Helpful Community Resources for Cardiology Patients

For patients returning home from hospital after heart surgery

Read this guide to learn where you can find more information or support for:

- Cardiac care and heart health
- Healthy eating
- Cardiac rehabilitation
- Stop smoking programs
- Health and social services
- Counseling and stress management
- Other general information about artery disease
Where can I find some helpful community resources?

There are many different kinds of community resources that you might find helpful. You might find these resources helpful during your recovery. They can even help you after your recovery.

Community resources can be things like:
- clinics in hospitals
- community centres
- education programs
- websites or books

Below is a list of community resources that can help. These resources can support you during your recovery. They can also help you adjust to living with your heart disease.

If you do not find what you need in the list, contact:

**Community Resources Helpline**

The Community Resources Helpline can help you find other community resources or support. To find more information call them or visit their website.

Phone: dial 211
Website: www.211.ca
Cardiac Care and Heart Health Clinic
Toronto Western Hospital, University Health Network

Contact
Phone: 416-603-5268

The Cardiac Care and Heart Health clinic can help you control your heart disease risk factors. The health care team is trained to:

- help you to quit smoking
- teach you how to eat a healthier diet
- help you get started on a regular exercise program
- help you to learn how to manage your stress better
- make sure you are on the best medicines for your heart

The health care team will work with you, your family doctor and/or your cardiologist. This is a 6 month program to help you manage your heart condition.

Please talk to a member of your health care team or call the number above for more information.

**You will need a doctor’s referral to access the Cardiac Care and Heart Health program.**
Heart healthy eating

Cardiac and Outpatient Dietitians
University Health Network, Toronto Western Hospital
Phone: 416-603-5800 extension 6478

Cardiac Inpatient Dietitian
University Health Network, Toronto General Hospital
Phone: 416-340-4800 extension 3139

Dietitians of Canada
Contact
Website: www.dietitians.ca
On the Dietitians of Canada website, you can find:
• a dietitian in your area
• heart healthy recipes
• answers to frequently asked questions
• contact information

Cardiac rehabilitation

GTA Rehab Network
Contact www.gtarehabnetwork.ca

There are a number of cardiac rehabilitation programs in the greater Toronto area. To join one of these programs, you will need a referral from your doctor. Talk to your doctor if you are interested.

For more information, visit the website for GTA Rehab Network.
Identification bracelets

Canadian Medic-Alert Foundation

Contact
2005 Sheppard Ave. East, Suite 800
Toronto, ON M2J 5B4
Phone: 416-696-0267

Stop smoking programs

The Ontario Lung Association
The Heart and Stroke Foundation (Ontario)

Phone: 1-888-344-5864
Phone: 1-888-473-4636
Website: www.on.lung.ca
Website: www.heartandstroke.ca

Smoke Enders

Contact
Phone: 1-800-828-4357
Website: www.smokenders.com

Canadian Cancer Society

Contact
Phone: 1-888-939-3333
Website: www.cancer.ca
Home Care Services/Community Care Access Centre (CCAC)

Contact
Website: www.healthcareathome.ca/central/en

The Community Care Access Centre (CCAC) provides health and personal support services to people in their homes. These services include:

- nursing
- physiotherapy
- occupational therapy
- social work
- nutritional counselling
- personal care assistance
- speech therapy

A CCAC coordinator will meet with you while in the hospital. They will find out what services you will need when you return home. They will also let you know what home care services you are eligible for.

Their website can help you find the CCAC that is nearest to you.
Counseling and stress management

Your health care team or family doctor can refer you to a psychiatrist, psychologist or social worker. They can let you know if this would be a useful resource for you.

Ontario Psychological Association Referral Service

Contact
Phone: 416-961-5552

Psychotherapy Referral Service

Contact
Phone: 416-920-0655
Website: www.prstoronto.com

Help Line

Contact
Phone: 1-800-268-1154

Coronary artery disease resources

Heart and Stroke Foundation (Ontario)

Contact
2300 Yonge Street, Suite 1300
Toronto, ON M4P 1E4
Phone: 416-489-7111
Website: www.heartandstroke.ca

American Heart Association

Contact
Website: www.heart.org