

Community Resources for Stroke Survivors in the Champlain Region



Champlain Online Resource Hubs

211 - Eastern Region Ontario

<https://easternontario.cioc.ca/>

Champlain Health Line

<http://www.champlainhealthline.ca/>

Renfrew Specific Community Resource Hub.

County Connections - Renfrew County database of Community Services:

<https://renfrewcountyconnections.cioc.ca/>

Physical Health Management

Health Care Connect

<http://www.health.gov.on.ca/en/ms/healthcareconnect/pro/>

College of Physicians and Surgeons of Ontario

<http://www.cpso.on.ca/public-register/all-doctors-search>

Champlain LHIN Home and Community Care (formerly CCAC)

Nursing, Medical supplies and equipment, rapid response nurses.

<http://healthcareathome.ca/champlain/en>

Primary Care Outreach

South East Ottawa CHC, Centretown CHC, Somerset West CHC, Carlington CHC and Pinecrest Queensway CHC. Stephanie Dickinson, Program Coordinator, at 613-737-5115, ext. 2418.

- RN and community health worker visit vulnerable seniors (65 +) in their homes to provide support with their care and link them to appropriate community resources. Referrals are accepted from any source and clients may be helped for a short time or for many years, depending on their needs.

Brochure and referral form here:

<http://www.seawayvalleychc.ca/primary-care-outreach/>

Community Resources for Stroke Survivors in the Champlain Region



Health Links - Champlain

<http://health.gov.on.ca/en/pro/programs/transformation/community.aspx>

Health Links Centers

Ottawa:

Arnprior Region: [Arnprior Regional Health](#).
Ottawa West: [Western Ottawa Community Resource Centre](#)
Central Ottawa: [South-East Ottawa Community Health Centre](#)
South and West Ottawa North
Grenville: [Pinecrest-Queensway Community Health Centre](#)

Eastern Counties/

Cornwall:
Stormont, Glengarry,
Cornwall & Akwesasne: [Cornwall Community Hospital](#)
Upper Canada: [Winchester District Memorial Hospital](#)
Prescott-Russell: [Champlain Community Care Access Centre](#)

Pembroke/

Renfrew County:
North Renfrew County: [Pembroke Regional Hospital](#)
South Renfrew: [St. Francis Memorial Hospital](#)

Functional & Psychological Health

Champlain LHIN Home and Community Care (formerly CCAC)

Nursing, Personal support - such as bathing and getting dressed, PT, OT, SLP, Social work, Nutritional counseling, Medical supplies and equipment, rapid response nurses.

In SDGA new stroke-specific community-based rehabilitation program

<http://healthcareathome.ca/champlain/en>

University of Ottawa – Interprofessional University Clinic (services provided in French)

Audiology, OT, Nutrition, SLP, PT, Nursing outpatient services
for a fee

<https://health.uottawa.ca/interprofessional-clinic/>

Champlain ABI Coalition

Champlain system navigator for ABI (can assist stroke survivors who have a stroke –related acquired brain injury - depending on the goals/desired service supports)

<http://champlainabicoalition.com/>

Suzanne McKenna

Intake/Systems Navigator for ABI

Champlain CCAC

(613) 745-5525 x5963

suzanne.mckenna@champlain.ccac-ont.ca

Community Resources for Stroke Survivors in the Champlain Region



Ministry of Health Assisted Devices Program

<http://www.health.gov.on.ca/en/public/programs/adp/default.aspx>

March of Dimes – Home Vehicle Modification Program

<http://www.marchofdimes.ca/EN/programs/hvmp/Pages/HomeandVehicle.aspx>

University of Ottawa Eye Institute

<http://www.ottawahospital.on.ca/wps/portal/Base/TheHospital/ClinicalServices/DeptPgrmCS/Programs/EyeInstitute>

Canadian National Institute for the Blind - CNIB

<http://www.cnib.ca/en/Pages/default.aspx>

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| CNIB Sites Ottawa: 1355 Bank Street phone: (613) 563-4021 | Eastern Counties/ Cornwall: 4 Montreal Road Cornwall, ON phone: (613) 936-2300 | Pembroke/ Renfrew County: Pembroke, ON phone: (613) 735-1921 |
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Heartwise Exercise - Need physician "consent to exercise"

<http://heartwise.ottawaheart.ca>

Aphasia Centre

Bilingual conversation groups, SLP, SW and PT, caregiver and survivor workshops, fitness programs, etc...
Requires a referral – SLP, SW or Physician.

