CARE AND OUTCOMES OF STROKE SURVIVORS admitted to complex continuing care and long-term care in Ontario in 2015

About 1 in 5 stroke survivors are admitted to complex continuing care (CCC) or long-term care (LTC) after an acute stroke. Most don’t return to the community. Access to more intensive rehabilitation might improve that outcome and optimize quality of life.

Of the 1,085 stroke survivors admitted to CCC, 45.7% were discharged to the community.

Of the 1,411 stroke survivors admitted to LTC, 10.8% were discharged to the community.

Characteristics of these stroke survivors

- Were over age 85
  - CCC: 23.8%
  - LTC: 40.8%
- Were at risk for depression
  - CCC: 18.3%
  - LTC: 23.8%
- Had severe cognitive impairment
  - CCC: 28.6%
  - LTC: 20.3%
- Required extensive assistance with daily activities
  - CCC: 49.1%
  - LTC: 41.3%
- Had experienced a fall
  - CCC: 27.8%
  - LTC: 25.5%
- Had limited ability to communicate
  - CCC: 58.9%
  - LTC: 55.7%

Their access to rehabilitation

- Minimal amount of core therapy for those who received any, in minutes/day
  - Physical: CCC 20, LTC 6
  - Occupational: CCC 17, LTC 4
  - Speech: CCC 11, LTC 6

Proportion who received 1 or more of the 3 core therapies

- 1 therapy
  - CCC: 93.9%
  - LTC: 64.6%
- 2 therapies
  - CCC: 82.4%
  - LTC: 3.3%
- 3 therapies
  - CCC: 38.0%
  - LTC: 0%

Their quality of life

- Most rated their physical and mental health as poor
  - CCC: 0.32
  - LTC: 0.37

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