

Stroke Education

Discharge Planning



Discharge planning begins almost immediately when you enter West Park Healthcare Centre. One of the most important goals for your rehabilitation team is to prepare you for leaving the hospital and moving back into the community.

An important person who will help you plan for getting home is the Care Coordinator. Your Care Coordinator assists you and your family with many aspects of returning to your regular life.

Part of your discharge plan might involve exploring other means for financial support, the Care Coordinator can help you access:

- Employment Insurance (EI)
- Social Assistance such as Ontario Works (OW)
- Disability Support Plans such as Ontario Disability Support Plan (ODSP) or the Canada Pension Plan/Disability (CPP)
- Private Insurance or Employment Benefits
- Trillium Drug Plan to assist in paying for your medications

It is extremely important for you to take the medications that the doctor recommended when you were in the hospital after your stroke. Even if you feel well, do not stop taking your medication. If you have any questions about your medication speak with your doctor.

Helping to obtain an accessible parking permit is only one thing a Care Coordinator can help with when it comes to transportation. They can also provide information to help you and your family access transportation if you cannot drive. Some options might include:

- Public transportation designed for people with disabilities such as Wheel Trans, Trans Help, Mobility On Request or Care a Van;
- Community agencies such as Etobicoke Services for Seniors or the Red Cross can also provide transportation services.

If you require home modifications as a result of your stroke, there are agencies that may be able to provide financial assistance or you may be able to claim these modifications on your income taxes. Before making any modifications it is extremely important to discuss this with your accountant or tax specialist. These programs are:

- Canada Mortgage and Housing Corporation (CMHC)
 - Home Adaptations for Seniors Independence (HASI)
 - Residential Rehabilitation Assistance Program – Disabled (RRAP-D)
- March of Dimes
- Healthy Homes Renovation Tax Credit
- Disability Deductions (Form T2201)

Sometimes at the end of your stay in rehabilitation you may not be able to return home or may need to live someplace as you continue to improve. Your Care Coordinator can provide you and your family with information on alternative options for discharges such as:

- Retirement Homes;
- Assisted living such as long term care;
- Attendant Care;
- Transitional housing options;
- Group homes and shared accommodation.

HOME CARE

If you require assistance once you return home, you may qualify for help through the Local Health Integration Network also known as the LHIN. The LHIN is funded through the Ministry of Health and Long Term Care. A LHIN coordinator will do an assessment based on the recommendations of your therapy team and determine if you are eligible to receive home care. If you do not qualify for services through the LHIN, your Care Coordinator will provide you with a list of paid services that may be appropriate for you.

ONLINE RESOURCES

If you have access to the internet, there are several helpful on-line resources that can provide information on community supports and services that can assist with your transition from the hospital to home.

www.healthcareathome.ca

www.thehealthline.ca

For more information, contact your West Park Neurological Rehabilitation Team, or consult your “My Guide for Stroke Recovery” which is available in English at <http://strokerecovery.guide>, and in Italian, Portuguese, Punjabi, and simplified Chinese at <http://strokerecovery.guide/about>.

