



2011 EDITION

Community Stroke Resources

*For the Regions of Halton, Peel, Dufferin and Etobicoke
(Mississauga Halton and Central West LHIN)*



WEST GTA
Stroke Network

www.westgtastroke.ca

STROKE WARNING SIGNS

If you experience any of these symptoms, CALL 911 or your local emergency number immediately.

The five signs:

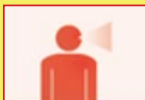
Stroke can be treated. That's why it is so important to recognize and respond to the warning signs.



Weakness - Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary



Trouble speaking - Sudden difficulty speaking or understanding or sudden confusion, even if temporary



Vision problems - Sudden trouble with vision, even if temporary



Headache - Sudden severe and unusual headache



Dizziness - Sudden loss of balance, especially with any of the above signs.

This booklet is a list of resources to assist adult stroke survivors and their caregivers to find community agencies that provide direct service or the link to other programs that support re-integration into the community. As it is impossible to list all community services in the booklet, healthcare providers across the continuum of care can provide you with additional resource information to meet your needs.

The material contained in this booklet is for information purposes only. It should not be used as a substitute for the medical advice, recommendation or treatment of a qualified healthcare provider. Further, the West GTA Stroke Network does not accept responsibility for the services described in the booklet or for any errors or omissions.

We acknowledge with thanks permission from the Central South Stroke Network for use of the cover design.

The most recently updated booklet can be found on the following website www.westgtastroke.ca



For further inquiries and to provide feedback please contact our office at 905-848-7580, ext 5475.

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Home Support Services

Community Care Access Centre

Nursing/Personal Services

Homemaking

Respite Services

Professional Treatment Services

Community Care Access Centre (CCAC)

Community Care Access Centres (CCAC) are local organizations that help people living in the community access publicly funded health care and support services. The purpose of CCAC's is to:

- Provide healthcare services in the home (wherever a person permanently resides)
- Facilitate access to Long Term Care Homes
- Maintain a community resource database and offer clients information and referral

Individuals may self-refer or be referred by a family member or health care practitioner. Consent is required prior to receiving any treatment or intervention.

In order to receive services, you must have a valid Ontario health card (OHIP) and meet the CCAC eligibility criteria. There is no cost for services.

The following services are available for stroke survivors based on individual need.

- **Case Management** - assessment and coordination of services, referrals and follow-up
- **Nursing** - medication management, skin breakdown, bowel and bladder problems
- **Dietetics** - nutrition, swallowing disorders
- **Occupational Therapy** - activities of daily living (ADL), wheelchair/seating systems, cognitive/perceptual re-training, home safety, caregiver support and education, community re-engagement
- **Social Work** - family/social support, assessment for depression

- **Physiotherapy** - mobility/balance, shoulder pain, arm and leg movement, facilitate physical recovery
- **Speech - Language Pathology** - communication, swallowing disorders
- **Personal Support** - assistance with activities of daily living (ADL), personal hygiene
- **Respite** - caregiver relief, in home or out of home, vacation relief

It is advisable to contact your local Community Care Access Centre (CCAC) when attempting to access community services

CCAC	Telephone
Mississauga/Halton Serves West Etobicoke, Oakville, Mississauga www.mh.ccac-ont.ca	905-855-9090 1-877-336-9090
Central West Serves Brampton, Dufferin County, part of York region plus a small part of the city of Toronto www.cw.ccac-ont.ca	905-796-0040
Toronto Central (West) Serves Etobicoke/High Park www.central.ccac-ont.ca	1-866-243-0061
Hamilton Niagara Haldimand Brant www.hnhb.ccac-ont.ca	1-800-810-0000

Home Support Services

Most contracted agencies with CCAC also offer private services for a fee. The following agencies can provide additional home support. Your insurance plan may help cover some services. For other listings see Yellow Pages under: "Home Health Care Services and Supplies". "Senior Citizens Services and Centres".

NURSING/PERSONAL SUPPORT

The agencies listed below may provide such services such as: nursing care and assistance with bathing and dressing.

