

# Returning to Work in Sarnia Lambton



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 Huron Perth who are exploring a return to work.



## BAYSHORE THERAPY & REHAB

3200 Deziel Drive, Unit 410, Windsor | Ph: 519-974-5953  
www.bayshore.ca | Toll Free: 1-877-351-3462

- IN OFFICE/NEURO-CLINIC
- IN HOME/COMMUNITY
- NO COST IF ELIGIBLE FOR SERVICES
- FEE FOR SERVICE

Bayshore has experienced and caring consultants across Essex County to assist you with returning to work. Referrals can be from the Community Care Access Centre (CCAC), your health care provider, lawyer, insurance carrier, or yourself. We offer occupational therapy, physiotherapy, speech language pathology, psychology, case management, social work, massage therapy, nursing, and PSW services. We will support you in pre-vocational tasks in your home and community, functional abilities evaluations, labour market research, interview skills, career exploration and the return to work plan. Depending on your current abilities, we will pursue a non-paid vocational placement or assist you with returning to your pre-stroke employer. Serving Windsor, London, Owen Sound, and Sarnia. Learn more about our team and services online.

## BRAINWORKS

79 Ridout Street South, London | Ph: 519-657-1180  
www.brainworksrehab.com

- IN HOME
- 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.

## EMPLOYMENT TRANSITIONS

551 Exmouth Avenue, Sarnia ON N7T 5P6 | Ph: 519-332-0560  
www.employment-transitions.com

IN OFFICE  NO COST



Available through self-referral or referral by a community agency, this service is for anyone from Sarnia-Lambton with a self-declared disability or who receives ODSP. Employment Transitions assists clients with developing meaningful employment goals and skills. Services include employment search and job matching supports; job coaching, orientation and basic training and ongoing support to both employee and employer. Additional “on the job” support is available if changes occur within the position.

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## GOODWILL CAREER CENTRE

1249 London Road, Sarnia, ON N7S 4T3 | Ph: 519-332-4333  
300 Lacroix Street, Chatham, ON N7M 6M6 | Ph: 519-354-4400  
www.goodwillekl.com

IN OFFICE  NO COST



The Goodwill Career Centres in Chatham and Sarnia offer the following free services to job seekers: Assessment and Case Management, Job Search Preparation, Job Placement/Coaching/Retention services, Information and/or referral to government funded skills training programs, Resource and Information Centre.

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## jobSTART

660 Oakdale Avenue, Sarnia ON N7V 2A9 | Ph: 519-332-4004  
www.jobstartsarnia.com

IN OFFICE  NO COST



jobSTART specializes in helping people with disabilities to find and keep a job. Services are available to anyone from Sarnia-Lambton, with a disability, who is over the age of 16. Enrolment is contingent upon the applicant being “Opportunities Fund” eligible. Those interested may self-refer or be referred by a government or community agency. Supports include the development of return to work action plans and recommendations for employment, budget management, connecting with community agencies, goal setting, improving communication skills and recommendations for resume writing and interview skills. A voluntary, unpaid, week-long work experience is arranged.

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## LEADS EMPLOYMENT SERVICES

171 Queens Avenue, Suite 410, London | Ph: 1-866-955-3237  
51 Front Street East, Strathroy | Ph: 1-866-955-3237  
32 Erie Street, Stratford | Ph: 1-866-955-3237  
380 9th Street E., Owen Sound | Ph: 1-866-955-3237  
300 S Edgeware Road, St. Thomas | Ph: 519-633-7597  
www.leadsservices.com

IN COMMUNITY/OFFICE  
 FEE FOR SERVICE  
 NO COST



Over 52 Employment Specialists with diverse backgrounds, credentials and specializations provide one to one support in customized services: developing skills to prepare for and retain employment, identifying employment opportunities that fit abilities and experience, job coaching and mentoring to build strong relationships with employers and coworkers, facilitating follow up reviews and problem resolution to help achieve success. Leads offers services to those who are eligible for government funding at no cost, or through WSIB or third party fee-for service in London, Middlesex, Elgin, Oxford, Huron, Perth, Lambton, Bruce and Grey counties. Individuals & advocates can contact or apply in person at Leads or online.

## MOVING TOWARDS WELLNESS LTD.

Box 1055, Clinton | Ph: 519-482-7181  
www.movingtowardswellness.ca

IN OFFICE  
 FEE FOR SERVICE



You may self-refer to Moving Towards Wellness LTD, or be referred by a government, community agency or Family Physician. Services which include re integration to activities of daily living, Rehabilitation Exercise Program (Home or Community based) and community access skills development, individualized employment counseling, job coaching and shadowing, ergonomic assessments, job site and physical demand assessments are provided. Our staff have experience working with all points of recovery from injury and/or health related issues such as stroke. This fee for service program is open to those in Huron, Perth, Bruce, Grey, Middlesex and Lambton counties.

## MARCH OF DIMES CANADA

920 Commissioners Rd. East London | Ph: 519-642-3999 ext. 235  
www.marchofdimes.ca

NO COST IF ELIGIBLE FOR SERVICES  
 FEE FOR SERVICE FOR PRIVATE INSURERS



You may self refer to March of Dimes Canada Employment Services Program or be referred by a community or government agency. March of Dimes Employment Services programs work with several different contracts including: Veterans Affairs Canada (CANVET Services), Ontario Disability Employment Supports Program (OSDP), Community Co-ordinator Project (Opportunities Fund) through Service Canada, Workplace Safety and Insurance Board (WSIB), Ontario Works, and Private Insurers. March of Dimes provides a variety of Placement, Assessment and Case Management services that assist individuals with a variety of disabilities to return to work. Such services include development of Return to Work Employment Plans, Employer Based Work Placements both in paid and unpaid settings, Job Search Training Programs, and a variety of Vocational and Functional Assessments. March of Dimes will assist individuals to reach their employment goals and achieve their independence in today's competitive labour market.

## PRACTICAL SOLUTIONS VOCATIONAL SERVICES

30 Adelaide Street North, Unit 101 | Ph: 226-316-0359  
www.practicalsolutions.ca

IN HOME/COMMUNITY  
 FEE FOR SERVICE



Available by self-referral. Services include Gradual Return to Work programs working with the client, employer and medical professionals to determine suitable positions, accommodations and transitional work programs so individuals can stay at work or return to productive and safe employment as soon as physically possible after a stroke. As well, there is a Vocational Reconditioning Program designed to assess and enhance a client's functional and employment skills in preparation to transition into an alternate career or return to the client's own employer at full capacity.

## 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.