Secondary Prevention Education Resources for Patient, Family & Caregivers after a Stroke/TIA

RESOURCE GUIDE

COMPILED BY THE PROVINCIAL SECONDARY STROKE PREVENTION TASK GROUP

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The Provincial Secondary Stroke Prevention Task Group has created a repository of suggested education resources that healthcare providers working in Stroke Prevention can provide to patients, families, and their caregivers.

The document is separated into general topics as outlined in the Table of Contents. Each section includes a list of resources with a link to either a website, a document that can be printed or a video. Where available, links have been added for multilingual and aphasia friendly resources.

We invite you to complete a short survey HERE to provide your feedback on the Provincial Secondary Stroke Prevention Education Resources Repository. Your insights will help ensure the repository remains relevant, accessible, and valuable for healthcare providers, patients, families, and caregivers. The survey takes approximately 5 minutes to complete.

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Disclaimer: The goal of this resource is to support healthcare professionals in their efforts to educate patient and family members around stroke prevention. While we endeavor to keep the resource list up to date and comprehensive, it is not an exhaustive list of all the resources available. The curators of the resource library have no direct financial interest in any of the resources listed.

WHAT IS STROKE/TIA	Website = W PDF = P Video = V	Multilingual or Aphasia Friendly
Are you at risk for heart disease or stroke? – Heart & Stroke	P	
Are you at risk for heart disease or stroke? – Heart & Stroke	P	French
Know the Signs – Heart & Stroke	Bookmark	
Stroke | Heart and Stroke Foundation	W	
AVC | Fondation des maladies du cœur et de l'AVC	W	French
DISSECTION		
Carotid & Vertebral Dissection – developed by Hamilton Health Sciences	P	
MULTI TOPIC RESOURCES		
Smart Tips for Stroke Care (booklet)	P	English
Smart Tips for Stroke Care (booklet)	P	French
Your Stroke Journey – Heart & Stroke	P	
Your Stroke Journey – Heart & Stroke	P	French
Stroke in Young Adults	P	
Stroke in Young Adults	P	French
Guide for Stroke Recovery – Toronto Stroke Networks	W	Multiple languages under accessibility

RISK FACTORS	Website = W PDF = P Video = V	Multilingual or Aphasia Friendly
STROKE PREVENTION		
Your guide to stroke prevention – Heart & Stroke	P	
ALCOHOL & SUBSTANCE ABUSE		
Drinking less is better	P	
Drinking less is better (download PDF)	P	French
Cannabis and your health	P	
Cannabis and your health	P	French
How to reduce the harms of non-medical cannabis use	P	
How to reduce the harms of non-medical cannabis use	P	French
ATRIAL FIBRILLATION		
Atrial fibrillation – Heart & Stroke	W	
Atrial fibrillation – Heart & Stroke	W	French
Living with Atrial Fibrillation – University of Ottawa Heart Institute	P	
BLOOD PRESSURE		
Managing your Blood Pressure – Heart & Stroke	P	
Managing your Blood Pressure – Heart & Stroke	P	French
Understanding and Managing Your Blood Pressure – Hypertension Canada	P	

Home Blood Pressure Log – Hypertension Canada	P	
Home Blood Pressure Monitoring – developed by CRSN	P	
Home Blood Pressure Monitoring – developed by CRSN	P	French
Taking Blood Pressure Medications – developed by CRSN	P	
Taking Blood Pressure Medications – developed by CRSN	P	French
Buying a Home Blood Pressure Monitor - developed by CRSN	V	
Buying a Home Blood Pressure Monitor - developed by CRSN	V	French
How to Use a Home Blood Pressure Monitor – developed by CRSN	V	
How to Use a Home Blood Pressure Monitor – developed by CRSN	V	French
Medline Plus – High Blood Pressure in multiple languages	W	See website for list
Hypertension Canada resources which include - pamphlets/tear off pads/postcards & posters Order Educational Resources – Hypertension Canada | For Healthcare Professionals	**All have an associated cost	
CAROTID STENOSIS		
Carotid Stenosis – developed by Hamilton Health Sciences	P	
CHOLESTEROL (See nutrition section for additional content)		
Improve your Cholesterol & Triglycerides - Alberta Health	P	
How to Manage Your Cholesterol – Heart & Stroke	P	
How to Manage Your Cholesterol – Heart & Stroke	P	French
DIABETES		
Just the Basics (tips for healthy eating) – Diabetes Canada	P	Available for Asian & Latin American cultures