Agency	Telephone
Victorian Order of Nurses (VON) - Peel www.von.ca	905-821-9481
Elder Help Peel www.elderhelppeel.org	905-457-6065
Community Home Assistance to Seniors (CHATS) www.chats.on.ca	1-877-452-4287
We Care Home Health Services www.wecare.ca	1-800-605-0916
Bayshore Home Health Mississauga www.bayshore.ca	905-896-0200
ParaMed Home Healthcare www.eci.com	416-977-5008
Comfort Keepers www.comfortkeepers.ca	1-866-363-0072
Acclaim Health (Halton) www.acclaimhealth.ca	905-827-8800

Agency	Telephone
ProHome Health Services Inc. (Mississauga) www.prohome.ca	1-888-227-3085 905-275-0544
Homewatch CareGivers www.homewatchcaregivers.com/oakville	905-842-9793
Nurse Next Door Home Healthcare Services (Etobicoke/Mississauga) sstenhouse@nursenextdoor.ca	416-400-8509

HOMEMAKING

The agencies listed below may provide services such as light housekeeping, meal preparation, shopping, laundry and companionship.

Agency	Telephone
Peel Senior Link www.peelseniorlink.com	905-712-4413
CANES Home Support Services - Etobicoke (House keeping, shopping, laundry) www.canes.on.ca	416-743-3892
Links2Care www.links2care.ca	905-844-0252
Red Cross Homemakers - Halton www.redcross.ca	1-905-845-5241
Seniors for Seniors - Dufferin - Mississauga, Brampton, Oakville - Toronto and York www.seniors4seniors.ca	905-276-1140 905-276-1140 416-481-2733

Agency	Telephone
Storefront Humber - South Etobicoke area www.storefronthumber.ca	416-259-4207
West Toronto Support Services www.wtss.org	416-653-3535
Home Instead Senior Care Etobicoke/Mississauga www.homeinstead.com	416-239-2200
Comfort Keepers www.comfortkeepers.ca	1-866-363-0072
ProHome Health Services Inc. (Mississauga) www.prohome.ca	1-888-227-3085 905-275-0544
Homewatch CareGivers www.homewatchcaregivers.com/oakville	905-842-9793

RESPITE SERVICES

The agencies listed below provide caregiver relief through in-home, centre-based or other community programs.

Agency	Telephone
VON - Peel www.von.ca	905-821-9481
Acclaim Health - Halton www.acclaimhealth.ca	1-800-387-7127
CANES Home Support Services - Home At Last (discharge assistance from William Osler)	416-743-3892
ESS Support Services www.esssupportservices.ca	416-243-0127

Agency	Telephone
Halton Services for Seniors www.halton.ca	1-866-442-5866
Kipling Acres Adult Day Program	416-392-2299
Peel Adult Day Programs (CCAC referral only) <ul style="list-style-type: none"> • Davis Centre - Caledon • Peel Manor - Brampton • Malton Village - Mississauga • Sheridan Villa - Mississauga 	905-857-0975 905-453-4140 905-791-1179 905-791-8668
Dufferin County Community Services www.dccss@dufferincounty.on.ca	1-519-925-5452
Home Instead - Halton www.homeinstead.com	905-847-8433
Comfort Keepers www.comfortkeepers.ca	1-866-363-0072
S.E.N.A.C.A. - Senior's Day Program	905-337-8937
ProHome Health Services Inc. (Mississauga) www.prohome.ca	1-888-227-3085 905-275-0544
Homewatch CareGivers www.homewatchcaregivers.com/oakville	905-842-9793
Recreational Respite Inc www.recrespite.com	905-813-0336 1-877-855-7070

Treatment Resources

PHYSIOTHERAPY

The agencies listed below provide outpatient or in-home therapy to optimize physical recovery. For more choices please see Yellow Pages.

