

COMPASSION is our PASSION

Ouellette Campus
1030 Ouellette Avenue
Windsor, ON
N9A 1E1

Met Campus
1995 Lens Avenue
Windsor, ON
N8W 1L9

www.wrh.on.ca  

For information about the new
Windsor-Essex Hospital System
www.windsorhospitals.ca



Stroke Community Resource Guide Windsor and Essex County

This resource provides stroke survivors, caregivers and healthcare providers information on community services and agencies.

The information in this book should not replace medical advice or recommendations of a qualified healthcare professional. These services were deemed accurate at the time of printing, but all services are subject to change.



Hospitals

Windsor Regional Hospital 519-254-5577 www.wrh.on.ca

Ouellette Campus

1030 Ouellette Ave Windsor ON

Emergency Services available

Metropolitan Campus

1995 Lens Ave Windsor ON

Emergency Services available

Erie Shores HealthCare 519-326-2373 www.erieshoreshealthcare.ca

194 Talbot St W Leamington ON

Emergency Services available

Hotel Dieu Grace Healthcare 519-257-5111 www.hdgh.org

1453 Prince Rd Windsor ON

NO Emergency Services available

Emergency and Crisis Numbers

Always call 911 if you or someone requires immediate police, fire or medical assistance.

Ambulance Service – non urgent 519-258-2155

Community Outreach and Support Team (COAST) 519-973-4409

Connex Ontario Crisis Line 24 hours 866-531-2600

Crisis Line 24 hours 519-973-4435

LaSalle Police – non urgent 519-969-5210

OPP 888-310-1122

Poison Control 800-268-9017

Windsor & Amherstburg Police – non urgent 519-258-6111

Home and Community Care

Erie St. Clair Local Health Integration Network (LHIN)

Formerly CCAC

If you, or someone you care about, needs health care services at home, at school or in the community, or if you are considering supported living programs or long-term care options, home and community care at the Erie St. Clair Local Health Integration Network can help.

Erie St. Clair LHIN works with people of all ages to ensure they can make informed choices about their care, when and where they need it.

If you are looking to start a referral, please call us at 888-447-4468.

www.healthcareathome.ca/eriestclair/en

Multicultural Services

CAN-AM Indian Friendship Centre 519-253-3243

<http://caifc.ca>

Multicultural Council of Windsor Essex 519-255-1127 or 519-948-3443

<http://themcc.com>

New Canadians' Centre of Excellence 519-258-4076

<http://www.ncce1.org>

Windsor Jewish Community Centre 519-973-1772

www.jewishwindsor.org

Women Working with Immigrant Women 519-973-5588

<http://www.wwwwiw.org>

Laboratory Services

Dynacare 519-252-3457

Life Labs (Windsor & Kingsville) 877-849-3637

Medical Laboratories of Windsor 519-258-1991 ext. 424

Various locations

Home lab service available

Moy Medical Labs 519-258-4356 ext. 210

Tecumseh Life Center 519-735-1427

Walker Centre Laboratory 519-252-3906

Allied Health Services

Occupational Therapy (OT) Physiotherapy (PT) Speech Language Therapy (SLT)

Active Body 519-250-1855
PT, OT

Advanced Cognitive Communication Rehab Clinic 519-255-9494

Advanced Rehabilitation Center (ARC) 519-254-2222
www.advancedrehab.ca
OT, PT

Bayshore 519-973-5411
www.bayshore.ca
OT, PT, SLT and Social Work

C.A.R.E institute 519-253-9971 or Essex 519-776-6343
www.painreliefexperts.ca
PT, Chiropractor

Enable Physiotherapy 519-250-5775
101-3719 Walker rd.

Essex Physical Therapy 519-776-7676

Grossi Physiotherapy – Leamington 519-322-5588

Life Mark Health Care 519-966-6900
2750 Dougall Ave
OT, PT and Driving Assessments

Pinnacle Physiotherapy 519-252-1630

Private Practice 800-718-6752
www.caslpo.com
www.osla.on.ca
Speech Language Pathologist

Private Practice 877-676-6768
www.otontario.ca
Occupational Therapy

Private Practice 800-672-9668
www.opa.on.ca
Physiotherapy Association

Renew Physiotherapy – Leamington 519-324-9233

Uptown Physiotherapy Clinic 519-252-2752

Western Ontario Sports Injuries & Rehabilitation 519-972-6230

How to Find a Doctor

Health Care Connect 888-447-4468
www.ontario.ca/healthcareconnect
Must have valid OHIP

Windsor Essex Medical Society
www.ecms.org/

Maple
www.getmaple.ca
Online consultation with Canadian doctors

Home Support Services

The agencies listed below may provide nursing, personal care, housekeeping, meal preparation, shopping, respite and companionship. Please contact individual agencies for more information and associated fees.

