

**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

# CONNECTIONS



### 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**  
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**

**SURVIVE • STRIVE • THRIVE**

**ASSISTING THOSE AFFECTED BY STROKE**

**(613) 237-0650**

**www.strokesurvivors.ca**

# CONNECTING STROKE SURVIVORS & FAMILIES TO A COMMUNITY OF SUPPORT, PROGRAMS & EDUCATION

"By connecting with other stroke survivors, we have been blessed with a sense of caring community which has been inspiring. Truly it has been an oasis of encouragement and hope for us."

REV. JIM LEE  
OTTAWA, ONTARIO

**CONNECTIONS** is a coordinated education and support program of the Stroke Survivors Association of Ottawa, Ottawa area Hospitals and in collaboration with the stroke community of Ottawa.

Family physicians, diagnosticians, social workers, nurses, occupational therapist, and other health care providers may refer clients directly to **CONNECTIONS**.

Each family that is referred will

- Meet a SSAO volunteer at the hospital to be introduced to the **CONNECTIONS** program
- Will receive a follow up phone call from the **CONNECTIONS** program within 2 weeks
- Will receive an information kit folder
- Will be provided information about Ottawa-based learning series and support programs
- Will receive regular mailings of **CONNECTIONS** programs services information and announcements
- Be Introduced to a **CONNECTIONS** Peer Support Volunteer for ongoing support

Referring Clients to **CONNECTIONS**

- Ensures that families are connected very early to education, support and services
- Helps to reduce overall incidence and intensity of caregiving crisis situations
- Helps to strengthen the link between diagnosing family physicians, the stroke community of Ottawa and community service providers
- Helps to increase effective and efficient use of community resources



## 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

PEER SUPPORT

CAREGIVER EDUCATION

CHRONIC DISEASE  
MANAGEMENT

PHYSICIANS &  
PHARMACIST  
INFORMATION SERIES

To Learn More About CONNECTIONS Contact

CONNECTIONS Coordinator  
Suite 207  
1729 Bank Street  
Ottawa, Ontario K1V 7Z5

613.237.0650  
[www.strokesurvivors.ca](http://www.strokesurvivors.ca)

**SURVIVE** • **STRIVE** • **THRIVE**