Southwestern Ontario Stroke Network
Community Resources

Family Medicine
October 3, 2018

Margo Collver, Community & Long Term Care Coordinator
Lyndsey Butler, Rehabilitation Coordinator
More than 400,000 Canadians are living with the effects of stroke.

In the next 20 years, the number of Canadians living with stroke will almost double.

Half of people who experience stroke need help with daily activities.

One in three stroke survivors is diagnosed with aphasia.

70% of women don’t know any stroke risk factors.

Fewer women participate in stroke rehabilitation than men.

2017 and 2018 Stroke Report, Heart&Stroke
http://www.heartandstroke.ca/what-we-do/media-centre/stroke-report
CorHealth Ontario

• In 2016, the Cardiac Care Network of Ontario and the Ontario Stroke Network merged to form one organization, with a mandate spanning cardiac, stroke and vascular care in the province.

• On June 22, 2017, after a year of transition, the new entity became CorHealth Ontario. Visit us at corhealthontario.ca.

• Together with our partners, CorHealth Ontario is central and essential to the cardiac, stroke and vascular care in the province.
SWO Stroke Network

- regional program which collaborates with hospitals and agencies across the care continuum for both regional and local strategies in stroke prevention and care

As part of the Ontario Stroke System, our vision is:

FEWER STROKES. BETTER OUTCOMES
Who is part of our team?

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doug Bickford</td>
<td>Program Manager</td>
</tr>
<tr>
<td>Gwen Stevenson</td>
<td>Regional Prevention Coordinator</td>
</tr>
<tr>
<td>Vacant</td>
<td>Regional Acute Care Coordinator</td>
</tr>
<tr>
<td>Lyndsey Butler</td>
<td>Regional Rehabilitation Coordinator</td>
</tr>
<tr>
<td>Margo Collver</td>
<td>Regional Community &amp; Long Term Care Coordinator</td>
</tr>
<tr>
<td>Jean Morrow</td>
<td>Regional Education Coordinator</td>
</tr>
<tr>
<td>Sara Gilbert</td>
<td>Administrative Assistant</td>
</tr>
</tbody>
</table>
Southwestern Ontario

Windsor Regional Hospital
Chatham Kent Health Alliance
London Health Sciences Centre
Owen Sound Site (GBHS)
Stratford General Hospital (HPHA)
District Stroke Centre
Regional Stroke Centre
Secondary Prevention Clinic
Standalone Inpatient Stroke Rehabilitation Program

Bluewater Health, Sarnia
Parkwood Institute (SJHC-L)
Windsor Regional Hospital
Chatham Kent Health Alliance
Woodstock Hospital
London Health Sciences Centre
St Thomas Elgin General Hospital

Telesstroke Site (AMGH)
Stroke Prevention, Rehabilitation & Recovery Components

South West Local Health Integration Network

Community Hub
- Navigation
- Client Database
- Follow up Phone Calls
- Supervised Exercise
- Access to Specialized Consults
- Risk Factor Management
- Resource Library
- Education

Rapid Specialized Medical Services
- Urgent TIA Assessment
- Decision Algorithm for Primary Care
- Timely Carotid Revascularization
- Diagnostics at Stroke Centre Emergency Department
- Follow up with Physician with Stroke Expertise
- Communication Strategy with Primary Care

Ongoing Support & Recovery
- Community Re-engagement
- Stroke Specific Adult Day Programs
- Peer/Caregiver Support
- Rehabilitation Facilitator
- Exercise Programs
- Therapy Groups

Specialized Intensive Rehabilitation
- Early Supported Discharge
- Integrated Interprofessional Team
- In-home or clinic services
- Client Centred Treatment Plans
- Short Term Consultations
Outpatient Programs in London Middlesex Oxford

Comprehensive Outpatient Rehabilitation Program (CORP)

- London-based program available to all who can travel to Parkwood Institute for therapy using own transportation
- Goal-directed, comprehensive rehabilitation program
- Physician referral required, form available online
Intensive Rehabilitation Outpatient Program (IROP)