<http://aphasiaottawa.org>

Adult Day Programs

<http://www.champlainhealthline.ca/listservices.aspx?id=10347®ion=Champlain>

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Stroke Survivor Peer Support Groups

Peer Support Groups

Ottawa:

Stroke Survivors Association of Ottawa

<http://www.strokesurvivors.ca>

Monthly Meetings:

Our Lady of Fatima Parish at

153 Woodroffe Avenue.

613-237-0650

Eastern Counties/

Cornwall:

Eastern Ontario Stroke Survivor Support Group

<http://www.stroke-easternontario.org>

Riverdale Terrace

1200 Second St. W.

Cornwall, ON

(613) 933-1151

Pembroke/

Renfrew County:

Stroke Survivor Group

700 McKay St. - Carefor Office

613 732 9993

Vista Centre – Brain Injury Services

Ottawa:

<http://www.vistacentre.ca>

211 Bronson Avenue, Suite 214

Ottawa, Ontario

Tel (613) 234-4747

Community Resources for Stroke Survivors in the Champlain Region



Family and Caregiver Well Being

Online Hubs – Search “Caregiver Resources”, “Mental Health”, “Counseling Supports”.

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<https://easternontario.cioc.ca/>

Champlain Health Line

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Renfrew Specific Community Resource Hub.

County Connections - Renfrew County database of Community Services:

<https://renfrewcountyconnections.cioc.ca/>

Aphasia Centre – Family/caregiver counseling and support.

<http://aphasiaottawa.org>

Stroke Survivor Groups (list provided in previous section) - Caregivers welcome!

Champlain LHIN Home and Community Care (formerly CCAC)

Respite

<http://healthcareathome.ca/champlain/en/care/patient/Pages/Respite.aspx>

Adult Day Programs – another respite option

<http://www.champlainhealthline.ca/listservices.aspx?id=10347®ion=Champlain>

March of Dimes Warm Line

Information and support groups for stroke survivors and their caregivers. Stroke Information

1-888-540-6666

Community Resources for Stroke Survivors in the Champlain Region



Reintegration Into Social and Life Roles

Advance Care Planning – Under “Topics” and “Decisions”

Canadian Virtual Hospice

<http://www.virtualhospice.ca>

Ministry of Health and Long-Term Care – Power of Attorney Kits and Living Wills

<http://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/incapacity/poa.php>

Transportation

Champlain Community Transportation Collaborative

| Trans. Collaborative Contacts | Ottawa: Rural and Urban Ottawa (inside old city boundaries): Chantal Gregoire (Carefor Health and Community Services) 613-740-5785 cgregoire@carefor.ca | Eastern Counties/ Cornwall: (Prescott and Russell United Counties * Stormont, Dundas and Glengarry United Counties): Greg (Carefor Eastern Counties) 613-932-9298 ext 245, Toll-free 1-888-440-7168 | Pembroke/ Renfrew County: (Calabogie, Arnprior, Renfrew, Eganville, Golden Lake, Barry's Bay, Pembroke, Petawawa, Deep River): Netty Graham (Carefor Pembroke-Renfrew County) 613-732-9993 ext 3212 / toll free 1-877-358-1387 |
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Finances/Employment- Ontario Works

<http://www.mcsc.gov.on.ca/en/mcsc/programs/social/ow/>

Helpline/Life Line Services

Life Line

<https://www.lifeline.ca/en/>

Elizabeth Bruyere Helpline (bilingual)

<http://www.bruyere.org/en/bruyere-helpline>

Phone: 613-562-6368 or 1-888-557-2019

Ottawa specific Options:

Tétebonjour, Centre de services Guigues - Morning phone call check-ins

<http://www.centresg.ca/programmes-services/pour-vous-soutenir//>

613-241-1266

Telephone Assurance, Good Companions Seniors Centre, Services

(Seniors 55+ with physical disabilities who live north of the Queensway - Preston St. and Blair Rd).

<http://thegoodcompanions.ca/community-support-services/telephone-assurance-program-tap/>

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March of Dimes

May fund attendant services for IADLs, funding support for employment services, recreation and integrations services.

<http://www.marchofdimes.ca/EN/programs/Pages/default.aspx>

Ottawa Community Support Coalition

<http://www.ocsc.ca/en/support-services/community-support-services>

Home Meal Delivery – Search “Meal Delivery”

<http://www.champlainhealthline.ca>

Self Management:

Living Healthy Champlain

<https://www.livinghealthy Champlain.ca>

Online Chronic Disease Management Program

<http://www.ontarioselfmanagement.ca>
