

Community Care Access Centre (CCAC) : 310-CCAC

**Assessment, Diagnosis and Prevention**

<a href="#">University of Ottawa Heart Institute - Acute Referral Clinic</a>	613-761-5276
<a href="#">Heart and Stroke Foundation of Ontario</a>	1-888-473-4636
<a href="#">Stroke Prevention Clinic, ToH</a>	613-798-5555 Ext 16156
<a href="#">Prevent Stroke Ontario</a>	
<a href="#">RITTS - Rehabilitation Integrated Transition Tracking System</a>	
Locator and referral services for rehabilitation hospitals in Champlain District. Physician referral required for assessment	
<a href="#">Champlain CVD Prevention Network</a>	613-798-555 ext 18054
<a href="#">Blood Pressure Clinics</a>	310-CCAC
<a href="#">Telehealth</a>	1-866-797-0000
<a href="#">Physical activity</a>	

**In Home Services**

<a href="#">Champlain CCAC</a>	310-CCAC
<a href="#">Champlainhealthline</a>	
<a href="#">Ottawa Community Support Coalition</a>	
Disabled Persons Community Resources 613-724-5886	
Veterans Affairs 1-866-522-2122	

**Transportation Assistance**

<a href="#">Champlainhealthline</a>	
<a href="#">Champlain CCAC</a>	310-CCAC

**Private Ambulance Transfer Service**

<a href="#">Champlain CCAC</a>	310-CCAC
<a href="#">Champlainhealthline</a>	

**Heart Disease/Stroke Specific Services**

<a href="#">Aphasia Centre of Ottawa</a>	613-567-1119
<a href="#">University of Ottawa Heart Institute Heart Health Education Centre</a>	613-761-4753 or 1-866-399-4432
<a href="#">Champlain Stroke Centre</a>	

**Risk Management**

**Physical Activity and Leisure Activity**

<a href="#">Champlainhealthline</a>	
* physical activities resources	
<a href="#">Heart Wise Programs</a>	613-798-5555 Ext 18691
City of Ottawa Special Needs/Recreation Programs	
	613-580-2424 Ext 29283

**Hypertension/Lipid Management**

<a href="#">University of Ottawa Heart Institute</a>	
-Hypertension Clinic	613-761-5429
-Lipid Clinic	613-761-5257
Ottawa Cardiovascular Centre	613-738-1584

**Smoking Cessation**

Quit Smoking Program	1-866-399-4432
<a href="#">Ottawa Public Health</a>	613-580-6744 or 1-866-426-8885
<a href="#">Smokers' Helpline</a>	1-877-513-5333

**Driving Assessment**

<a href="#">Champlainhealthline</a>	
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**Financial Resources**

<a href="#">Assistive Devices Program</a>	1-800-268-6021
<a href="#">Trillium Drug Plan</a>	1-800-575-5386
<a href="#">Employment Insurance Sickness Benefits</a>	1-800-206-7218
<a href="#">Ontario Disability Support Program (ODSP)</a>	1-888-789-4199
<a href="#">Canada Pension Plan (CPP) Disability Benefits</a>	1-800-277-9914
<a href="#">Canada Mortgage and Housing Corporation</a>	1-800-704-6488
Residential Rehabilitation Assistance Program (RAPP)	
<a href="#">March of Dimes, Home and Vehicle Modification Program</a>	1-877-369-4867

**Emergency Management (psychiatric and medical)**

Emergency	911
Mental Health Crisis Line	1-866-996-0991

**Respite Services / Caregiver Support**

<a href="#">Champlain CCAC</a>	310-CCAC
<a href="#">Stroke Survivors Association of Ottawa</a>	613-237-0650
Ottawa Heart Support Group	613-824-9563
Heart Institute Alumni Association Inc.	613-761-4370
<a href="#">Aphasia Centre of Ottawa</a>	613-567-1119

**Support Groups**

<a href="#">Champlainhealthline</a>	
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**Rehabilitation Vocational Services**

<a href="#">University of Ottawa Heart Institute</a>	
- Cardiac Rehabilitation Programs	613-761-4572
<a href="#">RITTS - Rehabilitation Integrated Transition Tracking System</a>	
Locator and referral services for rehabilitation hospitals in Champlain District. Physician referral required for assessment for inpatient stroke rehabilitation.	

**Private Rehabilitation Services**

<a href="#">Champlainhealthline</a>	
Physiotherapists, Occupational Therapists, Speech-Language Pathologists	

## Post-Stroke Depression

Post-stroke depression may affect as least one in every four individuals who have had a significant stroke event. The stroke patient is at greatest risk in the first six months after a stroke. Depression may affect a patient's ability to participate in post-stroke therapy and is associated with slower progress in rehabilitation and increased length of stay. Clinicians need to be watchful and recognize depression before it interferes significantly with therapy and the patient's well being. Standardized screening assessments for depression can indicate that depression exists and also can be used to monitor progress. However, there is no single, universally accepted tool for the assessment of post-stroke depression. An alternative to verbal scales to assess mood should be sought when assessing someone who is aphasic.

Anxiety should be assessed and treated, especially when found in conjunction with depressive symptoms. Antidepressant medications and counseling appear to be helpful in treating this condition. Aphasic patients provide a unique challenge for assessment and treatment.

Adapted from *Canadian Best Practice Recommendations for Stroke Care*  
www.strokebestpractices.ca

## Signs of Post-Stroke Depression

### Physical Signs

- Trouble sleeping
- Weight loss
- Decreased energy
- Easily fatigued

### Attitudes

- Not caring about anything
- Loss of interest in things that were previously enjoyed
- Negativity: everything is gloomy
- Self-focus: me, myself and I
- Difficulty connecting to others

### Emotions

- Feelings of hopelessness and worthlessness
- Sadness and anxiety or nervousness
- Thoughts of death and suicide
- Difficulty coping, easily overwhelmed

### Mental function

- Difficulty concentrating
- Problems making decisions
- Confused, feeling of living in a fog
- Short-term memory problems

## The Impact of Stroke on the Survivor's Family

*Stress* from:

- The disruption of household routines
- The need to cope with new issues or problems

*Worry* that:

- Their loved one will fall
- Their loved one will have another stroke or die

*Sadness*, anger, or frustration about:

- The loss of their social life or time at work
- The loss of time for themselves

*Guilt* about:

- Living in their own home while their loved one is in a hospital or long-term care home
- Taking time for themselves instead of spending all their time with their loved one

*Grief*:

- Intense sadness, just as if the survivor had died
- Feeling they have lost the person the stroke survivor used to be.

Adapted from the *Heart and Stroke Foundation*  
www.heartandstroke.ca