



PROGRAM INFORMATION



Empowering Independence, Transforming Lives

At ICAN Independence Centre and Network, we believe everyone deserves the opportunity to live independently with dignity, choice, and support. Since 1979, we've been delivering innovative, person-centered services that empower individuals to achieve their highest level of independence.

Mission Statement

We empower individuals to achieve independence and community inclusion by delivering personalized support, rehabilitation, and innovative services tailored to their unique goals and strengths.

Vision Statement

A community where every person, regardless of ability, is embraced, empowered, and supported to lead an independent and meaningful life.

Values

Full Participation in Community Life
Our Employees
Service Excellence

Respect for all Individuals
Embracing Innovation
Responsibility & Partnerships

INDEPENDENCE TRAINING CENTRE

Physical Activities – A personalized program combining professional assessment, tailored fitness plans, and enjoyable activities, designed to support safe, effective, and engaging physical rehabilitation.

Aqua Movement and Fitness – A low impact, water based program that uses the natural buoyancy and resistance of water to safely build strength, mobility, and overall fitness through structured aquatic exercises.

TIME™ – A 12-week group exercise program designed to improve mobility, strength, balance, and social connection, supporting an active and independent lifestyle.

FAME – A group exercise program focusing on balance, strength, mobility, cardiovascular health, and mental wellness.

CARE PARTNER SUPPORT

In-Home Respite – Provides temporary relief for primary caregivers by offering quality in-home care to ICAN clients, allowing caregivers time to rest or manage personal needs.

Eligibility criteria apply; participation in the program is subject to assessment and availability.



80,000 hours
serving our
community



35 accessible
housing units
provided



Over 1,000 clients
supported each
year



Over 45 years
providing support

The path
towards
independence
starts with
you.



STROKE RECOVERY PROGRAMS

Stroke Community Navigators –

Navigators act as a vital link to the community, providing information, resources, and personalized support to help clients build skills, access services, and strengthen independence and well-being.

Support Groups – Helping stroke survivors and care partners connect, share, and heal while reducing isolation and building confidence.

INDIVIDUALIZED REHABILITATION PROGRAMS

Cognitive Rehabilitation and Life Skills –

A program helping stroke survivors regain independence and quality of life through strategies to improve memory, cognition, communication, and organization.

Occupational & Physiotherapy

Assessments – Consulting OT and PT collaborate with the Rehabilitation Support Team to assess individual needs and develop personalized plans that support independence, mobility, and engagement in daily activities.

Stronger 4 Longer – A 12-week seated exercise program, designed to improve cardiovascular health and strengthen the upper and lower body. Includes optional sit-to-stand exercises to support mobility and function.

The Mirror and Upper Extremity

Program – A non invasive program using visual feedback to improve range of motion, motor recovery, and pain management, enhancing the function and well-being of stroke survivors.

Speech Language Pathology Program

– Supports stroke survivors with speech and communication challenges through assessments, one-on-one therapy, group sessions, and monthly maintenance, enhancing communication skills and independence.

Graded Repetitive Arm Supplementary Program (GRASP)

– Aims to improve arm and hand function through targeted exercises enhancing strength, range of motion, and fine motor skills.

COMMUNITY SUPPORT SERVICES

Home Help Program – Offers light housekeeping to seniors (65+) living with chronic health conditions, to support independent living. Services available at \$12/hour, with subsidized rates offered.

Assisted Living Services – Supports adults 60+ living with chronic health conditions live independently through personal care, meal prep, light housekeeping, and grocery shopping.

Referral required from Ontario Health atHome.



**Every Journey
Matters.**

**Every Person
Counts.**



Low Acuity Personal Support – Limited personal care for clients 55+ to support independent living. Homemaking and meal preparation are excluded.

Referral required from Ontario Health atHome.

ACCESSIBLE HOUSING & PERSONAL SUPPORT

Supportive & Accessible Housing– Designed for individuals 16+ living with a permanent physical disability. This program promotes independent living while fostering full participation in community life through accessible housing and tailored assistance.

Enhanced Congregate Care – Provides a supportive, home-like environment for individuals designated as Alternate Level of Care (ALC), featuring private bedrooms, accessible bathrooms, a full kitchen, and shared living space.

Offered in partnership with Health Sciences North.

Attendant Care Outreach – Provides flexible, self-directed support for individuals 16+ living with permanent physical disabilities. Services are offered at home, work, or school to assist with daily living and promote independence.

LEARN MORE

Discover how ICAN's programs and services can support your journey to greater independence.



Visit: www.ican-cerd.com



Email: info@ican-cerd.com



Call: 1-866-439-4226

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LET'S WORK
TOGETHER