

THE ROAD TO RECOVERY AFTER STROKE



THE ROAD TO RECOVERY: Description of Programs

RECOVERY STARTS

Dr. Vernon Fanning Centre – Neuro Rehabilitation Unit 2 East:

An adult subacute rehabilitation unit with a specialized focus in stroke rehabilitation.

Tertiary Neuro Rehabilitation Unit 58: An adult intensive stroke tertiary neuro rehabilitation unit for people with stroke who have complex needs requiring an interdisciplinary team.

Calgary Early Supported Discharge (ESD): A stroke rehabilitation service to shorten the length of inpatient stays by providing client-centred, community based rehabilitation to optimize community re-integration. Clients with stroke must live within Calgary city limits and receive rehabilitation within their own home.

Community Accessible Rehabilitation (CAR): A community based rehabilitation program for clients with stroke and identified functional goals that are appropriate for a time limited program. Rehabilitation is provided at a community clinic located in the NE, Central or SE part of Calgary.

Association for Rehabilitation of the Brain Injured (ARBI):

Once a client has transitioned to their permanent living situation, ARBI is a community based rehabilitation service for people with acquired brain injury or stroke.

Halvar Jonson Centre for Brain Injury Inpatient Rehabilitation:

(Ponoka, Alberta) – A neuro rehabilitation inpatient program for people with moderate to severe stroke who require long term inpatient rehabilitation. They serve people up to the age of 65.


Stroke Rehabilitation Coordinator Calgary Zone (SRC): The coordinator promotes optimal outcomes for people with stroke by reviewing and allocating referrals to appropriate stroke rehabilitation services and resources. They facilitate timely transitions through the continuum of stroke rehab care.


RECOVERY CONTINUES

Canadian Red Cross Short Term Health Equipment Loan Program:

An equipment loan program that can provide health equipment to help individuals return home from hospital. Requires a health professional referral.

Home Care: A health service that can help a client remain safe and independent in their own home or care setting.

 **Meals on Wheels:** A not-for-profit organization that provides meal service to Calgarians to maintain independence in their own homes

 **Medical Alert Line:** A personal help button that automatically dials an emergency number.

Stroke Recovery Association of Calgary: A volunteer organization that addresses the specific needs of stroke survivors in dealing with their new lifestyle and helps caregivers assist people with stroke.

Calgary Aphasia Centre: A nonprofit program to support and advocate for Calgarians living with aphasia. Groups, led by volunteers, offer clients opportunities to develop communication skills and build social connections.

Alberta Healthy Living: A Calgary service that provides information, education, group exercise classes, nutrition services and support to help improve your health and quality of life with a chronic condition such as stroke. There are many service locations across Alberta.

Rehabilitation and Fitness Program for Persons with Disabilities:

This program is located at the University of Calgary and provides individuals with physical disabilities the opportunity to continue their rehabilitative and fitness goals in a community setting.

T.I.M.E. (Together in Movement and Exercise):

A community based exercise program geared towards people who have challenges with balance and mobility. Must be able to walk 10 metres with or without a walking aid.