

# 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 centres, private therapy)
- **Home care** (Home and Community Care Support Services – personal support workers covered by OHIP, also fee-for-service help)
- **Choices for where to live** (long-term care, housing with supports in place, Toronto Community Housing for applications to rent-geared-to-income housing)
- **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 to speak to a person who can answer questions about available community services, or visit [211central.ca](https://www.211central.ca) to search their database of community services.

## Who else can help?

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

- Your family doctor
- Your rehab team members
- Family and friends
- Spiritual, religious or cultural group leaders

**Don't be afraid to ask for help.  
Using community programs and services can help you be more independent and enhance your stroke recovery.**



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