

# Returning to Work in Thames Valley



SERVICES FOR PERSONS WITH STROKE  
PREPARING TO RE-ENTER THE WORKFORCE.

**You've been through a lot** – a trip to the emergency department, a hospital stay, rehabilitation and a return to your home, your family and your community. Recovery from stroke is a journey. For some people, that journey includes a return to the workplace – either to their previous role, a modified position or something entirely new. The following services are available to stroke survivors in Thames Valley who are exploring a return to work.



## BRAINWORKS

79 Ridout Street South, London | Ph: 519-657-1180  
[www.brainworksrehab.com](http://www.brainworksrehab.com)

IN HOME/COMMUNITY  
 FEE FOR SERVICE



You may self-refer to Brainworks, or be referred by a community or government agency. This is a fee-for-service program that may be covered by insurance or other third parties. Brainworks team members create back to work plans tailored specifically for you. Services include: job searches, labour market research, cover letter and resume development, reference preparation, interview techniques, career exploration exercises and more. The community-based vocational placements offered are non-paid, temporary placements with a community host employer. They allow for assessment of your abilities to manage demands in a real work environment. Staff, including social workers, psychologists and rehab therapists, have experience supporting persons with stroke. Learn more online.

## INCLUSIVE HEALTH CARE MANAGEMENT (INCARE)

5730 Williams Street, Lucan | Ph: 519-227-0389  
[www.incarehealth.com](http://www.incarehealth.com)

IN HOME  FEE FOR SERVICE

You may self-refer to Incare or be referred by a community or government agency. This is a fee-for-service program that covers all of Southwestern Ontario. Services include individualized employment counselling, career exploration exercises, labour market research, resume and cover letter development, reference preparation, interview techniques and job finding clubs. Volunteer placements, job coaching and job accommodation services are also available. Team members include a certified job finding instructor, a social worker and a rehab therapist. Incare has experience working with people with disabilities.

## PRACTICAL SOLUTIONS VOCATIONAL SERVICES

1326 Huron Street, Unit 335, London | Ph: 519-859-2755  
www.practicalsol.com

IN HOME/COMMUNITY  
 FEE FOR SERVICE



Available by self-referral, this fee-for-service organization supports the development of pre-vocational and community access skills for people from across Southwestern Ontario. Services include individualized employment counselling, career exploration exercises, labour market research, resume and cover letter development, reference preparation, interview techniques, job finding clubs and linking. Staff have experience providing job related services to stroke survivors. Job coaching, job accommodations and placement follow up are all available.

## PURSUIT HEALTH MANAGEMENT

1 – 121 Oxford Street E., London | Ph: 519-672-1048  
www.pursuithealth.ca

IN OFFICE/COMMUNITY  
 FEE FOR SERVICE



While individuals from across Southwestern Ontario may self-refer to Pursuit Health Management, referrals are most often made by physicians, hospitals, WSIB, employers, insurance companies or solicitors. Physio and massage therapy can be self funded. Other services, such as occupational therapy, case management and vocational rehabilitation services are usually funded through insurance or other sources. Pursuit supports pre-vocational skills such as daily living and community access skills. Other services include labour market research, resume and cover letter development, career exploration, reference preparation and interview techniques. Therapists on staff have experience with persons with stroke in both hospital and community based settings.

## THE LIFE SKILLS CENTRE

111 Belmont Drive, Suite 102, London | Ph: 519-680-3808

IN OFFICE  
 FEE FOR SERVICE



Available by self-referral, or referral through a government or community agency, The Life Skills Centre is a fee-for service organization that supports the development of pre-vocational, community access and daily living skills. Clients typically reside within a 1.5 hour radius of the City of London. Staff, who have experience supporting people with disabilities, provide individualized employment counselling, career exploration exercises, labour market research, resume and cover letter development, reference preparation, interview techniques and job finding clubs. Job coaching, job accommodations and placement follow up (for up to one year) are all available.

## WORKRIGHT

564 New Bold Street, London | Ph: 519-681-1668  
www.workrightinc.ca

IN OFFICE  
 FEE FOR SERVICE



This fee for service organization supports the development of pre-vocational, community access and daily living skills. Clients, who may self-refer, or be referred through a community or government agency, will find individualized employment counselling, career exploration exercises, labour market research, resume and cover letter development, reference preparation, interview techniques and job finding clubs. Staff have experience providing job related services to stroke survivors. Job coaching, job accommodations and placement follow up are all available.