RETURN TO VOCATIONS POST STROKE:

RETURN TO WORK COMMUNITY RESOURCES

NATIONAL RESOURCES

PROVINCIAL RESOURCES

CENTRAL EAST STROKE NETWORK RESOURCES

MENTAL HEALTH SUPPORTS

NEUROPSYCHOLOGY SERVICES

RETURN TO WORK COMMUNITY RESOURCES

This section highlights some of the available resources and organizations that may assist with return to work. Each of these organizations has specific eligibility criteria to access the services. In most instances, when the client meets eligibility criteria, there are no fees for services. This is not an exhaustive list, there may be additional services available. For the most up to date information, contact the organization directly or visit their website.

Resources are organized by geography:

- **National**
- **Provincial**
- **Central East Stroke Network (Muskoka, Simcoe, York, Durham and Haliburton Kawartha Pine Ridge)**

FOR ADDITIONAL RESOURCES

- Call 211
- Search 211ontario.ca
- Search thehealthline.ca
  KEY WORDS: Employment Assistance; Vocational and Skills Training; Employment Assistance for People with Disabilities

Front-line Advice

Before engaging agencies that support back to work activities, it may be helpful to speak with an individual's case managers associated with any financial supports such as Canada Pension Plan Disability or insurance company. This step will help to determine if there is a preferred vendor or other factors which need to be considered.

- Regional Manager Employment Services, March of Dimes Canada

A designated member of the care team may provide counseling and information on employment benefits .....to people who have had a stroke

- Canadian Stroke Best Practice Recommendations

RETURN TO WORK COMMUNITY RESOURCES: NATIONAL

CANADA PENSION PLAN (CPP) DISABILITY VOCATIONAL REHABILITATION PROGRAM	ELIGIBILITY/MORE INFORMATION
The Disability Vocational Rehabilitation Program is a voluntary program that helps Canada Pension Plan (CPP) disability benefit recipients return to work.	Individuals may be eligible if they are: • receiving a CPP disability benefit • willing and able to participate in the program • motivated • likely to return to work through the assistance of this program • medically stable https://www.canada.ca/en/services/benefits/publicpensions/cpp-disability-benefit/vocational-rehabilitation.html
CANADIAN COUNCIL ON REHABILITATION AND WORK	**ELIGIBILITY/MORE INFORMATION**
Canadian Council on Rehabilitation and Work provides workplace accommodation assessments, presentations and workshops, and consulting services.	https://www.ccrw.org/ 1-800-664-0925

RETURN TO WORK COMMUNITY RESOURCES: NATIONAL

MARCH OF DIMES CANADA - EMPLOYMENT SERVICES	ELIGIBILITY/MORE INFORMATION
March of Dimes Employment Services offers a variety of services to help persons with disabilities find and keep jobs. Services include assessments, rehabilitation, job placement, coaching, and job retention support.	https://www.modcemploymentservices.ca/
OPPORTUNITIES FUND FOR PERSONS WITH DISABILITIES	**ELIGIBILITY/MORE INFORMATION**
Assists people with disabilities: • prepare for, obtain and maintain employment or self-employment • overcome barriers to participation in the Canadian labour market	https://www.canada.ca/en/employment-social-development/programs/opportunity-fund-disability.html

RETURN TO WORK COMMUNITY RESOURCES: NATIONAL

SUPPORT FOR PEOPLE WITH A HANDICAP EXPLORING THE ROAD TO EMPLOYMENT (SPHERE)	ELIGIBILITY/MORE INFORMATION
Support for People with a Handicap Exploring the Road to Employment (SPHERE) is a Canadian non-profit organization with a focus on integration of persons with a disability into the labor market.	https://sphere-qc.ca/en/
WORKink™	**ELIGIBILITY/MORE INFORMATION**
Provides job postings by equity employers offering inclusive employment	https://www.theworkingcentre.org/link/210

