



Durham Region Community Resource Guide for Individuals Living with Stroke and Their Caregivers

Health Management	
Stroke Prevention Clinic	(905) 576-8711 x 33792
Ambulatory Rehab Centre (ARC)	(905) 668-6831 x 53079
Home and Community Care Central East LHIN (formally CCAC)	(905)-430-3308 or 1-800-263-3877 www.healthcareathome.ca/centraleast/en
Community Care Durham (CCD)	www.communitycaredurham.on.ca (905) 668-6223
Geriatric Assessment & Intervention Network (GAIN)	(905) 576-8711 x 34832
Central East Stroke Network Health Line	www.centraleasthealthline.ca
Central East LHIN Self-Management Program	1-866-971-5545 www.ceselfmanagement.ca
Transportation	
Accessible Parking Permit	1-800-387-3445 www.mto.gov.on.ca/english/dandv/vehicle/app.shtml
Durham Region Transit	1-866-247-0055 www.durhamregiontransit.com
Community Care Durham - Home At Last	(905) 914-1574 homeatlast@communitycaredurham.on.ca
Driver Improvement office, Medical Review Section	1-800-268-1481 (Inside Ontario only) www.mto.gov.on.ca/english/dandv/driver/medical-review
General Motors of Canada- Mobility Program	1-800-GM-DRIVE (1-800-463-7483) http://programs.gm.ca/programs/mobility.html
National Mobility Equipment Dealers Association (NMEDA)	1-866-948-8341 www.nmeda.com
Savaria Vehicle Group	1-800-661-5112 www.savaria.com
Silver Cross	1-844-799-5464 www.silvercrossauto.com
Universal Motion	1-877-899-0699 www.universalmotion.com
Self-Management & Support Groups	
Heart and Stroke Foundation of Canada	1-888-476-4636 www.heartandstroke.on.ca
March of Dimes Canada – Stroke Recovery Canada	1-888-540-6666 www.afterstroke.marchofdimes.ca
Brain Injury Association of Durham Region	(905) 723-2732 / 1-866-354-4464 www.biad.ca
Ontario Brain Injury Association (OBIA) Peer support program	1-800-263-5404 www.obia.ca
West Park Health Care <ul style="list-style-type: none"> Acquired Brain Injury day program 	(416) 597-3057 www.abinetwork.ca

Depression & Dementia	
Alzheimer's Society	1-888-301-1106 www.alzheimer.ca/durham
Canadian Mental Health Association	1-844-436-8760 www.cmhadurham.ca
Stroke Engine	www.strokingengine.ca/intervention/depression/
Crisis Intervention Services	(905) 576-8711 ext. 34345 www.lakeridgehealth.on.ca/ search Crisis
Heart and Stroke foundation	www.heartandstroke.on.ca
Mental Health Service Information Ontario Line	1-866-531-2600 www.connexontario.ca
Falls, Mobility & Safety	
Assistive Devices Program (ADP): Mobility aids	www.ontario.ca/page/assistive-devices-program
March of Dimes Home Modifications	www.marchofdimes.ca
Lifeline Personal response system	1-866-784-1992 www.lifeline.ca
CareLink Advantage Personal Response System	1-866-876-7401 www.carelinkadvantage.ca
ConnectCare Emergency Response Service	1-800-665-7853 www.connectcaremedicalalert.ca
Home Adaptations for Seniors Independence Program (HASI)	www.cmhc-schl.gc.ca Search HASI 1-800-668-2642
Residential Rehabilitation Assistance Program for Persons with Disabilities	www.cmhc-schl.gc.ca Search RRAP-D
MedicAlert	www.medicalert.ca 1-800-668-1507
Canadian Red Cross-Health Equipment Loan Program (HELP)	1-866-723-2933 www.redcross.ca
Royal Canadian Legion	1-888-207-0939 www.on.legion.ca
Wellwise by Shoppers Drug Mart	1-866-220-3837 www.wellwise.ca
Diabetes Management	
Canadian Diabetes Association	www.diabetes.ca/ 1-800-226-8464
Stand up to Diabetes	www.health.gov.on.ca/en/public/programs/diabetes/channel.aspx
The Charles H. Best Centre (Type 1)	(905) 620-0360 www.charleshbest.com
The Oshawa Community Health Centre	(905) 723-0036 www.careachc.ca
Smoking Cessation	
Smoker's Help line-Canadian Cancer Society	1-877-513-5333 www.smokershelpline.ca
Government of Canada	www.qosmokefree.ca
Swallowing & Communication	
Aphasia Institute	(416) 226-3636 www.aphasia.ca

