

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.



Windsor Essex Community Health Centre
Centre de santé communautaire de Windsor Essex



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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.

Dial 211 from any phone to easily connect to Social Services Programs and community supports.

Ambulance Services - 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

Ontario Health at Home (OHH)

Formerly HCCSS

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, 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

How to Find a Doctor

Health Care Connect 888-447-4468

www.ontario.ca/healthcareconnect

Must have valid OHIP

Maple

www.getmaple.ca

Online consultation with Canadian doctors

Windsor Essex Medical Society

www.ecms.org

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

Bayshore 877-351-3462 or 226-216-2485

www.bayshore.ca

Care Partners 1-855-245-1154

www.carepartners.ca

Comfort Keepers 519-946-1001

www.comfortkeepers.ca

Community Support Centre 519-728-1435

www.communitysupportcentre.ca

Home Instead 519-739-1500

www.homeinstead.com/3026

iAID Home Health 519-997-2728

www.iaidcare.com

Para Med 519-972-7760 OR 1-866-525-5755

www.paramed.com

Qualicare 519-252-5121 OR 519-969-6096

www.qualicare.com

St. Elizabeth's 519-972-3895

www.seh.com

Victorian Order of Nurses (VON) 519-254-4866

www.von.ca

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 519-974-2200

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/abieservices/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.anyshelpinghands.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 Diabetes Association 519-972-8414

www.diabetes.ca

Canadian National Institute for the Blind (CNIB) 519-253-1900

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

www.windsorsex.cmha.ca/

Community Legal Clinics

www.legalaid.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.eriestclairhealthline.ca/libraryContent.aspx?id=21044>

Heart and Stroke Foundation

www.heartandstroke.ca

March of Dimes Canada - Stroke Recovery

www.afterstroke.marchofdimes.ca

Ontario Telehealth 1-866-797-0000

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

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

www.crownaccessible.com

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

Transit Windsor 519-944-4111

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

Veterans Cab 519-256-2621

Wheelchair cabs available

Voyago 519-455-4579

www.voyago.ca

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, and McGregor)

Community Support Centre of Essex County 519-728-1435 OR 1-855-728-1433

www.communitysupportcentre.ca

Heart to Home Meals 226-266-2434

www.hearttohomemeals.ca

Pre-made meals available for delivery. Modified diets available.

Hotel Dieu Grace Healthcare 519-257-5111 ext. 76527

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

Meals on Wheels - VON 519-254-4866 ext. 1 OR 1-866-354-4866

www.von.ca

Meals are delivered Mon-Fri between 10:45am - 1:00pm by volunteers.

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

Depression, Counseling, and Support Groups

Alzheimer's Society 519-974-2220

www.alzheimer.ca/en/windsorsex

Caregiver Support Group

Brain Injury Association 519-981-1329

www.biawe.com

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

Family Services Windsor Essex 519-966-5010

www.fswe.ca

Anxiety, depression, caregiver stress and trauma recovery. Group and individual appointments available. Housing, elder abuse, hoarding response and other social services.

Windsor: 1770 Langlois Ave.

Harrow Health Centre: 1480 Erie Rd.

Erie Shores Healthcare: 194 Talbot St. W.

Kingsville Drop-in Program: 23 Mill St. W.

March of Dimes Stroke Recovery and Support Group 1-888-540-6666

www.afterstroke.ca

Support, education and community programs for stroke survivors, caregivers and family.

Ontario Caregiver Helpline 833-416-2273

www.ontariocaregiver.ca

Live chat Mon-Fri 7:00am-9:00pm

If you are caring for someone and you need support or have care questions, call the helpline any time.

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

32 Russell St. Essex

Life After Fifty 519-254-1108

www.lifeafterfifty.ca

East Side: 8787 McHugh

West Side: 635 McEwan

Recreation centre for adults aged 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 and 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

Smoking Cessation

CAMH Stop

www.stoponthenet.com

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 888-298-6166

First Call 800-361-5550

www.firstcallhelp.com

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

Galaxy Medical 855-905-7414 OR 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

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.

Wellness & Mobility Inc

www.wami.ca

Wellwise by Shoppers 519-252-2715

1642 Howard

Universal Health Products 519-258-6717

ext.284

www.universalhealthproducts.ca

Xperience Home Health Care 519-8000-0000

www.xperiencehomehealthcare.ca

Financial Support

Assistive Devices Program 800-268-6021

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

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

Caregiver tax credit:

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/canada-caregiver-amount.html>

Disability tax credit (DTC):

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>

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

<https://www.ontario.ca/page/ontario-disability-support-program>

Trillium Drug Program 800-575-5386

Return to Work

City of Windsor 519-255-5200

www.citywindsor.ca/residents/social-services

Southwest Ontario Stroke Network 519-685-8500 ext. 32462

www.swostroke.ca

Unemployment Help Center 519-944-4900

www.uhc.ca

Locations in Windsor and Belle River

Windsor Regional Employment Network Local: 519-969-5644 | Toll free: 1-844-969-5644

<https://www.wrenetwork.ca/>

The Windsor Regional Employment Network, which includes the services of the Unemployed Help Centre, is the intake and referral service for employment programs in the tri-county area.

Driving Assessment

Driving with Adaptive Equipment 866-948-8341

www.nmeda.com

Interactive Driving Assessment Program 519-968-3485

Southwest Ontario Stroke Network

www.swostroke.ca

TMC Drivers Physicals 519-979-5260

www.tmmc-clinic.com

Allied Health Services

Occupational Therapy (OT)

Physiotherapy (PT)

Speech Language Therapy (SLT)

Active Body 519-250-1855

OT, PT

Advanced Cognitive Communication Rehab Clinic 519-255-9494

SLP

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

PT, Chiropractor

Enable Physiotherapy 519-250-5775

101-3719 Walker Rd.

www.enablephysio.ca

OT, PT

Essex Physical Therapy 519-776-7676

Grossi Physiotherapy - Leamington 519-322-5588

Life Mark Health Care 519-966-6900

2750 Dougall Ave.

OT, PT

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

OT

Private Practice 877-676-6768

www.otontario.ca

OT

Private Practice 800-672-9668

www.opa.on.ca

Physiotherapy Association

Renew Phsyiotherapy - Leamington 519-324-9233

221 Talbot St. W. Leamington

Uptown Physiotherapy Clinic 519-252-2752

960 Tecumseh Rd. E.

Western Ontario Sports Injuries & Rehabilitation 519-972-6230

400 Cabana Rd. E.

Multicultural Services

CAN-AM Indian Friendship Centre 519-253-3243

<http://www.caifc.ca>

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

<http://www.themcc.com>

New Canadians' Centre of Excellence 519-258-4076

<http://www.ncce1.org>

Southwest Ontario Aboriginal Health Access Centre 519-916-1755

1405 Tecumseh Rd. W.

Windsor Jewish Community Centre 519-973-1772

www.jewishwindsor.org

Women Working with Immigrant Women 519-973-5588

www.wwwiw.org

Laboratory Services

Dynacare 519-252-3457

www.dynacare.ca

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

www.lifelabs.com

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

www.medlabsofwindsor.ca

