

Yes, I would like to join the

STROKE SURVIVORS ASSOCIATION OF OTTAWA

NAME: _____
ADDRESS: _____

CITY: _____ PROVINCE: _____

POSTAL CODE: _____

HOME PHONE: (____) _____ - _____

EMAIL: _____

- SINGLE MEMBERSHIP \$40/YEAR
- FAMILY MEMBERSHIP \$50/YEAR

CHEQUE
 MASTERCARD/VISA _____ EXP / _____

I AM (CHECK BOX)

- STROKE SURVIVOR
- FAMILY/FRIEND
- CAREGIVER
- HEALTH CARE PROFESSIONAL
- OTHER

Yes, I would like to Volunteer

- PEER TO PEER SUPPORT PROGRAMS
- CAREGIVER PROGRAMS
- FUNDRAISING
- OFFICE ADMIN
- MEMBERS MEETINGS
- OTHER _____

PLEASE MAIL COMPLETED FORM TO:

STROKE SURVIVORS ASSOCIATION OF OTTAWA
SUITE 207
1729 BANK STREET
OTTAWA, ONTARIO
K1V 7Z5
613-237-0650



COMMUNITY

RE-ENGAGEMENT

OUR MISSION

WE ARE A COMMUNITY ASSOCIATION THAT SUPPORTS THOSE WHO ARE AFFECTED BY STROKE THROUGH COMMUNITY RE-ENGAGEMENT, EDUCATION AND ADVOCACY

✓ Connections

Stroke Survivors Association of Ottawa is a not-for-profit charitable non-government organization that provides assistance, advice, education, advocacy and community partnerships for the improvement of life for stroke survivors and their families. Stroke Survivors Association of Ottawa provides a range of support services from health and social programs, education, including the CONNECTIONS support program that provides emotional support and assistance in community re-engagement.

✓ Peer Support

✓ Education

✓ Caregiver Support

✓ Chronic Disease Management

✓ Community Partnerships

✓ Programs & Services

✓ Advocacy

STROKE SURVIVORS ASSOCIATION OF OTTAWA
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Ottawa, Ontario K1V 7Z5
(613) 237-0650
(f) (613) 237-0650
www.strokesurvivors.ca
Charitable #84767 9073 RR0001

SURVIVE • STRIVE • THRIVE

SURVIVE • STRIVE • THRIVE

ASSISTING THOSE AFFECTED BY STROKE

(613) 237-0650

www.strokesurvivors.ca

PROGRAMS & SERVICES

SSAO provides stroke survivors, their families, and caregivers with a number of peer support services and programs

- ✓ **Stroke Warm Line** – an answering service to assist families in need
- ✓ **Monthly Members Meeting** – provides stroke survivors and their families with education, information, member support and social events
- ✓ **Peer Support** – provides stroke survivors, families and caregivers with individual programs that range from simply answering questions and providing information, to providing referrals to healthcare or community resources, to assisting in community re-engagement and includes monthly peer support meetings
- ✓ **Caregiver Support** – provides caregivers, family members, friends or professionals with training and support specific to stroke and chronic disease management
- ✓ **Monthly Newsletter** – provides members with the latest news related to stroke and SSAO programs and events
- ✓ **Recreational & Social Events** – For the latest on our recreational and social events, please check out our website
- ✓ **Members Website** - Come visit our website with the latest in stroke related information and services

CONNECTIONS

Connections is the first community-based stroke support program in Canada connecting stroke survivors and families to community support networks, programs and services. Our trained volunteers are experienced in the challenges facing stroke survivors and caregivers and provide practical support and community re-engagement assistance

HOW WE CAN HELP...

