

What is After Stroke?

The After Stroke programs link survivors and their family members to community programs and services, useful information, and resources. Transitioning to the home can be a very complex and challenging process and our services are here to support everyone involved in the process.

What is Peers Fostering Hope?

The Peers Fostering Hope program provides opportunities for new stroke survivors and family members to talk openly about recovery with someone who is far along on the path to recovery. The one-on-one meetings happen in the hospital and help new survivors to community, feel empowered about their future, increase overall wellbeing, and receive useful and effective information from someone who has been in their position.

What is a peer support group?

Peer support groups give survivors, their families, friends and caregivers the opportunity to share their personal stories, struggles and triumphs that are experienced throughout the journey of recovery. A support group also offers a network of support, information and resources.

Peer support groups range in size, purpose, age, settings, and background. Some support groups are specific for young stroke survivors and caregivers.



After Stroke Services:

Stroke survivors and their families have access to:

Peer Support Groups	Contact us to <i>find a group in your area</i> or if you are interested in starting your own group.
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<p style="text-align: center;">Stroke Warmline®</p> <p style="text-align: center;">1-888-540-6666</p>	<p style="text-align: center; font-size: 0.8em; margin: 0;">Realizing the Possible</p> <p>A toll-free number that offers information and support for stroke survivors and family. It operates Monday to Friday 9:30am to 4:00pm EST. A staff or volunteer will answer with information or help connect the caller with a <i>fellow stroke survivor or caregiver.</i></p>
<p>Recovery Programs</p>	<p>Peers Fostering Hope: a hospital visitation program that provides support to new stroke survivors and their families</p> <p>Conductive Education: an innovative physical and neuro-motor rehabilitative program that uses specialized learning strategies to perform daily functions. Activities are broken down into doable tasks that stress routine and utilize positive reinforcement.</p> <p>Together in Movement and Exercise (T.I.M.E): A group exercise class that was founded through the Toronto Rehabilitation Institute. It is a circuit-based routine that helps participants strengthen muscles, increase cardiovascular health, and become more confident in their abilities.</p> <p>Aphasia and Communication Disabilities Program (ACDP): Adult day program for people with communication disorders led by a group of seasoned Speech Language Pathologists (S-LP), Communicative Disorders Assistants (CDA), and volunteers. The program focuses on helping clients to become active and happy participants in their community. Locations in Richmond Hill, Maple, Newmarket, Peterborough, Stouffville, and Vaughan.</p> <p>*This program is funded by the Central LHIN.</p> <p>Next Steps: a walking program that focuses on having fun, setting goals, and staying motivated by walking! Members walk at their own pace and distance in an indoor mall with access to washrooms and seating.</p>

Independent Living	<p style="text-align: center; font-size: small;">Realizing the Possible</p> <p>One-to-one attendant and supportive care through community outreach and supportive housing.</p>
Newsletter <i>The Phoenix</i>	<p>This FREE bi-annual newsletter shares survivor stories, services, information and current research relevant to stroke. Contact us to join our mailing list!</p>
Recreational Services	<p>Summer Recreation Program: recreational program that runs throughout the summer in Ontario, British Columbia, and Alberta. Participants enjoy activities such as swimming, kayaking, canoeing, arts and crafts, and other fully accessible and adapted outdoor activities</p> <p>Recreation and Accessible Travel Program: day trips to destinations across southern Ontario, sporting events and shows, as well as week-long vacations to locations in Canada, the U.S.A., and overseas.</p> <p>Aphasia Camp, Aphasia Retreat Day, Stroke Winter Retreat: overnight recreational and leisure retreats for people with aphasia, stroke survivors, and their family friends. Aphasia Camps are run annually in Ontario, British Columbia, Alberta, Manitoba, and Nova Scotia.</p>
AccessAbility Services	<p>Home and Vehicle Modification Program (HVMP) and Assisted Devices Program (ADP) help individuals who are in financial need to purchase devices or equipment and/or modify their home and vehicles to enable activities of daily life.</p> <p>DesignAbility provides customized supports for clients who have special and unique needs.</p>

Additional Programs and Services at March of Dimes Canada:

- Acquired Brain Injury Services
- Employment Services
- Canadian Veterans Vocational Rehabilitation Services
- BeFriending®
- Information, Advocacy, and Research
- Northern Medical Clinics
- Polio Canada®