

Community Care Access Centre (CCAC) : 310-CCAC

Assessment, Diagnosis and Prevention

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

In Home Services

Champlain CCAC	310-CCAC
Champlainhealthline	
Ottawa Community Support Coalition	
Disabled Persons Community Resources 613-724-5886	
Veterans Affairs 1-866-522-2122	

Transportation Assistance

Champlainhealthline	
Champlain CCAC	310-CCAC

Private Ambulance Transfer Service

Champlain CCAC	310-CCAC
Champlainhealthline	

Heart Disease/Stroke Specific Services

Aphasia Centre of Ottawa	613-567-1119
University of Ottawa Heart Institute Heart Health Education Centre	613-761-4753 or 1-866-399-4432
Champlain Stroke Centre	

Risk Management

Physical Activity and Leisure Activity

Champlainhealthline	
* physical activities resources	
Heart Wise Programs	613-798-5555 Ext 18691
City of Ottawa Special Needs/Recreation Programs	
	613-580-2424 Ext 29283

Hypertension/Lipid Management

University of Ottawa Heart Institute	
-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
Ottawa Public Health	613-580-6744 or 1-866-426-8885
Smokers' Helpline	1-877-513-5333

Driving Assessment

Champlainhealthline	
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Financial Resources

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

Emergency Management (psychiatric and medical)

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

Respite Services / Caregiver Support

Champlain CCAC	310-CCAC
Stroke Survivors Association of Ottawa	613-237-0650
Ottawa Heart Support Group	613-824-9563
Heart Institute Alumni Association Inc.	613-761-4370
Aphasia Centre of Ottawa	613-567-1119

Support Groups

Champlainhealthline	
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Rehabilitation Vocational Services

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

Private Rehabilitation Services

Champlainhealthline	
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