

How do I get referred?

Any health professional may send a referral to the Provincial Ambulatory Stroke Rehabilitation Clinic (PASRC). Referrals may be sent at any time during your life after you experience a stroke. Once a referral is received, you will be contacted to review your needs and to arrange an appointment.

What do I bring to my first appointment?

- Your health card
- A list of your current medications
- Any exercise programs given to you by prior therapists
- A support person to come with you, if possible

We ask that you wear clothing and footwear suitable for physical activity.

If you are unable to keep your appointment, please notify us as soon as possible at (902) 894-2060 / 2062.

Learn the signs of stroke

Face is it drooping?
Arms can you raise both?
Speech is it slurred or jumbled?
Time to call 9-1-1 right away.

Act **F A S T**. Lifesaving treatment begins the second you call 9-1-1.

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Where can I get education about stroke?
Your care team will provide information and education throughout your recovery and rehabilitation.

Other resources include:

HealthPEI.ca/Stroke • HeartandStroke.ca
MarchofDimes.ca

Provincial Ambulatory Stroke Rehabilitation Clinic (PASRC)
Phone: (902) 894-2060 / 2062
Email: PASRC@ihis.org

For more information on
Organized Stroke Care

PROVINCIAL STROKE NAVIGATOR
Phone: (902) 620-3506
Toll Free: 1-844-871-0634
Email: StrokeNavigator@ihis.org

Health PEI



Provincial Ambulatory Stroke Rehabilitation Services

Helping you increase
your independence and
quality of life.

ORGANIZED  CARE
STROKE
SOINS COORDONNÉS DE L'AVC
PRINCE EDWARD ISLAND/ÎLE-DU-PRINCE-ÉDOUARD

What is stroke rehabilitation?

Stroke rehabilitation helps survivors of stroke relearn skills lost after part of the brain has been damaged by a stroke.

Stroke rehabilitation involves a team that includes: physicians, nurses, physiotherapists, occupational therapists, speech language pathologists, social workers and YOU!

Having a team will address all aspects of your life to help you participate as fully as possible in your community after your stroke.

Rehabilitation aims to improve:

- Arm and hand function
- Balance and mobility
- Post stroke fatigue
- Thinking, attention, memory and problem solving
- Speaking and understanding others
- Swallowing
- Other daily tasks and activities such as return to driving screening, homemaking and managing money

Rehabilitation teams can recommend equipment to help you with bathing, toileting and dressing.

Depending on your needs, you may:

- Be assessed by the Provincial Ambulatory Stroke Rehabilitation Clinic team at the Queen Elizabeth Hospital (QEH) and/or
- Receive services by one of the District Ambulatory Stroke Rehabilitation Teams

Other options for care include home care services in the community or even a virtual appointment in your home. How and where you receive services will depend on your specific needs.

What is the Provincial Ambulatory Stroke Rehabilitation Clinic (PASRC)?

PASRC provides outpatient stroke rehabilitation assessments to all islanders following stroke. The team consists of Nursing, Occupational therapy, Physiotherapy, Speech therapy and Physiatry. They will

- Recommend the right equipment strategies, or exercises
- Follow up to ensure you receive the right services
- Act as a support and link to other teams or services working with you and your family

What is District Ambulatory Stroke Rehabilitation?

District Ambulatory Stroke Rehabilitation is a service that provides ongoing, intensive outpatient stroke rehabilitation. The team includes Occupational therapy, Physiotherapy, Speech therapy as well as Social Work.

There are teams located at the Queen Elizabeth Hospital (District East) and the Prince County Hospital (District West).

What can I expect as part of my treatment plan?

Your stroke rehabilitation team will complete assessments and work with you to identify your treatment goals. Once goals are decided, a plan and a schedule will be made. The length of your treatment will depend on the your progress toward set goals and your progress.

Your care is based on your individual needs. The team will regularly re-assess your needs and keep your physician up to date on your progress.

