriveABLE)	Where: 550 Wellington Road, London ON Phone: 519-685-4070 https://www.sjhc.london.on.ca/darp#darp
Smoker's Help Line	Toll Free: 1-877-513-5333 http://www.smokershelpline.ca/
ONLINE SERVICES	
Southwestern Ontario Stroke Network	https://swostroke.ca/11/Stroke_Survivors_and_Caregivers/
Heart & Stroke Foundation	https://www.heartandstroke.ca/

Southwest	<u>www.stroke.southwesthealthline.ca</u>
Healthline	
South West Local	Phone : 519-631-9907
Health Integration	Toll Free : 1-800-811-5146
Network	http://www.southwestlhin.on.ca/
Canada's Food	https://www.canada.ca/en/health-
Guide	canada/services/canada-food-guides.html
Eat Right Ontario	https://www.eatrightontario.ca/en/
FOOD DELIVERY	OPTIONS
Heart to Home	Phone : 1-866-933-1516
Meals	https://www.hearttohomemeals.ca/
Meals on Wheels	Phone: 519-660-1430
	https://mowl.ca/
St. Thomas Seniors	Where: 225 Chestnut Street. St. Thomas, ON
Centre	Phone: 519-633-2850
	Lunch served Tuesday to Friday 11:30-12:30pm
	https://stthomasseniorscentre.com/catering/
Kathy's Catering	Where: 42703 Fruit Ridge Line, St. Thomas, ON
,	Phone: 519-633-0101
	Offer meals to go
	https://www.kathyscateringcanada.ca/
FUNDING	
March of Dimes –	https://www.marchofdimes.ca/en-ca/programs/am
Home and	
Vehicle	
Modification	
Program	
Ceridian Cares –	https://www.ceridiancares.ca/evaluation
Barrier Free Living,	
Quality of Life	
Grant	

Trillium Drug Program	Toll-Free: <u>1-800-575-5386</u>		
	https://www.ontario.ca/page/get-help-high-prescription- drug-costs		
Disability Benefits	www.canadabenefits.gc.ca		
Employment Insurance	https://www.canada.ca/en/services/benefits/ei.html		
Disability Tax Credit	www.cra-arc.gc.ca		
MENTAL HEALTH	SUPPORTS		
Reach Out 24/7	Phone or Text: 519-433-2023		
ConnexOntario Helpline	Phone: 1-866-531-2600 Live Web Chat https://www.connexontario.ca/Chat		
BounceBack -	Phone: 1-866-345-0224		
Free Cognitive Behaviour Therapy (CBT) program	https://bouncebackontario.ca/		
The Ontario	Phone (24/7): 1-833-416-2273		
Caregiver Organization	https://ontariocaregiver.ca/		
TRANSPORTATION	TRANSPORTATION		
Red Line Taxi	Phone: 519-631-1200		
Your Taxi (Wheelchair Accessible)	Phone : 519-631-1800		
Accessible	Toll Free : 1-800-267-8097		
Parking Permits	https://www.ontario.ca/page/get-accessible-parking-permit		

MY STROKE CARE PASSPORT

St Thomas Parallel Transit Service (Paratransit)	Where 545 Talbot St, St. Thomas On Phone:519-631-1680
Voyago Transport Services	Phone: 519-455-1390 or 1-855-942-4400 Book a Trip Online: https://voyagohealth.ca/reservations/