

Planning for Life After a Stroke

Resources for stroke rehab patients

During the stroke rehab program you may be thinking about your future. Stroke survivors may wonder:

- How will I care for myself?
- How will I pay my rent?
- How can I get back to doing the things I used to do?

Caregivers may worry about:

- Where can I get help?
- I don't know how to deal with certain issues. What services can help me?
- After therapy, now what?

There are programs that can help you



What kind of help can I get?

There are community agencies that:

- Can give you support at home
- Have social or recreation programs
- Have services to help with specific issues

Here are some things they can help with:

- **Transportation** (Wheel-Trans, community agency taxis)
- **Income** (applications for Ontario Works, Ontario Disability Support Program (ODSP), Canada Pension Plan – Disability)
- **Drug** costs (Trillium Drug Program)
- **Meals** (Meals-on-Wheels)
- **Other therapy** (outpatient centers, private therapy)
- **Home care** (Community Care Access Centre, fee-for-service help)
- **Choices for where to live** (long-term care, housing with supports in place, Housing Connections)
- **Recreational programs** (fitness programs, social clubs, support groups)
- **Personal alarm systems** (press a button when you have fallen or need help at home)
- **Help for Caregivers** (respite, caregiver support groups)

For more information:

- Ask your social worker or community resource worker
- Phone 211 or visit www.211.ca

Who else can help?

You may have questions about many issues. Here are some others you can talk to:

- The Sunlife Patient and Family Resource Centre librarian
- Your family doctor
- Rehab team members
- Family and friends
- Spiritual, religious or cultural group leaders

**Don't be afraid to ask for help.
It can help you recover better and faster.**



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