

### Who can apply?

If you've had a stroke or are supporting someone who has had a stroke, or are a professional caring for a stroke survivor, you may apply for our services.

### Where is the service located?

We have teams located in the Thames Valley Region (covering Elgin, Oxford, Middlesex & SW Norfolk counties), as well as in Huron-Perth and Grey-Bruce counties.

Therapy, education and support services will be provided in your home and/or the community where you live.

### How do you know which kind of therapy will help?

We complete specialized assessments and use information provided by your health care team, you, and your family/supports. Considering what activities are most important to you, we then create an action plan to help you be able to do these things or other activities that you enjoy.

### How much does it cost?

There is no cost for our services as long as you have a valid Ontario Health Card.

### What kinds of therapy are available?

Our team members work collaboratively to make sure you have the therapy, education and support you need to reach your potential. They will also make recommendations geared to promote healthy living to help reduce your chance of having another stroke.

- **Registered Nurse** – Answers questions about your health, reviews your medications and teaches you how to prevent another stroke.
- **Physiotherapist** – Helps you to improve strength, endurance and balance so you can move better.
- **Occupational Therapist** – Helps you with daily activities such as dressing, cooking, and bathing, and supports challenges with vision, thinking, and memory.
- **Speech Language Pathologist** – Helps you improve communication, reading, comprehension, and swallowing abilities.
- **Social Worker** – Provides support to help you adjust to the changes you have experienced since your stroke.

- **Therapeutic Recreation Specialist** – Helps you find leisure activities that you enjoy and you can do in your home or community.

- **Rehabilitation Assistant** – Works closely with you to practice the programs recommended by the other health care professionals.

### How long does the therapy last?

The amount of therapy you receive depends on your needs and the rehabilitation goals that you set. Our service is short term. Our goal is to help you return to activities that you enjoy, and if needed, connect you with local resources to support your ongoing needs.

### What if our family and/or caregiver is having a hard time coping?

We understand that families and caregivers often need support and information to help them during this difficult time. We provide education and supportive coaching to them as well. In addition, we can help you navigate the health care system when you are unsure where to go for the right help.

**We hope this handout helps you understand more about our services.**

**If you'd like more information or have any questions, please call us.**



#### Thames Valley:

T: 519-685-4242 x45034

F: 519-685-4802



#### Huron Perth:

T: 519-527-8425

F: 519-272-8242



#### Grey Bruce:

T: 519-376-2121 x2584

F: 519-378-1550