Agency	Telephone
CCAC - Community Care Access Centre	See pages 4-5
PRIVATE	
Community Rehab www.commrehab.com	1-888-840-8050
Lifemark Eldercare Rehabilitation Therapy Services	1-866-459-2753
Ontario Physiotherapy Association (OPA) - provides information about private services www.opa.on.ca	416-322-6866
The College of Physiotherapists of Ontario www.collegept.org	416-591-3828
Inter-Action Rehabilitation Inc. www.interactionrehab.com	1-800-216-0488
VHA Rehab Solutions	1-888-576-3237
Therapy Partners www.therapypartners.on.ca	1-888-385-2226
West Park PROACTIVE Healthcare Clinic	416-243-3778

OCCUPATIONAL THERAPY

The agencies listed below provide in-home therapy to increase independence in activities of daily living and provide intervention for cognitive/perceptual problems. For more choices please see Yellow Pages.

Agency	Telephone
CCAC - Community Care Access Centre	See pages 4-5
PRIVATE	
Community Rehab www.commrehab.com	1-888-840-8050
Ontario Society of Occupational Therapists (OSOT) - provides information about private services	416-322-3011
The College of Occupational Therapists of Ontario www.coto.org	1-800-890-6570
Inter-Action Rehabilitation Inc. www.interactionrehab.com	1-800-216-0488
VHA Rehab Solutions	1-888-576-3237
Therapy Partners www.therapypartners.on.ca	1-888-385-2226

DIETARY

Agency	Telephone
CCAC - Community Care Access Centre	See pages 4-5
PRIVATE	
Hospitals - out-patient department	See page 18
Dieticians in Private Practice	1-888-901-7776
The College of Dieticians of Ontario www.cdo.on.ca	1-800-668-4990

PSYCHOLOGICAL TESTING

Agency	Telephone
PRIVATE	
Neuropsychological Assessment: Credit Valley Neuropsychology Group (fee for service)	905-607-3918
Toronto Rehabilitation Institute www.torontorehab.on.ca	416-597-3422

LABORATORY SERVICES

Agency	Telephone
Life Labs	416-675-3637
Gamma Dynacare	1-800-668-2714

SPEECH THERAPY (SLP)

The agencies listed below provide outpatient or in-home therapy to address swallowing, communication and cognitive problems. For more choices see Yellow Pages.

Agency	Telephone
CCAC - Community Care Access Centre	See pages 4-5
PRIVATE	
Ontario Association of Speech - Language Pathologists and Audiologists (OSLA) - provides listings for Speech and Language Pathologists http://www.osla	416-920-3676
Community Rehab www.commrehab.com	1-888-840-8050
LEAR Communication www.learcomm.ca	1-877-388-3819
Heaman Communication Services Inc. www.heamancommunication.ca	1-877-877-4757
Halton Hills Speech Centre www.haltonspeech.com	905-873-8400
The Aphasia Institute - Toronto www.aphasia.ca	416-226-3636
Halton Aphasia Centre - Burlington and Georgetown www.haltonaphasiacentre.com	905-702-5312 1-866-204-4044
Inter-Action Rehabilitation Inc. www.interactionrehab.com	1-800-216-0488
Therapy Partners www.therapypartners.on.ca	1-888-385-2226
Closing the Gap Healthcare Group	1-866-990-9901
Orangeville SLP Clinic	1-519-941-1314

Community Stroke Specific and General Services

Stroke Specific Programs and Support
Groups

Hospital Out-Patient Services

Counseling Services

Financial Resources

Equipment

Recreation Programs

Community Stroke Programs and Support Groups

Agency	Telephone
Oakville Stokers - at Glen Abbey Recreation and Aquatic Club	905-815-5950
Adapted Swim Programs - run by Parks and Recreation - Etobicoke - Mississauga (Huron Park Pool) - Mississauga Valley Community Centre (Moving Waters)	416-394-8533 905-615-4820 905-615-4100
Mississauga Stroke Breakers (Terri Dale)	905-890-6477
Islington Day Club - Etobicoke (Jane Howell) Support group for stroke survivors	416-231-4732
Next Step to Active Living Program www.mississauga.ca/nextstep	905-615-4770, ext 2279
Survivor's Program - Chinguacousy Wellness Centre - Brampton	905-789-6111
Halton Aphasia Centre www.haltonaphasiacentre.com	905-702-5312 1-866-204-4044
Senior's Coordinate Services (Hispanic)	905-458-3295
Peel Alliance for Stroke Recovery Group	905-848-7580 ext 5477