RETURN TO WORK COMMUNITY RESOURCES: PROVINCIAL

ONTARIO JOB OPPORTUNITY INFORMATION NETWORK (JOIN)	ELIGIBILITY/MORE INFORMATION
JOIN works with individuals who have with a disability to develop an action plan to find or maintain employment. • education and networking • ODSP information • referrals and job postings • information and resources	https://joininfo.ca/job-seekers/ (437) 777-5548 contact@joininfo.ca
ONTARIO DISABILITY SUPPORT PROGRAM (ODSP) – EMPLOYMENT SUPPORTS	**ELIGIBILITY/MORE INFORMATION**
ODSP offers various supports and services to help with return to work such as : • help preparing for work • help finding a job that is right for you • help keeping a job • job coaching • on-the-job supports • help to move to the next level in your career • adaptive technology that can help you do your job (for example, accessibility software) • job accommodations and support • interpreter or intervenor services • assistive devices and training to use them (for example, mobility devices or visual hearing aids)	To qualify for ODSP employment supports, an individual must: • be at least 16 years old • be an Ontario resident • be legally allowed to work in Canada • have a substantial physical or mental disability that is expected to last a year or more, and makes it hard for you to find or keep a job An individual doesn't have to be receiving income support from ODSP to be eligible for employment supports. https://www.mcss.gov.on.ca/en/mcss/programs/social/odsp/

RETURN TO WORK
COMMUNITY RESOURCES: PROVINCIAL

ONTARIO WORKS - EMPLOYMENT ASSISTANCE	ELIGIBILITY/MORE INFORMATION
Ontario Works can provide practical help to prepare for and find a job by: • working with clients to determine what is needed to become employed, and • helping develop a plan based on client's skills, experience and circumstances. Ontario Works provides: • workshops on looking for work, résumé writing, and preparing for an interview • referrals to job counselling or training programs • information on who's hiring • access to basic education • access to telephones, faxes, computers and job banks.	A person maybe eligible for Ontario Works if they: • have a disability, or are exempt from the disability adjudication process • are in financial need, meaning they and their family do not have enough money to cover their living expenses • are 18 or older Applications can be made by phone or in person by visiting the local Ontario works office http://www.officelocator.mcss.gov.on.ca/Index.aspx or online: https://www.ontario.ca/page/social-assistance

RETURN TO WORK COMMUNITY RESOURCES: PROVINCIAL

EMPLOYMENT ONTARIO	ELIGIBILITY/MORE INFORMATION
Employment Ontario help job seekers, workers and employers with advice, grants and other services around public and private sector employment. Some examples of services offered include: • a job board • access to employment counsellors • job placement assistance • assistance with education/skills training through Second Career program.	https://www.ontario.ca/page/employment-ontario 1-800-387-5656
BETTER JOBS	**ELIGIBILITY/MORE INFORMATION**
The Better Jobs program offers up to $28,000 for costs including: • tuition • books • manuals, workbooks or other instructional costs • transportation • basic living allowance (maximum up to $500 per week) Additional funding may be available for: • childcare • disability-related supports	To access the program, individuals must have: • been laid off and have not been working • been laid off and are working a temporary job just to cover costs Individuals receiving Employment Insurance (EI), or who have in the past, can still apply. https://www.ontario.ca/page/better-jobs-ontario Please note that applications may be fast tracked for individuals laid off in one of the sectors most impacted by COVID-19 since March 1, 2020.

RETURN TO WORK
LOCAL RESOURCES: CENTRAL EAST STROKE NETWORK REGION

ACCES EMPLOYMENT	ELIGIBILITY/MORE INFORMATION
Accessible Community Counselling and Employment Services offers a variety of services including: • job search workshops (resumé development, job search skills, networking, LinkedIn and virtual networking, interview preparation) • mentoring programs • employment services (job search, one –one support) • online workshops and resources • programs for women • programs for youth (ages 15-29)	http://www.accesemployment.ca info@accesemplyment.ca • Newmarket 647-827-1241 • Markham 905-840-2660 • Brampton 905-454-2316 • Mississauga 905-361-2522 • North York 416-443-9008 • Scarborough 416-431-5326 • Toronto (416) 921-1800