Amy's Helping Hands 519-915-4370
www.amyshelpinghands.ca

iAID Home Health 519-997-2728
www.iaidcare.com

Bayshore 877-351-3462 or 226-216-2485
www.bayshore.ca

Para Med 519-972-7760 OR 1-866-525-5755
www.paramed.com

Care Partners 1-855-245-1154
www.carepartners.ca

Qualicare 519-252-5121 OR 519-969-6096
www.qualicare.com

Comfort Keepers 519-946-1001
www.comfortkeepers.ca

St. Elizabeth's 519-972-3895
www.saintelizabeth.com

Community Support Centre 519-728-1435
www.communitysupportcentre.ca

Victorian Order of Nurses (VON) 519-254-4866
www.von.ca

Home Instead 519-739-1500
www.homeinstead.com/3026

Adult Day Programs

Ideal for individuals in need of socialization or family respite. Programs offer various activities and may also include meals and access to medical staff. Call for more information.

Alzheimer's Society 519-974-2220
www.alzheimer.ca/en/windsor/essex

Provides a number of programs that offer direct care for persons with dementia. Day away, in-home respite, and support groups.

Chrysalis 519-969-8188
www.alsogroup.org/programs-services/abiservices/chrysalis-day-club/

A place to come and belong, opportunity for developing meaningful relationships, peer support, education and advocacy.

South Essex Community Council (SECC) 519-326-8629 (Leamington) / 519-733-5784 (Kingsville) / 519-915-5362 (Windsor)
www.secc.on.ca/community-home-support-services/adult-day-program/

Each client is assessed and an individualized care plan is developed. Meals and snacks are provided, and clients can also access on-site nursing services through VON. Transportation and foot care can also be coordinated.

VON 519-915-4370
www.amyshelpinghands.ca/service-4/adult-day-program

Full and half day programs provide socialization, interaction, personal care, meals, bathing assistance and medical staff onsite.

Useful Websites and Phone Numbers

Advocacy Centre for the Elderly (ACE) 855-598-2656

www.ancelaw.ca

Aphasia Institute 1-416-226-3636

www.aphasia.ca

Assisted Devices Program 800-387-5559

<https://www.ontario.ca/page/assistive-devices-program>

Brain Injury Association – Windsor Essex 519-981-1329

www.biawe.com

Canadian Association of Retired Persons

www.carp.ca

Canadian Diabetes Association 519-972-8414

www.diabetes.ca

Canadian Mental Health Association 519-255-9940 or 1-833-456-4566

www.windsorsex.cmha.ca/

Community Legal Clinics

www.legalaid.on.ca

Elder Abuse Ontario 866-299-1011

www.elderabuseontario.com

Family Services Windsor 519-966-5010 or 1-888-933-1831 (24/7)

www.fswe.ca

Healthline Stroke Resource

<https://www.erieclairhealthline.ca/libraryContent.aspx?id=21044>

Heart and Stroke Foundation

www.heartandstroke.ca

March of Dimes Canada – Stroke Recovery

www.afterstroke.marchofdimes.ca

Ontario Telehealth 866-797-0000

Southwest Ontario Stroke Network (SWOSN)

www.swostroke.ca

Veterans Affairs Canada 866-522-2122 (English) / 866-522-2022 (Français)