Managing My Diabetes – My Action Plan - Diabetes Canada	P	
My Diabetes Care: Not just about blood sugars – Diabetes Canada	P	
Diabetes Canada Tools and Resources - multiple PDFs available	W	
NUTRITION		
Food guide snapshot - Canada's Food Guide	P	
Food guide snapshot – Other languages - Canada.ca	P	Multiple languages
Nutrition and Lifestyle Choices to Manage Blood Pressure – developed by Alberta Health Services (AHS)	P	
Improve Your Cholesterol and Triglycerides – developed by AHS	P	
Fibre Facts – developed by AHS	P	
Heart Healthy Eating – developed by AHS	P	
Guide to Heart-Healthy Label Reading – Fraser Health BC	P	
The Mediterranean Diet: A Guide to Healthy Eating – Dietitians of Canada	P	
Sodium 101 – interactive digital resource	W	
Get Heart Smart – developed by Niagara Regional Dietitians (booklet covering multiple topics)	P	
PHYSICAL ACTIVITY		
Canadian 24-Hour Movement Guidelines for Adults	P	
Tips to make your whole day matter – Canadian 24hr Movement Guidelines	P	
Canadian 24-Hour Movement Guidelines for Adults (Aged 18-64 Years)	P	
Canadian 24-Hour Movement Guidelines for Adults (Aged 65 Years or Older)	P	

Exercise and Wellness videos for TIME™ Participants Toronto Rehabilitation Institute Includes videos for participants with mobility challenges	W V	
SMOKING/VAPING		
Decisional Balance Sheet – CAMH (supports patients weigh the pros and cons of continuing to smoke/use a substance)	P	
Smoking Diary - CAMH	P	
Smoking and Stroke – Lakeridge Health	P	
Vaping and Your Health – Cancer Care Ontario	P	
Vaping and Your Health (For First Nations, Inuit and Urban Indigenous Peoples) – Cancer Care Ontario	P	
IT'S time – Indigenous Tools and Strategies on Tobacco: Intervention, Medicines and Education -CAMH	P	
You Can Quit: One Step at a Time – Canadian Cancer Society (download both languages from website)	P	English French
You Can Make It Happen	P	
Tobacco Use, Nutrition & Weight - CAMH	P	
Support to quit smoking | ontario.ca - Ontario Health	W	
Smoking Cessation Program - Health811 - Brochure	P	

EFFECTS OF STROKE	Website = W PDF = P Video = V	Multilingual or Aphasia Friendly
APHASIA/COMMUNICATION		
Refer to Communication after Stroke: Aphasia – Smart Tips for Stroke Care booklet	P	English/French
Aphasia Services – March of Dimes Canada (click on Programs & Services for information)	W	
BEHAVIOUR		
Refer to Behaviour After Stroke – Smart Tips for Stroke Care booklet	P	English/French
BOWEL & BLADDER		
Refer to Bowel and Bladder Function After Stroke – Smart Tips for Stroke Care booklet	P	English/French
COGNITION		
Changes in Cognition – Guide for Stroke Recovery	W	Multiple languages under accessibility
Refer to Cognition after Stroke – Smart Tips for Stroke Care booklet	P	English/French
DEPRESSION		
Depression After Stroke – Lakeridge Health	P	
Refer to Depression After Stroke – Smart Tips for Stroke Care booklet	P	English/French
DYSPHAGIA		
Refer to Eating and Swallowing After Stroke – Smart Tips for Stroke Care booklet	P	English/French
FATIGUE		
Energy Conservation Post Stroke - CESN	P	