RETURN TO WORK
LOCAL RESOURCES: CENTRAL EAST STROKE NETWORK REGION

AGILEC	ELIGIBILITY/MORE INFORMATION
Offers a variety of services including: • training and professional development • career transition services • vocational rehabilitation • linkage to government services • a job board	https://agilec.ca/ 1-800-361-4642 • Peterborough • Ajax • Bracebridge • Richmond Hill • Oshawa • Burks Falls • Lakefield • Barrie • Orillia • Minden • Innisfil
CANADIAN COUNCIL ON REHABILITATION AND WORK-WORKPLACE ESSENTIAL SKILLS PARTNERSHIP	**ELIGIBILITY/WHERE TO FIND MORE INFORMATION**
Offers a variety of employment services for persons with disabilities such as: • career exploration • career decision making • skill development • cover letter and resumé development, • interview skill practice • job search strategies • ongoing job maintenance support • workplace accommodation support.	https://ccrw.org/ 1-800-664-0925 477 Mount Pleasant Rd Suite 105 Toronto, M4S 2L9

RETURN TO WORK
LOCAL RESOURCES: CENTRAL EAST STROKE NETWORK REGION

FOCUS EMPLOYMENT SERVICES	ELIGIBILITY/MORE INFORMATION
An employment and training agency serving individuals and employers across Simcoe County, including areas like Barrie, Alliston, Angus and Wasaga Beach. Services include: • employment counselling • Resume and interview help • Workshops and resources • Apprenticeship support • Connection with other government program	https://focuscdc.on.ca/ Wasaga Beach 705-429-5543 Angus 705-424-6335 Alliston 705-435-9821

CANADIAN MENTAL HEALTH ASSOCIATION: HKPR REGION	ELIGIBILITY/WHERE TO FIND MORE INFORMATION
The At Work/Au Travail Employment Program provides specialized vocational assistance to those seeking opportunities to enter or reintegrate into the workforce. The program's goal is to help people obtain competitive employment through the development of an achievable action plan, coupled with the practice of coping skills and mental wellness.	Eligibility: • Resident of Haliburton Kawartha Pine Ridge • Age 16 years or older, and • Living with a mental health concern Individuals can self-refer. https://cmhahkpr.ca/programs/at-work/ - atworkprogram@cmhahkpr.ca 705-748-6711 extension 2110 • Peterborough • Lindsay

RETURN TO WORK
LOCAL RESOURCES: CENTRAL EAST STROKE NETWORK REGION

CANADIAN MENTAL HEALTH ASSOCIATION: YORK AND SOUTH SIMCOE	ELIGIBILITY/MORE INFORMATION
The Employment Program offers: • one-on-one support from an Employment Specialist • opportunities to develop employment plans, prepare for work, and overcome challenges to gainful employment • Career Café drop-in (job searches, web site information, career assessments, resumé review, cover letter and interview help, along with other pre-employment skills) • groups (Trailblazer training program, Job Retention, Goal Setting, Barriers to Employment, Humble Tiger, Career Cruising, COVID-19 and Work, Disclosure and Workplace Accommodations)	Individuals who are: • 16 years of age or above • experiencing mental health challenges, who are ready and motivated to enter the workforce; and • residents of York Region & South Simcoe. Self-referrals are welcome. https://cmha-yr.on.ca/get-support/employment-program-16/ 1.866.345.0183 ext. 3321 • Alliston • Aurora • Newmarket • Vaughan • Markham

GEORGIAN COLLEGE CENTER FOR CAREER AND EMPLOYMENT SERVICES	ELIGIBILITY/MORE INFORMATION
Services include: • job search • resumé and cover letter development • career planning • apprenticeship • effective job searching tips • improving interview skills • educational and training options • workshops • referral to government programs.	https://www.georgiancollege.ca/community-alumni/centre-for-career-and-employment-services/ • Barrie 705-722-1505 • Orillia 705-329-3102 • Orangeville 519-942-9986, ext. 5641