Agency	Telephone
Stroke Recovery Canada/March of Dimes:	1-888-540-6666
Peel Halton Young Stroke Survivors Support Group (PHYSS) physs@live.com www.physs.org	416-425-3463, ext 7215 or 1-800-263-3463, ext 7215
Hamilton Young Stroke Survivors	1-800-263-3464 ext 7734
Brampton Stroke Recovery Chapter	416-425-3463 ext 7213
Stroke Recovery Association - Burlington Chapter	1-905-319-1776
The Aphasia Institute - Toronto	416-226-3636
Stroke Recovery Group - Burnhamthorpe Community Centre	905-615-4630 ext 2488
Stroke Survivor Exercise Programs: River Oaks Community Centre - Oakville	905-338-4186
Connect Learning Centre (CLC) - basic life skills training melaniecooper@connectlearningcentre.com	905-670-1252

Hospital Out-Patient Services

Out-patient ambulatory stroke rehab provides a single service while Day Programs provide multidisciplinary rehab.

Agency	Telephone
Credit Valley Hospital Rehab Day Program	905-813-4481
Trillium Health Centre Out-Patient Rehabilitation Services	905-848-7580 ext 2474
William Osler Health System - Brampton Civic - Etobicoke	905-494-6540
Halton Healthcare Services - Step-Up Program, Oakville - Out-patient services, Oakville - Out-patient services, Georgetown - Out-patient services, Milton	905-338-4367 905-338-4613 905-873-0111 905-878-2383
Joseph Brant Memorial Hospital - Wellness House Day Program - Burlington	1-905-632-5358
West Park Healthcare Centre - Acquired Brain Injury Adult Day Program (referrals through the Toronto ABI Network) - Out-patient services	416-243-3600, ext 2614 416-243-3600

Counseling Services

The agencies listed below provide individual or group counseling for stroke survivors and/or their family members. Services may include financial counseling.

Agency	Telephone
CCAC - Community Care Access Centre	See pages 4-5
PRIVATE	
Family Service Association of: - Halton - Peel www.fspeek.org - Dufferin (family counseling and support services)	905-453-5775 1-519-824-2431
The Long Term Care Planning Network www.theplanningnetwork.com	416-323-1090
Ontario March of Dimes Warmline	1-888-540-6666
CANES (Etobicoke) - Caregiver support and counseling	416-743-3892
Catholic Family Services of Peel/Dufferin	905-450-1608
Acclaim Health (Halton) www.acclaimhealth.ca	905-827-8800

Financial Resources

Agency	Telephone
Canada Pension Plan (CPP) www.hrsdc.gc.ca	1-800-277-9914
Old Age Security (OAS)	1-800-277-9914
Ontario Disability Support Program MOHLTC (ODSP) - Toronto Region Employment Supports - Mississauga - Burlington - Guelph	1-888-789-4199 1-416-325-5900 1-800-361-0897 1-800-567-6388 1-519-822-7500
Employment Insurance (EI)	1-800-206-7218
Assistive Devices Program (ADP) - may provide partial funding for purchase and maintenance of equipment - Ontario March of Dimes - Ministry of Health & Long Term Care	1-866-765-7237 1-800-268-6021
Veteran's Affairs Canada	1-866-522-2122
Canadian Government Annuities (CGA)	1-800-561-7922
Residential Rehabilitation Assistance Program (RRAP) - may help fund home renovations for persons with disabilities	1-800-704-6488

Equipment

Also see Yellow Pages under "Home Health Services and Supply"

Agency	Telephone
Emergency Personal Alarm Devices: Home Emergency Lifeline Program (HELP) - Halton/Dufferin	1-800-387-8120
Philips Lifeline	1-800-543-3546
Connect Care - Halton	905-338-4357 1-800-665-7553
Canadian Red Cross www.redcross.ca - Halton - Toronto West - Peel - Dufferin (Waterloo) - Oakville	905-875-1459 416-236-3108 905-890-1000 1-888-288-4448 905-845-5241
Silver Cross (recycled equipment) www.silvercross.com	905-847-5504
Shoppers Home Health Care www.shoppershomehealthcare.com	905-569-1103 1-800-746-7737
Medichair www.medichair.com	1-800-667-0087
Custom Orthotic Design Group Limited (braces) The Orthotic Centre - Credit Valley Hospital	905-828-2969 905-813-4050
Motion Specialties	905-804-0400
Therapist's Choice	1-800-263-6618

Recreation and Leisure

The following agencies provide programs in the community that may offer socialization, exercise and swimming.