- Goal-directed, comprehensive rehabilitation program out of Woodstock Hospital
- Oxford county residents
- Physician referral required (form available online)
Community-Based Program

Community Stroke Rehabilitation Team (CSRT)

- 3 stroke specialized teams providing in-home/community rehabilitation to clients throughout the LHIN
- Central intake office at Parkwood Institute
- Referral form available online (*physician referral not required*)
TAAPS—Transitional Accessible Aquatic Program

- In partnership with St. Joseph’s Health Care London
- Spring/Fall—8 week sessions Horton Street Seniors Centre Wellness Pool

Contact April Zehr 226-448-0873
Aphasia & Communication Groups

Conversation Groups and individual support for people with aphasia & other neurological disorders.

- Community Stroke Rehab Team 1-866-310-7577
- Western University 519-661-2021
- Woodstock Hospital 519-421-4211 x2231
- Dale Brain Injury 519-668-0023 ext 319
Stroke Adult Day Programs

**Stroke Day Programs:** Community based programs offering support for both physical and social needs once transitioned from formal rehabilitation.

- Woodstock: VON  519-539-1231
- Aylmer: County of Elgin  519-631-1030  ext 310

(Also location in Clinton through One Care Home & Community Support)
VON SMART Stroke Exercise Program

- Focus on functional tasks, cardio endurance, balance & mobility.

- **London:**
  - Stoney Creek YMCA 519 659-2273 ext 2267.

- **Woodstock:**
  - Oxford VON 519-539-1231
Stroke Recovery London Chapter

March of Dimes

- Post recovery support, education and programs for stroke survivors, their families and caregivers, held monthly.
- **Cookies and Cards**: Meets Fri 10am-12noon
  Toll-free: 1-800-263-3463

  **Location**: The Moose Lodge, 6 Weston St. London

For information please call 226-787-0040
What are Community Support Services?

**Meals and Nutrition** – includes: Community Dining; Hot Meals on Wheels; Frozen Meals on Wheels; Nutrition Screening

**Education and Supports** – includes: Adult Day Program; Individual and Group Support; Education; Information and System Navigation, Caregiver Support

**Safety and Reassurance** – includes: Visiting & Telephone Reassurance; Education & Behavioural Supports; Support on Hospital Discharge; Personal Emergency Response System; Shopping Services

**Health and Wellness** – includes: Social Programs; Group Fitness; Self-Management; Bathing; Health and Education; Falls Prevention; Medication Management Supports; Counselling and Social Work Supports

**Support in the Home** – includes: Personal Support; House Keeping; In-Home Meal Preparation; In-Home Exercise; Respite; Caregiver Relief; Cheshire

**Transportation** – includes: Medical; Social; Errands; Escorts

**Intensive Support Programs** – includes: Assisted Living; Adult Day Programs; Overnight and Day Respite; Supportive Housing

**Specialized Services** – includes: Memory Loss/Dementia; Acquired Brain Injury; Adults with Developmental Disability
A “Virtual Organization” and a New Experience for Clients and Caregivers:

- Any door is the right door – a phone call to any CSS organization (or directly to Central Intake) will gain you access and registration to any CSS service in the sub-region
- Shared common intake for all CSS services across the South West LHIN - only tell your story once
- One phone call to change or cancel services and update all provider agencies about changes in home situation or health status
- One common package of information outlining directions for service delivery
- Care is coordinated between all CSS provider agencies and with other health service providers, including Health Link Coordinated Care Planning
Going Live.....

**Early data (July 30 – Sept 21):**

- 82 intakes completed
- 152 services registered
- 15 HPG referrals processed
- 22 general inquiry calls

- over 40% of individuals are registering with more than one organization,
- over 50% are registering for more than one service.
- 10% have been referred to LHIN Home Care for additional support

- All sub-regions have Lead Agencies who are coordinating CSS network’s central intake using a model that has been developed as a pilot in Huron-Perth. The Lead Agency in London Middlesex is Cheshire

- A Collaborative Intake Team is housed at Cheshire but the team is made up of staff from: Cheshire, Alzheimer’s Society, Meals on Wheels and VON

- The Intake Team in London Middlesex went “Live” on July 30, 2018 with a very slow launch, bringing one partner on at a time with the goal of having all 21 organizations on-board by the end of the calendar year. New clients calling those organizations will be “warm transferred” to Central Intake for assessment and registration of CSS services.

