Recovery after stroke is possible but the road to get there is different for everyone. With help from the team of professionals you will meet along the way, you and your family will get the education and support needed to live well after stroke.

If you have a question about the next steps on your road to recovery, please talk to your nurse or therapist.

Stroke Community Navigator: Robyn O'Hara, 705-673-0655, ext 223
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**Recovery Starts**

**Stroke Education Classes:** For stroke patients and family on IRU. Topics include introduction to stroke, fall prevention and safety, diet, living with a stroke, community resources and driving.

**Donato House ($)**: temporary 2 bdrm barrier free apartment at ICAN. Respite or longer rehabilitation stays. You can work towards further rehab goals or community re-integration.

**Adult Day Program Alzheimer’s Society ($)**: programs designed to help maintain quality of life for those individuals experiencing memory loss.

**VON Adult Day Program ($)**: An opportunity to socialize in a supervised setting. Activities include cards, games, exercise, etc.

**YMCA ($)**: Recreation, pool and fitness areas. Subsidized memberships available.

**Meals on Wheels ($)**: provide low cost meals delivered directly to your home Monday through Friday. Meals may be tailored to dietary needs.

**DARS ($)**: Driver Assessment and Rehabilitation Service offers tests and services to help with a safe return to driving whenever possible.

**Private Therapy Services ($)**: including PSW support, physiotherapy, SLP, OT, nursing, etc.

**NE CCAC**: provides in home services including nursing, personal care, caregiver respite, physiotherapy, OT, speech therapy, social work, nutritional counseling and medical supplies and equipment.

**Help Line ($)**: a personal help button that automatically dials the emergency number.

**Orthotics Clinic ($)**: makes and fixes braces.

**Transportation ($)**: Specialized transportation is available. Wheelchair taxis; Handi Transit; Red Cross Senior’s Transportation Program.

**ICAN (Independence Centre and Network)**: offers programs for people with physical disabilities, including: cognitive remediation, life skills, heart healthy kitchen, individual & group exercise programs (TIME™ and FAME™), communication group and aqua fitness.

**STAT**: Short Term Assessment and Treatment outpatient therapy program and stroke recheck clinic that will allow you to continue your rehabilitation after hospital discharge.

**Recovery Continues**

**ParkSide Centre ($)**: Drop-in activities and programs such as cards, pool, woodworking, etc. Access to the YMCA at a discounted fee.

**Independent Living Sudbury/Manitoulin ($)**: Offers persons with disabilities a variety of programs such as adapted technology training, skills development, computer lab and peer support.

**Living with Stroke™ Program**: 8-week series of classes on stroke education and support for people with stroke/family.

**Stroke Support Group**: connect monthly with others for education, support and dinner socials.

**Leisure Guide Sudbury ($)**: Available via City of Greater Sudbury. Info on programs and groups offered in the community for physical fitness, seniors clubs and community activities.

**Exercise in the community ($)**: Aqua therapy programs at many local pools; Exercise programs at ICAN; Stand Up exercise classes across the city to help reduce senior’s falls; Frail to Fit falls prevention class via The North East Specialized Geriatric Services, Tai Chi Recovery Group, etc. There is an exercise guideline pamphlet to help you find a class that is right for you.