

# Stroke Recovery Programs

*'Helping you on your recovery journey'*

**WHAT:** A recovery focused, goal directed program for individuals who have had a stroke. Program includes: physical exercise, thinking & memory stimulation, health & wellness education, social/recreation activities.

Program staff are trained and supported by specialized stroke teams with knowledge of best practice stroke care.

**WHERE:** Programs are available through various community support service organizations across the region in Aylmer, Clinton, Hanover, London, Strathroy, Stratford and Woodstock.

**WHEN:** Program dates & times vary by location. Program length also varies according to client goals and needs.

**WHO IS ELIGIBLE:** Those who have recovery goals and are motivated and able to actively participate in program activities.

**HOW TO JOIN:** Referrals are through the Community Stroke Rehabilitation Teams (CSRT) in London, Huron Perth or Grey Bruce, or through the Intensive Rehabilitation Outpatient Program (IROP) at Woodstock Hospital.

**OTHER:** Cost is \$3–10 per day and includes lunch and snacks. Transportation can be arranged for an additional fee.

**For Inquiries Please Contact:**

Phone: 519 685-4000  
ext. 45034

Toll-free: 1-866-310-7577

