

Community Care Access Centre (CCAC) : 310-CCAC

www.champlainhealthline.ca

Assessment, Diagnosis and Prevention

Ambulatory Clinics Cornwall	613-933-3572
Ambulatory Clinic Hawkesbury	613-632-1111
Hawkesbury and District General Hospital	613-632-1111
Stroke Prevention Clinic	Ext 482
University of Ottawa Heart Institute - Acute Referral Clinic	613-761-5276

[The Heart and Stroke Foundation of Ontario](#) 1-888-473-4636

[Stroke Prevention Clinic](#)

[Prevent Stroke Ontario](#)

[RITTS - Rehabilitation Integrated Transition Tracking System](#)

RITTS is a locator and referral service for hospital based rehabilitation services in the Champlain district.

[Blood Pressure Clinics](#) 310-CCAC

[Telehealth](#) 1-866-797-0000

[Physical activity](#)

[Champlain CVD Prevention Network](#)

613 798 5555 Ext 18054

In Home Services

[Champlain CCAC](#) 310-CCAC

Disabled Persons Community Resources 613-724-5886

[Veterans Affairs](#) 1-866-522-2122

Transportation Assistance

Handi-Transit 613-930-2636

[Champlainhealthline](#)

[Champlain CCAC](#) 310-CCAC

Private Ambulance Transfer Service

[Champlain CCAC](#) 310-CCAC

Heart Disease/Stroke Specific Services

[Champlainhealthline](#)
[Aphasia Centre of Ottawa](#) 613-567-1119

Coeur Action Chrysler: 613-987-2683
 Centre de Sante Communautaire Bourget: 613-487-1802
[de L'Estrie](#) Alexandria: 613-525-5544
 Cornwall: 613-937-2683

[University of Ottawa Heart Institute](#)
 - Heart Health Nutrition Workshops 613-761-4753
 - Coping with Cholesterol Workshops 613-738-2384
 Association des Personnes Aphasiques de Hawkesbury
 613-632-2002

Risk Management

Physical Activity and Leisure Activity

[Champlainhealthline](#)
[Heart Wise Exercise Programs](#) 613-798-5555
 Ext 18691
[FrancoForme](#) fax 613-761-5336
[Eastern Ontario Health Unit](#) 613-933-1375

Smoking Cessation

[Eastern Ontario Health Unit](#) 613-933-1375 or
[Quit Smoking Program](#) 1-800-267-7120
 Hawkesbury Out-Patient 613-632-1111
 Smoking Cessation Program Ext 168
[University of Ottawa Heart Institute](#) 1-866-399-4432
 - Quit Smoking Program
[Smokers' Helpline](#) 1-877-513-5333

Hypertension/Lipid Management

[University of Ottawa Heart Institute](#)
 - Hypertension Clinic 613-761-5429
 - Lipid Clinic 613-761-5257

Driving Assessment

[Champlainhealthline](#)
[Cornwall General Hospital](#) 613-932-3300 Ext. 4372
 The Rehabilitation Centre (TRC) 613-737-8899 Ext. 75311
 Capital Region Driver Rehabilitation Services 613-837-5086

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
[Hawkesbury and District General Hospital](#) 613-632-1111
[Cornwall Community Hospital](#) 613-938-4240
 Mental Health Crisis Line 1-866-996-0991

Respite Services / Caregiver Support

[Champlain CCAC](#) 310-CCAC
 Befriending Program 613-932-3451 Ext 231
[Stroke Survivors Association of Ottawa](#) 613-237-0650
 Ottawa Heart Support Group 613-824-9563
 Heart Institute Alumni Association Inc. 613-761-4370

Support Groups

[Champlainhealthline](#)

Rehabilitation Vocational Services

[University of Ottawa Heart Institute](#) 613-761-4754
 - Cardiac Rehabilitation Programs

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