

**YES, I WOULD LIKE TO VOLUNTEER**

**STROKE SURVIVORS ASSOCIATION OF OTTAWA**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

CITY: \_\_\_\_\_ PROVINCE: \_\_\_\_\_

POSTAL CODE: \_\_\_\_\_

HOME PHONE: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

OTHER PHONE: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

EMAIL: \_\_\_\_\_

PEER TO PEER SUPPORT PROGRAMS

EDUCATIONAL PROGRAMS

FUNDRAISING

SPONSORSHIP/FUNDRAISING

MEMBERS MEETINGS

OTHER \_\_\_\_\_

PLEASE MAIL COMPLETED FORM TO:

**VOLUNTEERS PROGRAM**

**STROKE SURVIVORS ASSOCIATION OF OTTAWA**

UNIT #72

323 COVENTRY ROAD

OTTAWA, ONTARIO

K1K 3X6

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**

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.

- ✓ **Connections**
- ✓ **Peer Support**
- ✓ **Education**
- ✓ **Caregiver Support**
- ✓ **Living with Stroke**
- ✓ **Community Partnerships**
- ✓ **Programs & Services**
- ✓ **Advocacy**

**STROKE SURVIVORS ASSOCIATION OF OTTAWA**

323 Coventry Road, Unit #72

Ottawa, Ontario K1K 3X6

(613) 237-0650

(f) (613) 237-0650

www.strokesurvivors.ca

Charitable #84767 9073 RR0001

**SURVIVE • STRIVE • THRIVE**



# COMMUNITY

## VOLUNTEERS



**SURVIVE • STRIVE • THRIVE**

**ASSISTING THOSE AFFECTED BY STROKE**

**(613) 237-0650**  
**www.strokesurvivors.ca**

## WE NEED YOUR HELP!

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.

Volunteers can contribute to the stroke community and assist those affected by stroke in a number of ways. We are looking for volunteers for:

- Peer Support (Stroke Survivors and Caregivers)
- Clerical Assistance
- Fundraising Events
- Special Events
- Volunteer Drivers
- Newsletter Writers/Editors

## YOU CAN MAKE A DIFFERENCE!



## BENEFITS OF VOLUNTEERING

MAKE A DIFFERENCE!

There are many reasons for people to volunteer including:

- Gain Experience and New Skills
- Meet New People
- Learn More About Services and Resources available in the Community
- Learn More about the Stroke Community and the Challenges They Face in Living Healthy Lives
- Gain Personal Growth and Satisfaction From Assisting Others
- To Have Fun!



## FOR MORE INFORMATION

If you would like to speak to someone regarding SSAO's Volunteer Program, or any program offered by SSAO, you can reach us at

Stroke Survivors Association of Ottawa  
Unit #72 – 323 Coventry Road  
Ottawa, Ontario K1K 3X6  
613.237.0650  
[www.strokesurvivors.ca](http://www.strokesurvivors.ca)

## THE STROKE FACTS

Stroke is as 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