

*Life after stroke.  
Let's make it happen!*



COMMUNITY **Stroke**  
**Rehabilitation** TEAM

Specialized expertise, coordinated teamwork  
and a personalized approach to supporting  
stroke survivors in their communities.

## Innovative problem solving and help implementing solutions

Stroke survivors and their families often feel overwhelmed trying to figure out how to make the home environment safe, do activities together, get to appointments, practice exercises, communicate well and cope with strong emotions.

**Our team members work closely with them to come up with practical solutions to the challenges they face.**

## Care based on the latest stroke research

Based on research conducted in Canada and around the world, our team has special knowledge and skills to implement best practice stroke guidelines.

**These guidelines map out the best ways to help stroke survivors reach their potential.**

## Comprehensive and intensive rehabilitation

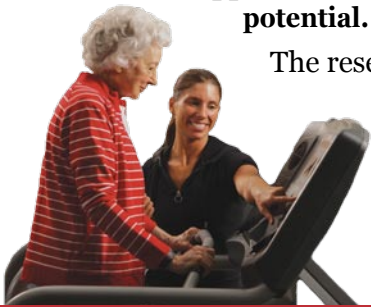
Research tells us that people who receive intensive and specialized rehabilitation after their stroke have the greatest likelihood of improving their physical, thinking, speech and social skills.

**Our program is designed to help stroke survivors, who are no longer in hospital, reach their rehabilitation goals.**

## Personalized coaching and education

**The Community Stroke Rehabilitation Team uses a coaching approach to help each person discover their potential.**

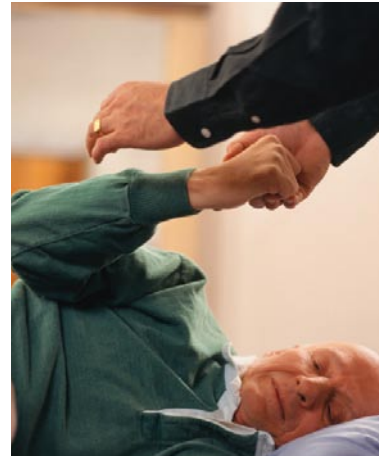
The research is clear – people recover best when they are in a stimulating, supportive environment that allows many opportunities to learn and practice.



## Compassionate support for stroke survivors and their families

When a person has a stroke, it impacts other people too. Families suddenly find themselves in unfamiliar situations and taking on new roles. It is a very emotional time.

**Our team will help people access the services they need, navigate the health care system and come up with strategies to cope better.**



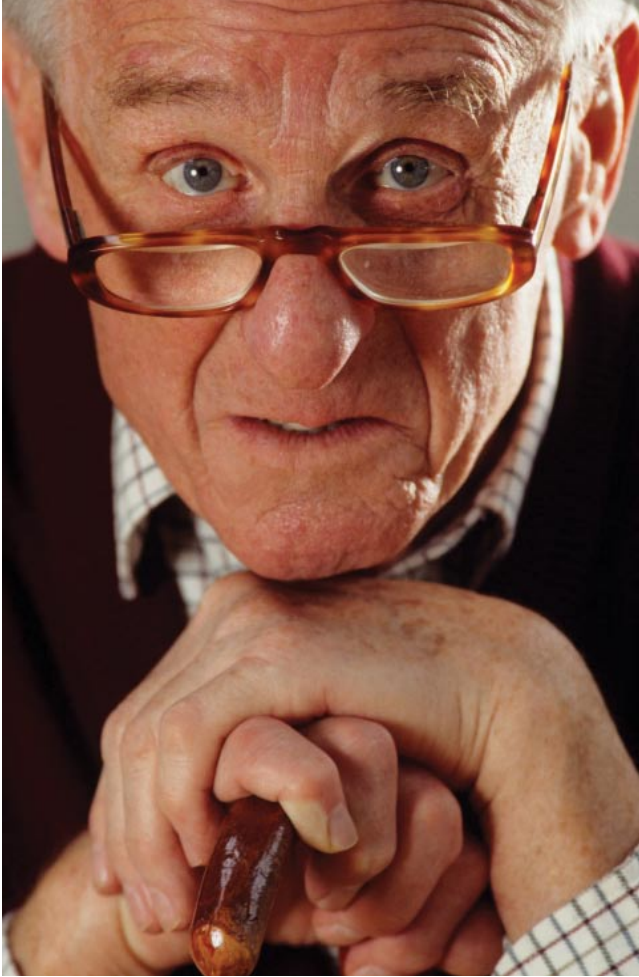
## Collaborative teamwork with Community partners

We help people participate in activities that they enjoy in their homes and communities. The team uses their expertise and information, provided by other healthcare providers, to develop action plans that reflect what is most important to each stroke survivor...together, we make it happen!



The Community Stroke Rehabilitation Team is supported by the South West Local Health Integrated Network through the Aging at Home Strategy which is designed to help seniors live healthy, independent lives in their own homes. The program is also affiliated with the District Stroke Centres and Health Care Centres of Thames Valley, Huron Perth and Grey Bruce.





### **How can you reach us?**

A person with a stroke, their family member or caregiver, physician, CCAC or any other service provider, health care agency, facility or organization may request the services of the Community Stroke Rehabilitation Team.

### **To make a referral or ask a question contact us:**

**Community Stroke Rehabilitation Team**

Phone: 519-685-4292 ext. 45034

Toll Free: 1-866-310-7577

Fax: 519-685-4802