

Community-Based Programs Supporting STROKE Rehabilitation

Programs are available to adult residents of the North West LHIN who are living in the community after Stroke or TIA
Contact the program directly (see reverse) for detailed eligibility criteria

Outpatient Neurology Rehabilitation St. Joseph's Care Group (SJCG)

Participants require a neurological diagnosis.

Team: Occupational Therapist, Physiotherapist, Psychological Associate, Rehabilitation Assistant, Social Worker, Speech-Language Pathologist, Therapeutic Recreationist and Secretary

Interprofessional Rehabilitation Team (Progression*)

- Team approach to service
- Group and/or individual treatment available
- Duration approximately 8-12 weeks
- Up to 3 sessions/week



Single-Discipline Rehabilitation (Progression*)

- Service from single-provider
- Individual treatment
- Duration varies
- Up to 3 sessions/week
- Includes Regional Speech Program (via telemedicine technology)



Self Management Programs (Exercise and Education)

Participants require the cognitive, physical and communicative abilities to participate in group setting (with or without support).

Moving On after Stroke - MOST-SJCG (Maintenance*)

- Accepts referrals after completion of active stroke rehabilitation
- Available in-person or via telemedicine technology to the region
- Caregivers welcomed and encouraged
- Stroke specific, group program
- Facilitated by a health care provider



Rehabilitation and Healthy Lifestyles-Thunder Bay Regional Health Sciences Centre (Progression* &/or Maintenance*)

- Team: Physician, Nurse, Kinesiologist, Social Worker, Dietitian, Psychologist
- Interdisciplinary approach to service
- Participants have history of cardiac, stroke or vascular disease
- Stroke referrals accepted within 1 year of onset
- In-person program (stroke only)
- Primarily group setting
- Duration varies



Keep Moving with Stroke - Exercise Class (Maintenance*)

- Participants require the cognitive, physical and communicative abilities to participate in group setting (with or without support)
- Clearance for exercise required from physician or nurse practitioner
- Duration 6-8 weeks, 2 sessions/week (Fall, Winter and Spring sessions available)
- Physiotherapy assessment and consultation is publicly funded (St. Joseph's Hospital).
- Stroke specific group exercise class is fee for service (Canada Games Complex).



*For progression/maintenance definitions see <http://rehabcarealliance.ca/definitions-1>


Developed in partnership by the Community Stroke Rehabilitation Working Group with members from the Northwestern Ontario Regional Stroke Network, St. Joseph's Care Group and Thunder Bay Regional Health Sciences Centre.

CONTACT INFORMATION



Community-Based Programs Supporting STROKE Rehabilitation


Rehabilitation: Interprofessional Rehab Team and Single-Discipline Rehabilitation




 Physician or Nurse
Practitioner referral

@ Clinical Manager,
munros@tbh.net


 Call: 807-346-2334
 Fax: 807-343-0144

 **St. Joseph's
Care Group:**
St. Joseph's Hospital
35 Algoma St. N.,
Thunder Bay,
P7B 5G7


 www.sjcg.net


Moving On after Stroke (MOST)



 Self-referral, clearance
for exercise

@ Clinical Manager,
munros@tbh.net


 Call: 807-343-2480
 Fax: 807-343-0144

 **St. Joseph's
Care Group:**
St. Joseph's Hospital,
35 Algoma St. N.,
Thunder Bay,
P7B 5G7



 www.sjcg.net


Rehabilitation and Healthy Lifestyles



 Physician or Nurse
Practitioner referral

@ Coordinator,
baysarok@tbh.net


 Call: 807-684-6780
 Fax: 807-768-1787

 **Thunder Bay Regional
Health Sciences Centre:**
1040 Oliver Road,
2nd Floor,
Thunder Bay,
P7B 7A5



 www.tbrhsc.net


Keep Moving with Stroke (Exercise Class)



 Self-referral, clearance
for exercise

@ Clinical Manager,
munros@tbh.net

 Call: 807-346-2334
 Fax: 807-343-0144

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For more information visit: www.nwostroke.ca or www.211north.ca or www.northwesthealthline.ca