

# 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](http://www.ican-cerd.com)



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LET'S WORK  
TOGETHER