Victim Services Windsor Essex 519-723-2711

www.vswec.ca

Windsor Essex County Health Unit 519-258-2146

www.wechu.org

Windsor Seniors Advisory Committee

www.windsorseniors.ca

Financial Support

Assistive Devices Program 800-268-6021

Ministry of Health and Long Term Care

Assistive Devices Program (ADP) 866-765-7237 OR 519-642-3700

March of Dimes Canada

Canada Pension Plan (CPP) Disability 800-277-9914

www.servicecanada.gc.ca

Employment Insurance (EI) 800-206-7218

March of Dimes Canada 877-369-4867

www.marchofdimes.ca

Home and vehicle modification program

Old Age Security (OAS) 800-277-9914

www.servicecanada.gc.ca

Ontario Disability Support Program (ODSP) 1-800-387-7327 OR 519-254-1651

Trillium Drug Program 800-575-5386

Return to Work

City of Windsor 519-255-5200

<https://www.citywindsor.ca/residents/socialservices-/Ontario-Works>

Southwest Ontario Stroke Network 519-685-8500 ext 32462

<http://www.swostroke.ca>

Return to work self-assessment guide

Unemployment Help Center 519-944-4900

www.uhc.ca

Locations in Windsor and Belle River

Driving Assessment

Driving with Adaptive Equipment 866-948-8341

www.nmeda.com

Interactive Driving Assessment Program 519-968-3485

<http://interactiverehab.ca>

Southwest Ontario Stroke Network

www.swostroke.ca

TMC Drivers Physicals 519-979-5260

www.tmmc-clinic.com

Smoking Cessation

City Health Centre 519-971-0116

Lung Association 877-455-2233
www.quitnow.ca

Smokers Helpline 1-877-513-5333 or text "iQuit" to 123456 (Telehealth Ontario)
www.smokershelpline.ca

Phone support in Ontario is provided by Telehealth Ontario Care Coaches

Windsor Essex Community Health Centre 855-259-3605
www.wechc.org

Windsor Essex County Health Unit 519-258-2146
www.wechu.org/your-health/tobacco
www.wechu.org/smoking-and-vaping/quit-smoking

Emergency Response Systems

Connect Care 888-298-6116

Direct Alert 877-391-1767
www.directalert.ca

First Call 800-361-5550
www.firstcallhelp.com

Help Call 1-866-839-0334 or 519-941-5712

Galaxy Medical 855-905-7414 / 519-945-5027

Guardian Alarms 519-258-4646

Life Alert 800-360-0329
www.lifealert.com

Life Call 800-661-5433

MEDIC Alert 1-800-668-1507

Philips Lifeline 1-866-546-4762
<https://www.lifeline.ca/en/>

Safe Guard 519-735-0202 or 1-866-900-0205
www.safeguardyourself.ca

Home Health Equipment

Amherstburg Home Health Care 519-736-0972

Comfort Mobility 519-988-1234
2707 Temple drive

Leamington Medical Supply 519-322-2666
197 Talbot St W

Maxim Medical Supply 519-739-0554
13039 Tecumseh Rd E

Motion 519-252-2011
5923 Tecumseh Rd E

Shoppers Home Health 519- 252-2715
1624 Howard

Sunshine Mobility
271 Main St E Kingsville 519-733-6541
11811 Tecumseh Rd E Windsor 519-979-3555

Universal Health Products 519-258-6717 ext. 284
www.universalhealthproducts.ca

Xperience Home Health Care 519-800-0000
www.xperiencehomehealthcare.ca

Transportation Services

Services are subject to fees and may depend on distance travelled.

Amherstburg Community Service – CareLink 519-736-5471

CareLink 855-728-1433

Community Support Centre of Essex County 519-728-1435
www.communitysupportcentre.ca

Crown 519-977-0666
Stretcher and wheelchair services

Handi-Transit 519-966-0930
3737 Walker Rd. Windsor ON N8W 3S9
Curb to curb bus service for persons with physical disabilities *application required

Patient Transfer Service 519-996-2108

Transit Windsor 519-944-4111
www.citywindsor.ca/residents/transitwindsor/Pages/Transit-Windsor.aspx

Veterans Cab 519-256-2621
Wheel chair cabs available

Voyago 519-455-4579
www.voyago.ca

Wheels of Hope Transportation (for people living with Cancer) 1-888-939-3333

Food, Nutrition, and Delivery Services

Meal prices and selection will vary by provider. Please call for more information.

Amherstburg Community Services 519-736-5471
(Amherstburg, Harrow, LaSalle & McGregor)

Hotel Dieu Grace Healthcare 519-257-5111 ext. 76527
www.hdgh.org
Modified diet options

Insta Cart
www.instacart.ca
Online order and grocery delivery. Delivery fee varies with total.