Agency	Telephone
Parks and Recreation	
Mississauga www.city.mississauga.on.ca	905-615-4100
Brampton www.city.brampton.on.ca	905-874-2300
Caledon www.town.caledon.on.ca	905-584-2272
Toronto (Etobicoke and York) www.toronto.ca/parks	416-394-8533
Oakville www.parksandrec@oakville.ca	905-338-4250
Adult Day Programs	
North Halton Adult Day Programs	905-825-6000 ext 8502
Storefront Humber (South Etobicoke)	416-259-4207
S.E.N.A.C.A. - Oakville	905-337-8937
Yee Hong Centre for Geriatric Care www.yeehong.com	905-568-0333
Region of Peel (CCAC referral) - Davis Centre - Peel Manor - Malton Village - Sheridan Villa	905-857-0975 905-453-4140 905-791-1179 905-791-8668

Agency	Telephone
Adult Day Programs	
ESS Support Services (4 Etobicoke sites) www.esssupportservices.ca	416-243-0127
Alzheimer's Day Programs (Strokes included) - Mt. Forest - Port Credit - Brampton - Meadowvale	1-519-323-2295 905-278-2989 905-789-1306 905-542-7424
Senior's Life Enhancement Centres	905-279-9061
Mall Walking Clubs	
Brampton - Shoppers World - Bramalea City Centre	905-459-1337 905-793-9417
Mississauga - Sheridan Centre - Square One - Erin Mills Town Centre - Westwood Mall	905-822-0344 905-615-3207 905-569-1981 905-677-5441
Oakville - Oakville Place	905-510-3765
Other Programs	
Golf for the Physically Challenged - Oakville Larry Armatage www.familygolfoakville.com	905-842-6120
West Toronto Support Services (for cognitively impaired and/or physically frail seniors)	416-653-3535
Senior's Coordinate Service (Hispanic)	905-458-3295
Orangeville Seniors Centre	1-519-941-6012
Dufferin County (Shelburne)	1-519-925-5425

Transportation Services/Driving Back to Work Multicultural Services Housing

Agency	Telephone
Other Programs	
Taoist Tai Chi Society - Oakville - Mississauga	905-825-0514 905-274-0019
Services for Seniors - Halton - Etobicoke	905-825-6000 416-243-0127
Peel Senior Link	905-791-8668
Square One Older Adult Centre	905-615-3207
Flower City Senior's Recreation Centre - Brampton	905-874-3500
Senior Citizens Services and Centres (see yellow pages)	
YMCA - Brampton - Halton - Mississauga	905-451-9622 905-845-3417 905-274-0019
Peel Association for Handicapped Adults - Brampton and Mississauga	905-450-5207
Horseback Riding - Equestrian Association for the Disabled	905-679-8323
Track 3 Ski Association for the Disabled	416-233-3872
Recreational Respite Inc. www.recrespite.com	905-813-0336 1-877-855-7070

Transportation Services

The following agencies provide transportation in vehicles specifically designed for individuals with physical limitations and disabilities. Please call for cost of services.

