

# Stroke Services

Greater Kingston  
Victorian Order of Nurses  
(**GK VON**)

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# Greater Kingston VON: Programming and Services



- Foot Care – Clinic & In-Home
- Meals on Wheels – Hot & Frozen meals
- Congregate Dining (Diner's Club)
- Home Support/PSW Support
- Assisted Living
- Home Help
- In-Home Respite
- SMART- Exercise & Fall Prevention
- Stroke Services
- Transportation – Health Vans & Volunteer

# GK VON Stroke Services:



- **Eligibility:**

Anyone affected by stroke can access our services, both Survivors with and without aphasia and Caregivers.

Services can be accessed short and long term.

- **Referrals:**

Individuals can self-refer or can have a service provider send a referral on their behalf.

- Regional Referral form.
- VON site-specific Referral form.

- **Where to find us:**

Unique to GK VON

- **Types of service:**

Non-medical  
supports

- **Cost:**

All supports from Stroke Services are **free**

# GK VON Stroke Services:



- **In-person & Virtual** (zoom) programming
- Stroke **Survivor** Support Groups
- **Aphasia Peer** Support Groups
- **Caregiver** Support Groups
- **Aphasia Supportive Conversation** Groups with SLP
- **Peer Support** volunteer connections
- Stroke-Specific Adult **Day Program** (Napanee VON)
- Regional Stroke **Education** Program
- **Information, Resources, Advocacy, Navigation**

# Communication Accessibility



## Ways to support conversation:

- Give the person **time** to process and respond.
- Use **creativity** writing, drawing, pictures, and gestures.
- Verify / **Check often for understanding**



# We Asked Stroke Survivors about Stroke Prevention, here's what they had to say....



- **Blood Pressure** Monitoring
- Individual **Risk Factors**
- Different **Signs of stroke**
  
- **Education:**
  - Blood pressure numbers
  - Cholesterol management
  - Diabetes management
  - Heart Health
  
- Where to go for **stroke risk factor** services (e.g. Diabetes clinics, Exercise programs)

# Resources

## Where to go to Keep Learning:



Stroke Info. Sheets:

- <https://www.stroke.org/en/help-and-support/resource-library/lets-talk-about-stroke>
- <https://strokengine.ca/en/>

Fast Heroes (Education for kids): <https://ca-en.fastheroes.com/>

CRSN - Aphasia Friendly Toolkit: <https://www.crsn.ca/en/clinical-tools-resources/clinical-tools-resources-4/19-english/151-aphasia-friendly-toolkit>

Aphasia Institute: Training and workshops

<https://www.aphasia.ca/health-care-providers/education-training/training-programs-workshops/>

Aphasia Friendly Canada (Training & Resources): <https://aphasiafriendlycanada.ca/services/>

Voices of Aphasia: Aphasia Simulation: <https://www.vohaphasia.org/simulation/>

# Messages for you from group members!



- *Sudden life-changing event*
- *Stroke Survivors are fighters*
- *Understanding!*
- *Visible AND Invisible effects of stroke*
- *Letting go & Accepting new*
- *Re-learning: to write and walk*
- *Even if only moving a finger today, Celebrate it!!*
- *Aphasia: Practice, Practice, Practice*
- *Find support! (friends, groups)*
- *Various degrees: mild to severe*
- *Accept new norm and Relish it!*
- *Don't speak too quickly*
- *Take time to listen!*
- *Using different tools: pictures and writing*
- *Aphasia is not just one thing!*



Thank you for your  
time and attention!

Questions?