RETURN TO WORK
LOCAL RESOURCES: CENTRAL EAST STROKE NETWORK REGION

MARCH OF DIMES CANADA - EMPLOYMENT SERVICES	ELIGIBILITY/MORE INFORMATION
Offers a full range of Employment Services to help people with disabilities to develop employment plans, prepare for work, overcome any employment barriers, and return to (or enter) the workforce.	https://www.marchofdimes.ca/en-ca/programs/es 1-877-427-6990 • Midland • Newmarket • Toronto (serves York, Northumberland, Durham, Peterborough and Haliburton)
TRACKS EMPLOYMENT SERVICES	**ELIGIBILITY/MORE INFORMATION**
TRACKS delivers employment services at no charge, to adults, newcomers to Canada, persons with disabilities, students and youth. Some services include: • resumé and cover letter preparation • assistance with job search • job board • mock interviews • job matching and placement	Serving Clearview, Wasaga Beach and Town of Blue Mountains. https://tracks.on.ca/ 705-444-1580 50 Hume St Collingwood

RETURN TO WORK
LOCAL RESOURCES: CENTRAL EAST STROKE NETWORK REGION

YMCA EMPLOYMENT SERVICE CENTRES	ELIGIBILITY/MORE INFORMATION

Many YMCAs offer:
• employment programs such as:
  • employment resource centres
  • job search and skills development workshops
  • placement opportunities
  • entrepreneurship supports
  • mentorship and one-on-one supports
  • apprenticeship information
 	
• Learning Services – Free programs to support achieving goals of employment, apprenticeship, secondary school credit, post-secondary education or independence. Programs include:
  • reading, writing and math skills
  • computer skills
  • specialty classes (money smart, cash handling, smart phone use, GED preparation, G1 test preparation)
  • English as a second language
	Programs vary by location and may not be available in all areas
	
	https://www.ymca.ca/what-we-offer/employment-services

FOR MORE RESOURCES

Call 211
Search 211ontario.ca
Search thehealthline.ca

KEY WORDS: Employment Assistance; Vocational and Skills Training; Employment Assistance for People with Disabilities

MENTAL HEALTH CONSIDERATIONS AND RETURN TO WORK & SCHOOL:
A RESOURCE FOR PERSONS WITH STROKE

- There are 5 key areas to consider when thinking about returning to work: communication, physical ability, cognitive ability, transportation and **emotional ability.**

- Depression and anxiety are common after a stroke, but there are other mental health concerns to think about when returning to work including: frustration, stress, ability to cope with the demands of the job, and level of confidence.

- Returning to work can be overwhelming and stress-provoking.

- It is important to seek mental health support to ensure emotional readiness to return to work.

- Mental health support can help examine the barriers that may impact the ability to return to work and help provide the necessary tools and coping strategies to reduce stress, improve confidence, and enhance readiness to return to work.

- Mental health support is not just for individuals with a diagnosed mental health condition such as depression and anxiety. Mental health support is beneficial for everyone, especially when considering a return-to-work after a stroke.

Acknowledgement- This section has been provided by Paula-Jane Bellizzi, MSW, RSW
Halton-Peel Community Aphasia Programs, c/o Evergreen Communication Therapy
www.h-pcap.com ; https://evergreen-therapy.ca

LIVED EXPERIENCE PERSPECTIVE

"Include mental health resources, that would be helpful. Wish I had realized just how much an impact it had on the whole process, on going back to school and work. I only really considered the physical things."

- Marie

RETURN TO WORK: MENTAL HEALTH SUPPORTS

The following section is a list of websites that provide search engines for local mental health services, access to online services or additional information addressing mental health concerns. It may not reflect all services that may be available locally.