STROKE SURVIVORS ASSOCIATION OF OTTAWA AND ITS MANY COMMUNITY PARTNERS OFFER A RANGE OF PROGRAMS AND SERVICES WITH THE SINGLE GOAL OF IMPROVING OF LIFE FOR STROKE SURVIVORS AND THEIR FAMILIES



EDUCATION

SSAO provides ongoing education programs for stroke survivors, families, caregivers and medical professionals:

- ✓ **Education Events** – SSAO provides ongoing education through its varied events including monthly members meeting, programs, and special events
- ✓ **Stroke Recovery Conference** – The first of its type and provides conference members/public to meet researchers and professionals in the forefront of stroke treatment
- ✓ **Caregiver Education** – SSAO provides caregiver with specialized educational and informational events
- ✓ **Research, Publications, FAQs** – SSAO is constantly researching the many aspects of stroke and provides ongoing relevant information to its members and the public through its publications, newsletters, FAQs and website

COMMUNITY PARTNERSHIPS

SSAO is an active member of many community integration initiatives and levers these networks into new programs, services, and knowledge sharing for its members and partners. Our partnerships are constantly growing, both in the national capital region and across Canada. SSAO boasts a strong and growing membership and a volunteer network that support our growing community-based programs.

ADVOCACY

The Stroke Survivors Association is an advocate for improved services and more research into every aspect of stroke prevention and acute care treatment, but more importantly to meet our mandate of serving people who have had a stroke; rehabilitation and improved quality of life for people with disabilities. SSAO pursues links with health care professionals, government agencies, not for profit organizations and other advocacy groups to expand our message

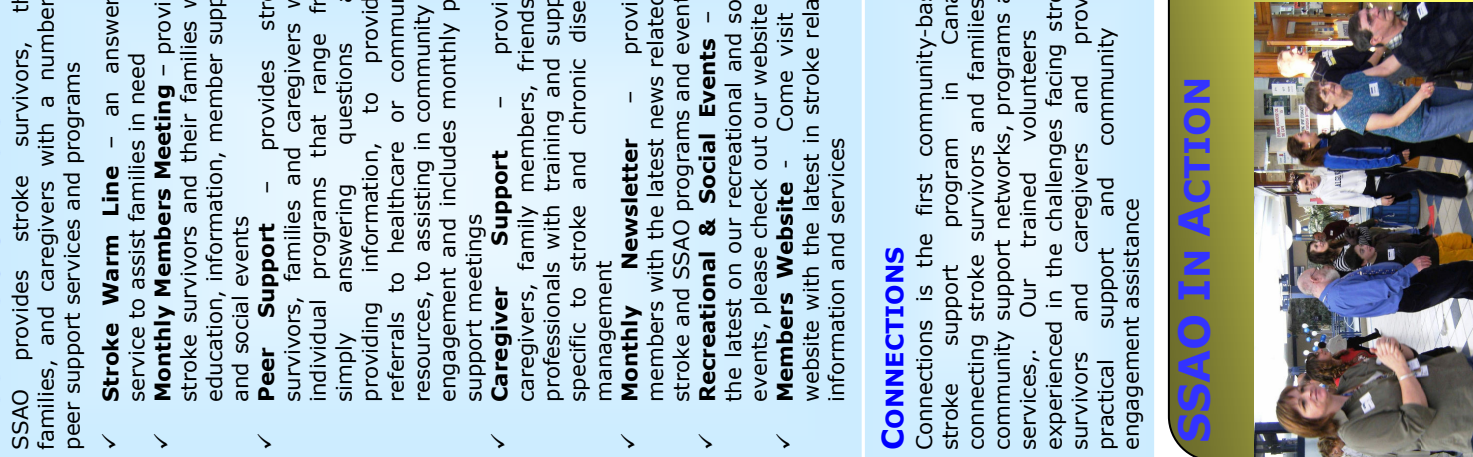
THE STROKE FACTS

Stroke is an acute neurologic injury whereby the blood supply to a part of the brain is interrupted and can create a sudden loss of neuronal function. Currently, there is no known cure for stroke.



- Stroke is the third-leading cause of death in North America
- On average, a stroke occurs every 45 seconds and someone dies every 3 minutes
- 50,000 people have a stroke every year in Canada
- Over 2,500 people in Ottawa have a stroke every year
- Stroke happens at any age... The risk to infants is equal to the risk of the elderly
- Stroke can affect patients physically, mentally, emotionally, or a combination of the three
- Of every 5 deaths from stroke, 2 occur in men and 3 in women
- Disability affects 75% of stroke survivors enough to decrease their employability

SSAO IN ACTION



2008 Walk & Roll

2006 SSAO Stroke Recovery Conference



2007 Christmas Social