

## HOW TO REFER

Referrals are accepted by phone, fax and mail from physicians, allied health professionals or family/ self referral.

Clients must have recently had a stroke and be living in the Abbotsford and Mission area. Care facility referrals are not accepted.

Once the referral is received, the client or family will be contacted by the **STart program** Care Coordinator.

## CONTACT INFORMATION

For more information, please contact the STart Clinic at **(604) 851-4700 ext: 648454**.

Additional contact information is located on the back of this brochure.



**Abbotsford Regional Hospital  
Rehab Department – STart Clinic  
32900 Marshall Road  
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## STart Program:

**STroke Assessment,  
Rehabilitation, and Transitions**

A stroke program focused on  
facilitating independence and  
community reintegration.



# STart Program

A stroke program focused on facilitating independence and community reintegration.

## WHAT IS THE PURPOSE OF THE **STart PROGRAM**?

The focus of the **STart program** is to facilitate the independence of stroke survivors as they transition from the hospital and reintegrate back into their community.

At the clinic clients will work with a multi-disciplinary team that will assist them in setting transition goals and then working towards these goals via focused rehabilitation.

The **STart program** represents a unique partnership between **Fraser Health Authority (START Clinic)**, the **Stroke Recovery Association of BC (SRABC) – Abbotsford Branch**, and the **Abbotsford Parks, Recreation & Culture Commission**.

## WHAT TYPES OF CLIENTS ARE SEEN IN THE PROGRAM?

Individuals who have had a recent stroke and have been discharged back to the community. The program will service clients in the Abbotsford and Mission area.

## WHAT SERVICES ARE PROVIDED IN THE PROGRAM

In the **STart** clinic, clients are seen for outpatient rehabilitation services by an interdisciplinary team made up of Occupational Therapy, Physiotherapy, Social Work and Speech-Language Pathology. Service delivery may be individual and/or group treatment, including education and support as needed.

As clients progress through the clinic they will work with the team to transition into the **Stroke Recovery Association of BC – Abbotsford Branch**. Here they will receive ongoing health education and support and further transition towards graduated programs at local community recreation centers.

## THE **STart PROGRAM** WILL FOCUS ON:

- Advanced care planning
- Caregiver support
- Client centered goals
- Community accessibility
- Falls prevention
- Improved stroke awareness
- Living with a communication impairment
- Long term self-management
- Patient and family education
- Symptom management