

**STROKE & TIA RISK FACTOR MANAGEMENT
COMMUNITY-BASED REFERRAL SUGGESTIONS
FOR CLINICIANS***

Click [Hyperlinks](#) for more information

Check with provider re. current availability, specific eligibility criteria, referral process, fees etc...
Some in-person services may remain paused due to COVID-19.

**NOTE: This is not a comprehensive list and is provided for information purposes. As always, utilize clinical judgement and principles of client or patient-centred care when making referrals.
Call 211 or visit www.211north.ca or www.northwesthealthline.ca for more resource listings.
Private providers also available for those with financial resources/benefits.*

Psychosocial Support – Depression, Anxiety, Stress Management

- **Family Health Teams** – many offer Social Work services to registered patients
- [Thunder Bay Counseling](#) - 684-1880 - fees are on a sliding scale, other coverage may be available; same day [Walk In Counselling Clinic](#)
- [Catholic Family Development Centre](#) – fees are on a sliding scale, 345-7323
- [BounceBack](#)® Canadian Mental Health Ass’n – Telephone/Online - mood, depression, anxiety, stress
- [Togetherall](#): 24/7 free online mental health support in a safe, anonymous community.
- [Cardiac Rehabilitation - Stress Management](#) – Patient Booklet - Ottawa Heart Institute
- [Stress after Stroke Video](#)
- [Managing Anxiety and Frustration After Stroke Video](#)

Dietitian – Healthy Eating

- **Stroke Prevention Clinic** – Registered Dietitian services, call 684-6700
- **Family Health Teams** – many offer Registered Dietitian services to rostered patients
- [Outpatient Nutrition Services Resources](#) – scroll to bottom of webpage for links to documents for comprehensive listing of ambulatory dietitian/nutrition services, referral information
- [Telehealth Ontario](#): 1-866-797-0000 and ask to speak to a dietitian
- [Heart Healthy Eating - video resource](#) – Patient Booklet – Ottawa Heart Institute

Smoking Cessation

- [Thunder Bay District Health Unit - Quit Smoking Resources](#) - a listing of many resources
- **Take Control – Personal Tobacco-Free Counselling**: (807) 625-5900
- [Smokers’ Helpline](#) - phone 1-866-366-3667, text “iQuit” to number 123456
- [Telehealth Ontario](#) Smoking Cessation Program - 1-866-797-0000 [Referral Form](#)

Self-Management

- **Moving on After Stroke (MOST) – includes exercise component**: 807-346-2334
- **Healthy Change – Chronic Conditions Self-Management**:
Online - [Living A Healthy Life With Chronic Conditions](#): Visit website for information and to register, email: onlinecdsm@bruyere.org or 1-844-301-6389; In-Person Program - [Waitlist Registration](#)
- [Self-Management Video Series](#) Canadian Partnership for Stroke Recovery
11 short videos, variety of topics – physical, cognitive, psychosocial, communication, leisure, self-care

Peer Support & After Stroke Services

- **March of Dimes Canada - After Stroke Services**
 - [Virtual Activities](#) - A number of virtual programs such as Aphasia Connect, Ask an Expert, Chair Exercises, Community Conversation, Music Therapy and more...
 - **After Stroke Warmline:** Connect with Stroke Survivors and Caregivers - 1-888-540-6666

Fatigue and Energy Conservation

- [Self-Management Video](#)
 - Additional [RESOURCES](#)
- [Patient Information](#)

General Exercise

- **Moving on After Stroke (MOST)** – includes self-management component: 346-2334
- **Keep Moving with Stroke – Canada Games Complex:** 346-2334. Participant fees.
- [Adult Inclusion Services – City of Thunder Bay:](#) Facilitation services for adults with disabilities to participate in City programming and access Recreation services. 684-3338
- **VON Exercise and Fall Prevention Classes** - 344-0012 extension 260
- [Fitness & Mobility Exercises \(FAME\) at Home](#) for People with Stroke - Handouts, Videos
- [March of Dimes Virtual Chair Exercise Class](#) – register online, Tuesday and Thursday, 12:00 Eastern

Cardiovascular Rehabilitation Program Websites

Contain links to many print and video resources directed at both patients and caregivers to address cardiovascular risk factor management.

- [Thunder Bay Regional Health Sciences Centre - Cardiovascular Rehab Program](#)
- [University of Ottawa Heart Institute](#)
- [University Health Network – Cardiac College](#) Stroke Online

Aerobic Exercise

RESOURCES FOR PEOPLE WITH STROKE/TIA:

- [University of Ottawa Heart Institute](#)
 - [Cardiac Rehabilitation - Physical Activity](#)
- **Stroke Online** - [University Health Network – Cardiac College](#)
Toronto Rehabilitation's Risk Factor Modification and Exercise Program for people following Stroke (TRI-REPS). Stroke Online provides a program for people who had a stroke event and want to stay active and healthy. The information on this site can help patients start an exercise program and make lifestyle changes for better health.
- **The Role of Exercise in Improving Physical and Cognitive Recovery after Stroke**
[HSF Canadian Partnership for Stroke Recovery – Patient Resource Guide:](#)
- **Aerobic Exercise Early After Stroke - Information for Patients and Families**
[Stroke Engine – Patient Handout](#)

Aerobic Exercise

RESOURCES FOR CLINICIANS:

- **AEROBICS - Update 2019**
 - [Best practice recommendations for Aerobic Exercise after Stroke](#)
 - Free Online [COURSE](#)
- **The Role of Exercise in Improving Physical and Cognitive Recovery after Stroke**
[HSF Canadian Partnership for Stroke Recovery – Clinician Resource Guide](#)
- **Aerobic Exercise Screening and Prescription Tools**
 - [Screening Stratification Tool](#)
 - [Aerobic Training Flow Sheet](#)
 - [Submaximal Graded Assessment](#)
 - [Heart Rate Calculation Tool](#)
- **Strategies to improve physical activity after stroke:**
[Lecture by Dr. Janice Eng](#) (49 min)
- **Four Birds with One Stone:**
Reparative, neuroplastic, cardiorespiratory and metabolic benefits of aerobic exercise post-stroke:
[Lecture by Dr. Michelle Ploughman](#) (62 min)



Thunder Bay Regional
Health Sciences
Centre



www.nwestroke.ca