RESOURCE	CONTACT/WEBSITE
211 Ontario 211 is a free and confidential service that easily connects people to the critical social and community supports they need.	2-1-1 1-877-330-3213 https://211ontario.ca/
ConnexGO - App Provides on the go, guided navigation to mental health, substance use and problem gambling services within Ontario. Connect with Information and Referral Specialists via phone, email, chat. Connects users to 24/7 crisis services based on geographical location.	Available on Google Play and App Store.
ConnexOntario Discover mental health, addiction and problem gambling services in your local area. Phone, text, email and webchat services 24/7.	1-866-531-2600 https://www.connexontario.ca/en-ca/
eMentalHealth.ca Find Mental Health Services. Help and support in your community.	https://www.ementalhealth.ca/
Employee Assistance Programs Many Employee Assistance Programs include mental health supports.	Contact individual employer
thehealthline.ca Assists in finding local health and community services across Ontario. Can search by typing “Community Mental Health Programs, Counselling ”	https://www.thehealthline.ca/

RETURN TO WORK: MENTAL HEALTH SUPPORTS

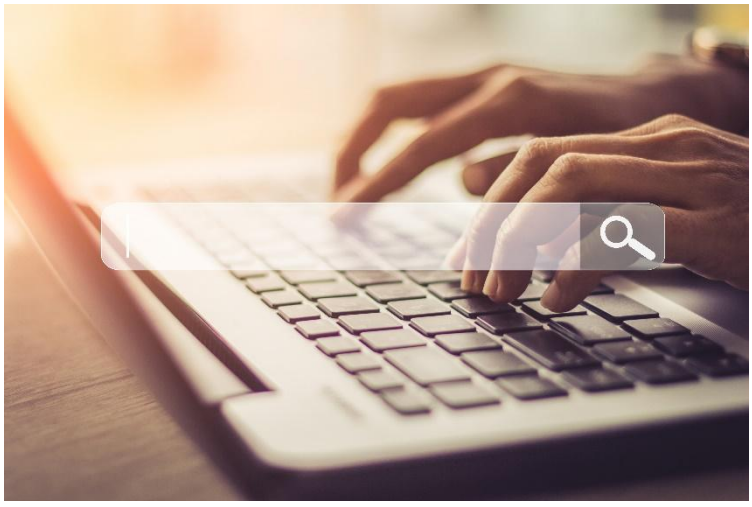
AGENCY NAME/LOCATION	CONTACT/WEBSITE
Ontario Psychological Association Find a psychologist in your area.	http://www.psych.on.ca
Ontario Social Work Association Find a Social Worker in private practice in your area.	https://www.oasw.org (416) 923-4848
Canadian Mental Health Association • Individual support • Short-term, solution focused counselling • Crisis Support (not for life threatening emergencies).	https://cmha.ca/find-help/find-cmha-in-your-area/
Rocket Doctor (covered by OHIP) Book a virtual appointment with an Ontario Dr. for psychological and mental health concerns the same day.	www.rocketdoctor.ca 1-867-670-2273
Bounce Back (no cost) Self-help program for people with mild to moderate anxiety, and depression, or those dealing with stress and worry.	https://bouncebackontario.ca 1-866-345-0224

NEUROPSYCHOLOGY SERVICES

A neuropsychologist conducts assessments which help understand how the damage in the brain impacts cognitive, behavioral and psychological functioning. Neuropsychological testing consists of paper and pencil tests which measure a range of cognitive domains such as, learning, attention, memory, receptive and expressive language, visuo-perceptual abilities, motor functions, and executive functioning (e.g., planning, problem-solving, sequencing, flexibility). The purpose of a neuropsychological assessment is to identify an individual's cognitive strengths and weaknesses, create a treatment plan and offer specific guidelines/recommendations regarding return to work/school and a way to track improvements.

A comprehensive neuropsychological assessment can range between 8 to 20 hours to complete, depending on the psychologist, the severity of the stroke, and what vocational goals are identified. Fees can range from $100 to $300 per hour. Currently, there is no cost to patients when these services are provided in public institutions such as a hospital. However, the availability of a neuropsychologist in these settings is limited. The service of a neuropsychologist is not covered by provincial health plans outside of publicly funded institutions. Some insurance plans have coverage for psychological services but often these funds are limited.

To find a neuropsychologist in Ontario please search through College of Psychologists of Ontario Find a member portal https://cpbao.ca/ - or call 416-961-8817



The content of this page has been developed using the Neuropsychological Services in Canada Position Statement (2015) by the Canadian Psychological Association and the Association Quebecoise des Neuropsychologues Retrieved from https://cpa.ca/