Aphasia and Communication Disability Program	www.marchofdimes.ca Search for ACDP Whitby program (905) 904-0674
Canadian Hearing Services	1-866-518-0000 www.chs.ca
Speech Therapy Centres of Canada	(905) 886-5491 www.speechtherapycentres.com
Private Speech and Language Providers	www.caslpo.com / 1-800-993-9459 www.osla.on.ca / 1-800-259-8519
Physical Fitness & Activity	
Abilities Centre TIME (Together in Movement and Exercise) Program	(905) 665-8500 x 114 www.abilitiescentre.org
Durham Warm Water Aquatics Program	(905) 430-1665 www.dwwap.com
VON SMART (Seniors Maintaining Active Roles Together) Program	(905) 571-3151 to inquire www.von.ca
Ontario Stroke Network: Guide for choosing a community exercise program	www.ontariostrokenetwork.ca
Brain Injury Association of Durham	(905) 723-2732 / 1-866-354-4464 www.biad.ca
Community Care Durham	(905) 668-6223 /Port Perry (905)985-0150 www.communitycaredurham.on.ca
Faith Place-Adult Day Program	(905) 576-8619
Hillsdale Estate Day Program	(905) 579-1777 x 6318
KMW Adult Day Program (Ajax)	(905) 428-6402
Lakeview Manor (Port Perry, Beaverton)	(705) 426-7388 x 5327
Minds in Motion (Alzheimer Society of Durham Region)	1-888-301-1106 www.alzheimer.ca/durham
Oshawa Senior Citizen Centre	(905) 576-6712 www.oscc.ca
Caregivers	
Community Care Durham - Respite Services	1-888-255-6680 www.communitycaredurham.on.ca
A Guide for Stroke Caregivers	www.heartandstroke.ca/services-and-resources/care-partner-support
March of Dimes Canada	Support line 1-888-540-6666 www.afterstroke.marchofdimes.ca
Power House Project Ontario – Young Caregivers Association	www.youngcaregivers.ca
Service Canada Being a Caregiver – Benefits and Leave	www.canada.ca/en/services/benefits/ei/family-caregiver-adults.html
Care for the Caregiver – Central East LHIN	https://centraleasthealthline.ca/listServices.aspx?id=10164
Victoria Order of Nursing - Caregiver Connect	www.von.ca/en/service-categories/respice-and-caregiver-support
Saint Elizabeth Caring for Caregivers Resource Centre	1-866-637-4353 www.elizz.com
Ontario Caregiver Helpline	1-833-416-2273

Peer Support Groups	
Bowmanville Stroke Support Group	1-800-263-3493 or email devershed@marchofdimes.ca
Durham Region Stroke Recovery Group	(905) 723-6442 Westminister United Church
Durham Young Stroke Support Group	1-800-263-3463 ext 7758/1-888-540-6666
Oshawa & Beaverton Stroke Support Group	1-800-263-3463 ext 7758/1-888-540-6666
Stroke Network: Online Support	www.strokenetwork.org
Whitby Stroke Recovery Group	(905) 723-6442
Healthy Eating	
Unlock Food – Expert guidance. Everyday Eating.	www.unlockfood.ca
Eat Right Ontario	1-877-510-5102
Heart and Stroke Foundation - Healthy weight resources	www.heartandstroke.ca/get-healthy/healthy-weight
Education	
Taking charge of your Stroke Recovery	www.strokebestpractices.ca
Stroke Engine	www.strokeengine.ca
Heart and Stroke Foundation of Canada	www.heartandstroke.ca
Foot Care	
Community Care Durham Foot care services	1-855-432-6815 www.communitycaredurham.on.ca
Durham Family Foot Care	(905) 725-3849 www.durhamfamilyfootcare.com
Paramed Home Health Care	1-800-463-3965 / (905) 433-1494 www.paramed.com/homecare/
We Care	1-866-729-3227 www.wecare.ca
Partners in Community Nursing	(905) 665-1711 www.picn.ca/
Drug Coverage	
Ontario Drug Benefit Program (ODB)	1-866-811-9893 www.health.gov.on.ca/en/public/drugs/programs/odb/opdp_over_counter.aspx
Trillium Drug Program	1-800-575-5386 www.ontario.ca/page/get-help-high-prescription-drug-costs
Financial	
Disability Tax Credit	1-800-959-8281 www.cra-arc.gc.on.ca
Legal Aid Ontario	1-800-668-8258 www.legalaid.on.ca
Ontario Disability Support Program (ODSP)	1 -888-789-4199 www.mcass.gov.on.ca/en/mcass/programs/social/odsp/

Ontario Works	1-877-678-6333 www.mcass.gov.on.ca/en/mcass/programs/social/ow/
Old Age Security (OAS) and Guaranteed Income Supplement (GIS)	1-800-277-9914 www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html