



GREY BRUCE HEALTH NETWORK

EVIDENCE-BASED CARE PROGRAM

Community Resources for Stroke Survivors and Their Families

Grey-Bruce Community Care Access Centre

If you need extra help at home, ask to see a Case Manager from the Grey-Bruce Community Care Access Centre (CCAC). This Case Manager will see you before you go home to discuss your needs.

You can also refer yourself after hospital discharge to the CCAC by calling (519) 371-2112 to arrange an assessment.

CCAC also has an information and referral database, which lists community services such as transportation, pharmacies and other health related resources.

Yellow Book Directory

Community services listing are available through Mental Health and Addiction Services in Grey Bruce. It can be found on-line at **mhagb.ca**

Grey-Bruce Health Unit

The Grey-Bruce Health Unit is a valuable resource for health information; help with smoking cessation, nutrition booklets and more. Contact them via telephone or the Internet for more information.

(519) 376-9420, or toll-free 1 (800) 263-3456

<http://www.publichealthgreybruce.on.ca>

District Stroke Centre - (519) 376-2121, Ext. #2920

Stroke Recovery Group - c/o District Stroke Centre, (519) 376-2121, Ext. #2920

Heart and Stroke Foundation of Ontario

The Heart and Stroke Foundation of Ontario provides encouraging information to help patients, families and caregivers understand stroke and the recovery process.

(519) 371-0083, or toll-free 1 (888) 473-4636

<http://www.heartandstroke.ca>

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