

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



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 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
1729 Bank Street, Suite 207
Ottawa, Ontario K1V 7Z5
(613) 237-0650
(f) (613) 237-0650
www.strokesurvivors.ca
Charitable #84767 9073 RR0001

SURVIVE • STRIVE • THRIVE



COMMUNITY

CAREGIVERS



SURVIVE • STRIVE • THRIVE

ASSISTING THOSE AFFECTED BY STROKE

(613) 237-0650

www.strokesurvivors.ca

YOU ARE NOT ALONE!

Stroke Survivors Association of Ottawa (SSAO) is there to assist those affected by stroke. Our Association was founded by stroke survivors and stroke caregivers who discovered the need for post-treatment support. We offer a number of programs all with the single goal of improving the quality of life for stroke survivors and their caregivers.

IF YOU NEED...

- Someone to listen to you
- Advice on how to cope
- Information on Stroke and stroke related ailments
- Practical tips on improving your situation
- Referral and information on community supports and services
- To meet or network with other Caregivers

THEN SSAO CAN HELP!



Stroke Survivors
ASSOCIATION OF OTTAWA

LIVING WITH STROKE

PARTICIPATING IN RECOVERY AND ADAPTATION AFTER STROKE

- Eight week highly interactive group learning program designed by the Heart and Stroke Foundation
- Each session includes discussion, videos and activities
- Participate in your Recovery. Acquire the tools and support necessary to fully participate in the recovery process, adapt to life after stroke, and reduce the risk of another stroke

If you are trying to adjust to life after a stroke then this may be the program for you. Your caregiver or family member should attend as both of you can learn and work together to meet the challenges with stroke

LIVING WELL WITH A CHRONIC CONDITION

SELF MANAGEMENT PROGRAM

- Six week highly interactive group learning program
- Each workshop is designed provide information on the day to day management of treatment, maintain or improve life's activities, gain self-confidence in ability to control symptoms, build skills and tools necessary to navigate through the medical system, share experiences and offer support
- Learn techniques and tips to deal better with the effects of chronic disease

This program is open to stroke survivors and caregivers

CAREGIVER INFORMATION & SUPPORT SERIES

STRATEGIES FOR THE CAREGIVER JOURNEY

- Learning series designed for families and caregivers that provides supportive environment to share similar caregiving experiences
- To assist caregivers and families in creating a healthy balance between care for themselves and care for their loved ones
- To empower caregivers and acknowledge their importance as individuals as well as caregivers

If you have attended *Living With Stroke*, then this learning series will provide additional information and resources for Caregivers and families

FAMILY SUPPORT GROUP

ENGAGING THE CAREGIVER COMMUNITY

- Meet with other Caregivers and learn from their experiences
- Share your experiences and challenges
- Hear from professionals and stroke support organizations on the latest trends and techniques
- Learn of other available community resources

This forum provides an excellent opportunity to share and learn from other Families and Caregivers. Topics will include the caregiver stages, problem solving, community resources, setting limits, stress management among other topics.