Agency	Telephone
Transhelp - Peel www.region.peel.on.ca/transhelp	905-791-1015, ext 1
Care-A-Van - Halton	905-815-2020
Handi-Van - Burlington	1-905-639-5158
Wheeltrans - Etobicoke www.city.toronto.on.ca	416-393-4111
Wheelchair Accessible Transit Inc. -Toronto and surrounding area www.wheelchairtransit.com	416-884-9898
YRT Mobility Plus www.yorkregiontransit.com	905-762-2112
Dignity Transportation Inc. www.dignitytransportation.com	416-398-2222
Accessible Transportation Coordination Office - Peel Region (assist in identifying appropriate community services)	905-791-7800, ext 4205
City Taxi	416-740-2222
ESS Support Services www.esssupportservices.ca	416-243-0127

Agency	Telephone
Dufferin County Community Support Services (In-town and out-of-town for a small fee) - Shelburne	1-519-925-5452
Seniors for Seniors - Dufferin (to and from appointments)	905-276-1140
VON - Peel - Dufferin (For essential tasks of daily living i.e. banking)	1-800-727-1579 1-519-323-2295
Code 2 - Dufferin	1-800-490-4657
Activan Service - Halton Hills	905-873-2601 ext 2617
Disabled Transit Service - Milton District	905-878-7252 ext 2185
Red Cross Transportation - Oakville - Peel - Burlington	905-845-5241 905-890-0704 905-637-5644
Disabled Parking (Peel)	1-800-387-3445
Burlington Taxi	905-333-3333
Caledon Community Services (Bolton) info@ccs4u.org	905-951-2300 905-584-2300
Wheelchair Taxi Ontario	905-799-3648
RecRider (Recreational Respite) www.recrespite.com	905-813-0336 1-877-855-7070

Driving Assessment

Agency	Telephone
DriveAgain Driver Assessment and Training Centre driveagain@driveagain.ca	416-640-0292 1-888-640-0292
CDTS Inc. Key Drivers	905-842-8869
St. Elizabeth Health Care - Bloorview McMillan Centre, Driver Rehabilitation, Assessment and Training Services	416-398-1035
Hamilton Health Sciences Rehabilitation Program www.hamiltonhealthsciences.ca	905-521-2100
WRI Group - Drive Lab - Vocational Rehabilitation Services www.drivelab.ca	905-851-9391 1-877-967-5522
Ministry of Transportation - Accessible parking permits - Vehicle modifications	1-800-387-3445 1-800-268-1481 416-235-1773
DriveABLE - Milton www.driveable.com	1-888-881-3414

Back to Work

Agency	Telephone
Canada Pension Plan Disability Vocational Rehabilitation Program (CPP) (Assistance to CPP disability pensioners to return to former, modified or new job) www.hrsdc.gc.ca www.servicecanada.gc.ca	1-800-461-3422
Ontario March of Dimes (Job skills training and other return to work services) www.dimes.on.ca	416-425-3463
The Job Coach - Mr. Claire Stuart (private service)	416-628-5898
Canadian Council on Rehab and Work (promote and support equal and equitable employment of people with disabilities) www.ccrw.org	416-260-3060 ext 226 1-800-664-0925 ext 226
Mississauga Community Connections : Employment Access - a coalition for persons with disabilities	Mississauga East- 905-896-2233 Malton- 905-678-8515
Goodwill Works - Halton/Mississauga	905-634-1884
ODSP	See page 20
Peel Career Assessment Services Inc. (PCAS) www.peelcareer.com	905-670-1967

Multicultural Services

Agency	Telephone
Brampton Multicultural Community Centre	905-452-1262
Chinese Association of Mississauga www.ipoline.com/cam	905-275-8558
India Rainbow Community Services of Peel www.indiarainbow.org	905-275-2369
Multicultural Inter-Agency – Group of Peel (MIAG)	905-270-6252
Multicultural Council (will refer to appropriate recreation centre, translating and interpreting)	905-842-2486
Diversity Trillium	905-848-7580
Inter-Cultural Neighborhood Social Services (Peel) www.icnss.org	905-273-4884
Punjabi Community Health Services www.pchealthservices.com	905-301-2978

Agency	Telephone
Malton Neighborhood Services www.msninfo.org	905-677-6270
Catholic Cross-Cultural Services (CCS) (Assists in settlement and integration of immigrants and refugees) - Brampton - Mississauga	905-457-7740 905-273-4140
Trillium Health Centre Services Health Information and Wellness Centre (HIWC) - Mississauga Site - West Toronto Site www.trilliumhealthcentre.org/health	905-848-7511 905-848-4187
Mississauga Italian Canadian Senior's and Handicapped Club - Joseph Sciortino	905-890-3648

