

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
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Heart Disease/Stroke Specific Services

Champlainhealthline	
Aphasia Centre of Ottawa	613-567-1119

Coeur Action	Chrysler: 613-987-2683
Centre de Sante Communautaire de L'Estrie	Bourget: 613-487-1802
	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