Just Jeff's 519-966-0997
www.justjeffs.com
Prepared meals

La Stella Market 519-255-1112
948 Erie St E. Windsor ON
Delivery service. Minimum \$100 order.

Nutritional Management Services 519-652-2800
www.nms.on.ca
Enteral, dysphagia, diabetes, wound healing and more.

South Essex Community Council Leamington 519-326-8629 / Kingsville 519-733-5784 / Windsor 519-915-5362
www.secc.on.ca

VON Meals on Wheels 519-254-4866
www.von.ca
Meals are delivered Mon-Fri between 10:45am-1pm by volunteers.

Depression, Counseling, and Support Groups

Alzheimer's Society 519-974-2220
www.alzheimer.ca/en/windsor/essex
Caregiver Support Group

Brain Injury Association 519-981-1329
www.biawe.com
Chrysalis Day Club 201-200 West Grand Windsor ON
Monthly survivor social, peer success group, and support groups (survivor and caregiver).
Drop-in peer support (18+) 2nd Tuesday of the Month 6pm-7:30pm

Canadian Mental Health Association 519-973-4435
24 hour crisis line
Type of treatment, number of sessions, and length of stay is based on the needs of the client.
Referral Required

City Health Centre 519-971-0116
www.citycentrehealthcare.ca

Family Services Windsor Essex 519-966-5010
www.fswe.ca
Anxiety, depression, caregiver stress & trauma recovery. Group and individual appointments available.
Windsor: 1770 Langlois Ave. Tuesday 12pm-8pm, Friday 9am-5pm Walk-ins available
Harrow Health Centre: 1480 Erie Rd. Tuesday 3pm-7:30pm
Erie Shores Healthcare: 194 Talbot St. W. Monday 10am-4pm (excluding holidays)
Kingsville Drop-In Program: 23 Mill St. W. Tuesday 4pm-8pm

March of Dimes Stroke Recovery and Support Group 226-787-0040
www.afterstroke.marchofdimes.ca
Kensington Court 1953 Cabana Rd W Windsor ON
Support, education and community programs for stroke survivors, caregivers and family.
Support Group Meetings -2nd Tuesday of the month.

Ontario Caregiver Helpline 833-416-2273
www.ontariocaregiver.ca live chat Mon-Fri 7am-9pm
If you are caring for someone and you need support or have care questions call the helpline any time.

The Word Exchange 519-253-3000 ext. 2246
Supported by the University of Windsor
Supported conversation group for individuals with aphasia & their caregivers.

Exercise, Recreation, and Social Clubs

Community Support Centre 519-728-1435
www.communitysupportcentre.ca
Home visiting, Security Reassurance Program

Essex Retirees Social Club 519-776-6689
www.essexretirees.ca

Leamington Half Century Club 519-326-2521
www.halfcenturycentre.ca
160 Talbot St E Leamington ON
Pool, cards, yoga, darts and more

Life After 50 519-254-1108
www.lifeafterfifty.ca
East Side: 8787 McHugh
West Side: 635 McEwan
Recreation center for adults 50+. Opportunities for older adults to be fit, be social, and be well.

VON SMART Exercise & Fall Prevention 519-254-4866 ext. 6239
*Free *registration required

Windsor Community Centers
www.activewindsor.ca
Various locations and programs available

Windsor Essex Community Health Centre 519-253-2300
www.wechc.org or www.wechu.org/falls-and-injury-prevention/falls-prevention-services
Free Chronic disease management, falls prevention, primary care choices and changes, master your health, respiratory & diabetes wellness and more.

Foot Care

Advanced Foot Care Clinic 519-256-7774

Advanced Foot Care Nurse 226-363-0476
www.advancedfootnurse.com

Bayshore 1-877-289-3997
www.bayshore.ca

Foot Care Institute 519-258-3668
www.footcareinstitute.ca

Happy Soles Foot Care 519-792-3070

Life After Fifty 519-254-1108

Para Med 519-972-7760

St. Elizabeth's 519-972-3895

South Essex Community Council 519-326-8629
www.secc.on.ca

VON 519-254-4866

Windsor Essex Community Health Centre 855-259-3605
www.wechc.org