Housing

Resource Materials

Books

Websites

Alternative Therapies

Agency	Telephone
Help's Here Booklet (not all-inclusive) www.Helpshere.com	
Long-Term Care and Supportive Housing	See appropriate CCAC in your area
Senior's Residences	See Yellow Pages (Homes-Elderly)

Home Modification Programs/Equipment

Agency	Telephone
Ontario March of Dimes www.dimes.on.ca - Home and vehicle modification program	416-425-3462
Canada Mortgage and Housing Corporation Home Adaptation for Seniors Independence (HASI) (Helps qualified homeowners and landlords pay for minor home modifications that make it possible for low-income seniors to continue to live at home independently)	1-800-704-6488
Ontario Disability Supports Program (ODSP)	See Financial Resources Page 20
Residential Rehabilitation Assistance Program (RRAP)	See Financial Resources Page 20

Books

1. Stroke. A Comprehensive Guide to "Brain Attacks" by Dr. Vladimir Hachinski and Larissa Hachinski, Canadian Medical Association; 2003. Lous R. Caphlan. New York: Demos and Academy of Neurology Press, 2006. Provides useful information for stroke survivors and their families including types and causes of stroke, prevention and risk factors, treatments and recovery process.
2. Stroke and the Family: A New Guide, 1st edition by Dr. Joel Stein, Harvard University Press; 2004. Provides information on Stroke including description of stroke, prevention, recognition and importance of immediate treatment. Also talks about how survivors and their families can build their lives.
3. Stroke For Dummies, 1st edition by Dr. John Marler, Wiley Publishing; 2005.
4. Brain Attack. The Journey Back. A Unique Collection of Creative Writing about Stroke Recovery by Liz Pearl, KOPE Associates; 2005.
5. The Stroke Book: A Guide to Life after Stroke for Survivors and Those who Care for Them by June Biermann and Barbara Toohey. New York-Perguin 2005. Offers an analysis of new developments in stroke therapy, advice on coping with rehabilitation needs, prevention of future strokes and caregiver stress management.
6. What You Really Need to Know about Caring for Someone After a Stroke by Rob Buckman. 2000.
7. Living with Stroke: A Guide for Families by Richard C. Senelick. 1999.
8. Let's Talk About Stroke: An information guide for survivors and their families by Heart and Stroke Foundation of Ontario.
9. The Brain That Changes Itself by Dr. N. Doidge
10. Health Information and Wellness Centres at Trillium Health Centre (see Website/Telephone) - Books, Videos, Brochures, Health Information Packages
11. Over My Head by Claudia Osborne: An inspirational account of one medical doctor's courageous pursuit to cope with life following a severe traumatic brain injury and associated cognitive and memory issues.
12. A Change of Plans, Women's Stories of Hemorrhagic Stroke by Sharon Dale Stone

Websites/Telephone

- **211**
www.211ontario.ca
- **Active Living Alliance for Canadians with a Disability**
www.ala.ca
- **Canadian Stroke Strategy (CSS)**
www.canadianstrokestrategy.ca
- **Caregiver Network Inc.** 416-323-1090
www.caregiver.on.ca
Resource centre created to help caregivers of the elderly and ill
- **The Centre for Addiction and Mental Health (CAMH)**
www.camh.net 416-595-6100
- **GTA Rehab Finder**
www.gtarehabnetwork.ca
- **Health Care & Community Services**
www.310ccac.ca
- **Heart & Stroke Foundation of Ontario**
www.heartandstroke.on.ca
Provides information on stroke causes, treatment, prevention and research.
- **Internet Stroke Centre**
www.strokecenter.org
Current professional unbiased stroke information, care and research.
- **Ontario Community Support Association**
www.ocsa.on.ca
Provides information about community support agencies across Ontario (personal support, housing, day programs, meals on wheels, etc.)
- **Ontario Stroke Network**
www.ontariostrokenetwork.ca
- **Ontario Telehealth** 1-866-797-0000
Free, confidential telephone service you can call to get general health information from a Registered Nurse
- **Prevent Stroke (Health Nexus)**
www.preventstroke.ca
Provides information on stroke prevention and risk factors.
- **Public Health** - a resource centre for heart health ie. prevention strategies

