

# Your Stroke Journey: Chapter 10

As you read through the “**Your Stroke Journey**” book, you can use this guide to help you understand what each chapter is about and why it is important.

## **Chapter 10 – Finances and Advance Planning**

A stroke can change your finances and make it hard to cover expenses. There are programs that can help, and ways to plan for the future.

### **In this chapter you will:**

- » Find sources of income that may be available to you
- » Find out how to save on taxes and handle medical costs
- » Learn how to plan for your future personal care and finances
- » Know who can help you with your finances

*Information received from a Stroke Navigator is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Ask a physician or qualified health care provider about questions you may have regarding a medical condition or making a lifestyle change.*



Funded by:



1-800-663-3600  
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You'll find helpful resources in **Chapter 10 - Finances and Advance Planning**. Here are a few more that might be useful for you.

**Find these resources and more online at:** [heartandstrokenb.ca/stroke-resources](http://heartandstrokenb.ca/stroke-resources)

## Your Sources of Income:

- » Government of Canada Website
  - [Canada Revenue Agency](#)
  - [Canada Pension Plan Disability Benefits](#)
  - [EI Caregiver Benefits](#)
  - [Child Disability Benefit](#)

## Saving on Your Taxes:

- » Government of Canada Website
  - [Disability Tax Credit](#)
  - [Canada Caregiver Credit](#)

## Help with Taxes:

- » Government of Canada Website
  - [Free Tax Clinics](#)



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