- A formal “Launch” with the public release of the one-number, will be planned for the new year, once Central Intake is fully live with each partner and confident that the processes are fully tested with each agency.

- As of September 28, 2018 – Central Intake has gone live with:
  - Cheshire,
  - Meals on Wheels London,
  - VON (Middlesex),
  - Over 55,
  - Third Age Outreach, and
  - Alzheimer Society London Middlesex
• [http://www.thehealthline.ca/](http://www.thehealthline.ca/)

Stroke Resources

Learn more about the many services available to help people who have survived a stroke, their family members and their caregivers.

[www.stroke.southwesthealthline.ca](http://www.stroke.southwesthealthline.ca)
GREY, BRUCE, HURON, PERTH, LONDON-MIDDLESEX, OXFORD, ELGIN, AND WEST NORFOLK COUNTIES

[www.stroke.erieclairhealthline.ca](http://www.stroke.erieclairhealthline.ca)
SARNIA-LAMBTON, CHATHAM-KENT, WINDSOR-ESSEX COUNTIES
Stroke Resources

Welcome

If you, or someone you care about, has had a stroke, you probably want to know where you can get more information and help. Many services are available to help people who have survived a stroke, their family members and their caregivers. The following list identifies areas where you may be having difficulty or need help following a stroke. Click on a category below to visit a list of resources related to that topic.

Where can I find help with...

- My health
- Getting around
- Where I live
- Social supports
Aphasia Institute

WHAT IS APHASIA?
An information booklet for adults with aphasia, their families and their caregivers.

APHASIA?

AHA!
Return to Work

www.swostroke.ca/return-to-work

A website for stroke survivors and the health and social service providers supporting them along the ‘return to work’ journey.

- Interactive “return to work” self assessment guide
- Inventories of helpful community services across Southwestern Ontario
- Government financial support resource
- Job benefit resource
- Information on volunteering
- Literature review

Website developed by the Southwestern Ontario Stroke Network Return to Work Working Group.
Your Stroke Journey

A guide for people living with stroke
Driving

- Accessible parking permits
- Transportation options – thehealthline.ca
- OT Network – “Driving After a Stroke in Ontario”
- Driving Assessment Centres
  - CBI Physiotherapy and Rehabilitation Centre - London
  - DMA Rehabilitation
  - Parkwood Institute
Updated Guidelines

2017
• Secondary Prevention of Stroke

2018
• Acute Stroke Management: Prehospital, ED and Acute Inpatient Stroke Care
• Acute Stroke Management during pregnancy
THE SIGNS OF STROKE

LEARN THE SIGNS OF STROKE

FACE  is it drooping?
ARMS  can you raise both?
SPEECH is it slurred or jumbled?
TIME  to call 9-1-1 right away.

ACT  FAST BECAUSE THE QUICKER YOU ACT,
THE MORE OF THE PERSON YOU SAVE.

© Heart and Stroke Foundation of Canada, 2014

If you or someone with you experiences any of these signs, call 9-1-1 or your local emergency number immediately.
Information

- More information regarding stroke and stroke care can be found at
  - [www.strokebestpractices.ca](http://www.strokebestpractices.ca)
  - [www.corhealthontario.ca](http://www.corhealthontario.ca)
  - [www.heartandstroke.com](http://www.heartandstroke.com)
  - [www.swostroke.ca](http://www.swostroke.ca)

Questions and comments can be sent to
- [Margo.Collver@lhsc.on.ca](mailto:Margo.Collver@lhsc.on.ca)
- [Lyndsey.Butler@lhsc.on.ca](mailto:Lyndsey.Butler@lhsc.on.ca)
Questions/Comments