Dufferin	1-519-846-2715
Halton	905-825-6000
Fergus	1-519-843-2460
Guelph	1-519-821-2370
Orangeville	1-519-941-0760
Shelburne	1-519-925-2000
Toronto Health Connection	416-338-7600
Region of Peel	905-799-7700
- **STROKENGINE**
(Focus is on stroke rehabilitation and interventions)
www.medicine.mcgill.ca/strokingengine
- **Stroke Recovery Canada (March of Dimes)**
www.strokerecoverycanada.com
Provides education and self help groups.

Alternative Therapies

The information provided below does not imply recommendation or endorsement of any particular course of treatment or therapy.

It should not be used as a substitute for the medical advice, recommendation or treatment of a qualified healthcare provider.

Internet Sites

The Canadian Health Network

www.canadian-health-network.ca

The CHN has a section on this topic. Follow the "Guided Search" link to find many authoritative articles and fact sheets on every aspect of alternative medicine.

National Centre for Complementary and Alternative Medicine

www.nccam.nih.gov

Dedicated to exploring complementary and alternative practices in the context of rigorous science.

The Alternative Medicine Homepage

www.pitt.edu/~cbw/altm.html

A collection of links to reputable sources of information on various types of complementary and alternative therapies.

New York Online Access to Health (NOAH)

www.noah-health.org

NOAH is maintained by a consortium of libraries in New York City and provides a collection of resources in the area of consumer health.

HerbMed

www.herbmed.org

An interactive electronic database that provides access to scientific data regarding the use of herbs for health.

Conductive Education-Ontario March of Dimes

ce@marchofdimes.ca

Community Resources

Acupuncture Foundation of Canada	416-752-3988
The Canadian Chiropractic Association	416-781-5656
The Canadian Naturopathic Association	416-496-8633
Reflexology Association of Canada	1-877-722-3338
Friends of Alternative and Complementary Therapies (FACT)	416-299-5113

Libraries

Mississauga Library System www.mississauga.ca/portal/residents/library	905-615-3500
Toronto Public Library System www.torontopubliclibrary.ca	416-393-7131
Brampton Library System www.bramlib.on.ca	
Caledon Library System www.caledonlibrary.on.ca	
Halton Library System www.library.hhpl.on.ca	

Stroke Prevention and Regional Hospitals

Stroke Prevention

Agency	Telephone
Trillium Regional Secondary Stroke Prevention Clinic	905-848-7379
Public Health Departments: - Peel www.peelregion.ca - Wellington/Dufferin - Halton - Etobicoke	905-799-7700 1-519-846-2715 905-825-6000 416-338-1579
Health Nexus www.preventstroke.ca	1-800-263-2846
Heart and Stroke Foundation of Ontario www.heartandstroke.ca	416-489-7100 Resources: 1-888-473-4636
Canadian Stroke Network www.canadianstrokenetwork.ca	1-613-562-5696
March of Dimes Stroke Recovery Canada www.strokerecoverycanada.com	1-888-540-6666
American Stroke Association www.strokeassociation.org	1-888-478-7653
Healthy Ontario.com www.healthyontario.com	
Public Health Agency of Canada www.publichealth.gc.ca	

Hospitals in the West GTA Area

Mississauga Halton LHIN (Local Health Integration Network)

Trillium Health Centre 905-848-7580
 - West Toronto
 - Mississauga Regional Stroke Centre

Halton Healthcare Services 905-845-2571
 - Oakville
 - Milton
 - Georgetown

The Credit Valley Hospital 905-813-2200

Central West LHIN

William Osler Health System 416-494-2120
 - Etobicoke
 - Brampton Civic

Headwaters Healthcare Centre 1-519-941-2702
 - Orangeville

West Park Healthcare Centre 416-243-3680

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