Post Stroke Fatigue - CESN	P	
Post Stroke Fatigue – Lakeridge Health	P	
Post Stroke Fatigue: A Lived Experience - CESN	V	
Refer to Fatigue after Stroke – Smart Tips for Stroke Care booklet	P	English/French
What is Post Stroke Fatigue (PSF) – Energy Conservation Strategies after Stroke- CESN What is post stroke fatigue (Aphasia friendly) PSF Energy conservation after stroke (Aphasia friendly) Management Tips (Aphasia friendly) PSF – The 4 Ps (Aphasia friendly) PSF – Hygiene and Dressing (Aphasia friendly) PSF - Housework (Aphasia friendly) PSF - Cooking (Aphasia friendly) PSF - Laundry (Aphasia friendly) PSF - Shopping (Aphasia friendly)	P	Aphasia Friendly
MOBILITY		
Refer to Mobility After Stroke – Smart Tips for Stroke Care booklet	P	English/French
PAIN		
Shoulder Care for the Weaker Arm After Stroke	P	
Post-stroke Pain – Guide for Stroke Recovery	W	Multiple languages under accessibility
PERCEPTION		
Changes in perception – Guide for Stroke Recovery	W	Multiple languages under accessibility
Refer to Vision & Perception After Stroke – Smart Tips for Stroke Care booklet	P	English/French

LIFE AFTER STROKE	Website = W PDF = P Video = V	Multilingual or Aphasia Friendly
ADVANCE CARE PLANNING		
Advance Care Planning – Guide for Stroke Recovery	W	Multiple languages under accessibility
Advance Care Planning booklet	P	Available in other languages – click on dropdown menu
Advance Care planning booklet	P	French
Advance Care Planning Canada Tri-Fold Brochure	P	
Advance Care Planning Canada Tri-Fold Brochure	P	French
CAREGIVER RESOURCES		
Caregiver Support – Heart & Stroke	W	
Young Caregivers Association	W	
Ontario Caregiver Organization	W	
Caregiver Resources – Canadian Centre for Caregiving Excellence	W	
Caregiver Resources – Canadian Centre for Caregiving Excellence	W	French
FINANCES & FINANCIAL PLANNING		
Finances and financial support – Guide for Stroke Recovery	W	Multiple languages under accessibility
MEANINGFUL ACTIVITY		
Refer to Meaningful Activity After Stroke – Smart Tips for Stroke Care booklet	P	English/French

MINDFULNESS		
Steps to Stress Management	P	
PEER SUPPORT		
March of Dimes Canada – After Stroke	W	
Family and Friends of People with Aphasia – Aphasia Institute (Click in the blue banner on Family and Friends of People with Aphasia, online Family support groups)	W	
Social and peer support - Heart & Stroke	W	
RETURN TO DRIVING		
Driving after Stroke or TIA – Central East Stroke Network	P	
Driving after TIA & Return to Driving after Stroke – Southwestern Ontario Stroke Network	P	
Driving after Stroke – Guide for Stroke Recovery	W	Multiple languages under accessibility
Driving – Heart & Stroke	W	
RETURN TO WORK		
Returning to work – Heart & Stroke	W	
Return to Work Toolkit – Stroke Network of Southeastern Ontario	W P	
Return to Work Toolkit – Southwestern Ontario Stroke Network	P	
SELF CARE		
Self care - includes videos on getting dressed	W V	Multiple languages under accessibility
SELF MANAGEMENT		

Self-Managing and Self-Management Support	V	
Enabling self-management following stroke: A checklist for patients, families, and caregivers – Heart & Stroke	P	
Regional Self-Management Programs (available across Ontario)	W	
SEXUALITY		
Sex and Intimacy – Heart & Stroke	W	
Sex and Intimacy - Guide for Stroke Recovery	W	
Intimacy and Sex after Stroke FAQ – developed by UHN/Toronto Rehabilitation Institute (TRI)	P	
Comfortable Sex Positions for Patients Who Have Had a Stroke – UHN/TRI	P	
Comfortable Sex Positions for Patients Who Have Had a Stroke – UHN/TRI	P	Aphasia friendly
Supportive Positioning for Sexual Activity – UHN/TRI	P	
Stroke Medications – How do they affect Sexual Function – UHN/TRI	P	