

## STROKE RESOURCES FOR COMMUNITY AND LONG-TERM CARE (LTC)

RESOURCES FOR HEALTHCARE PROVIDERS		
RESOURCE	DESCRIPTION	WHERE TO ACCESS
Aphasia Institute (Toronto) Aphasia Centre (Ottawa)	<ul style="list-style-type: none"> <li>• Web-based resource providing information and tools to support adults with aphasia and their families</li> <li>• <b>**Note**:</b> There may be a cost for some resources</li> </ul>	The Aphasia Institute: <a href="http://www.aphasia.ca/">http://www.aphasia.ca/</a> The Aphasia Centre: <a href="http://aphasiaottawa.org/">http://aphasiaottawa.org/</a> Free Downloadable Resources: <a href="https://www.aphasia.ca/shop/">https://www.aphasia.ca/shop/</a>
Aphasia Supports	<ul style="list-style-type: none"> <li>• <b>Aphasia Conversation Groups:</b> Groups facilitated by a Speech-Language Pathologist (SLP) that are offered in for adults living with aphasia (AWA)</li> <li>• <b>Aphasia Peer Groups</b> (Kingston/Napanee): An opportunity for AWA to have informal conversations with peers</li> <li>• <b>Aphasia Buddies Program</b> (Kingston): Links AWA with trained aphasia buddies in the community</li> </ul>	KFLA (Kingston, Frontenac, Lennox & Addington): VON at 613-634-0130 X3469 HPE (Hastings and Prince Edward): Community Care for South Hastings at 613-969-0130 X5207 LLG (Lanark, Leeds & Grenville): Senior Support Services – Community & Primary Health Care at 613-342-3693 X2043
Blood Pressure Toolkit	<ul style="list-style-type: none"> <li>• Toolkit designed to assist Personal Support Workers (PSW) and other health care team members acquire the practical knowledge and skills to support blood pressure management</li> <li>• <i>Module #1:</i> “The Basics of Blood Pressure &amp; Supporting the Patient” and <i>Module #2:</i> “How to Take Blood Pressure”</li> </ul>	Stroke Network of Southeastern Ontario website under “ <i>Best Practice &amp; Education</i> ” at: <a href="https://www.strokenetworkseo.ca/best-practice-education/community-long-term-care">https://www.strokenetworkseo.ca/best-practice-education/community-long-term-care</a>
BP Bloggers	<ul style="list-style-type: none"> <li>• Myth busting newsletters that provide evidence-based information on various care issues to the LTC sector (including stroke care)</li> </ul>	Stroke Network of Southeastern Ontario website under “ <i>Best Practice &amp; Education</i> ” at: <a href="https://www.strokenetworkseo.ca/best-practice-education/community-long-term-care">https://www.strokenetworkseo.ca/best-practice-education/community-long-term-care</a>
Brain, Body & You	<ul style="list-style-type: none"> <li>• 4-session interprofessional, continuing education workshop series designed for regulated and unregulated frontline care providers caring for stroke survivors and other complex client populations in the community, LTC, and other settings</li> <li>• Can attend specific modules to meet learning needs</li> </ul>	Stroke Network of Southeastern Ontario website under “ <i>Best Practice &amp; Education</i> ” at: <a href="https://www.strokenetworkseo.ca/best-practice-education/community-long-term-care">https://www.strokenetworkseo.ca/best-practice-education/community-long-term-care</a>

RESOURCE	DESCRIPTION	WHERE TO ACCESS
Canadian Stroke Best Practices	<ul style="list-style-type: none"> <li>Includes links to various Implementation resources and Knowledge Translation Tools (including outcome measurement)</li> <li>Includes <b>“Rehabilitation and Recovery following Stroke”</b> and <b>“Transitions and Community Participation following Stroke”</b></li> </ul>	Canadian Stroke Best Practice Recommendations at Heart & Stroke Foundation of Canada: <a href="http://www.strokebestpractices.ca">www.strokebestpractices.ca</a>
Canadian Stroke Community-based Exercise Recommendations	<ul style="list-style-type: none"> <li>Evidence-based resource designed to help safely incorporate exercise programs in the community for individuals who have experienced a stroke</li> <li>Includes 8 recommendations, <b>“At-a-Glance”</b> document, and <b>“Choosing a Community Exercise Program After Stroke”</b> companion guide</li> </ul>	KITE- University Health Network website under <b>“Resources”</b> at: <a href="https://kite-uhn.com/can-stroke-community-based-exercise-recommendations">https://kite-uhn.com/can-stroke-community-based-exercise-recommendations</a>
Community Stroke Rehabilitation Program	<ul style="list-style-type: none"> <li>Eligible stroke survivors will be considered for enhanced Physiotherapy (PT), Occupational Therapy (OT), Social Work (SW) and SLP services through Home and Community Care following discharge</li> <li><b>**Note**</b>: Stroke survivors in LTC are eligible for this service</li> </ul>	Stroke Network of Southeastern Ontario website under <b>“Best Practice &amp; Education”</b> at: <a href="https://www.strokenetworkseo.ca/best-practice-education/rehabilitation">https://www.strokenetworkseo.ca/best-practice-education/rehabilitation</a>
Driving After Stroke in Ontario	<ul style="list-style-type: none"> <li>Intended to help understand the process required to return to driving and to connect with relevant supports &amp; services</li> <li>Section for those unable to resume driving after stroke, aphasia-friendly algorithms for returning to driving, and information on driving After TIA</li> </ul>	Stroke Network of Southeastern Ontario website under <b>“Community Supports”</b> at: <a href="https://www.strokenetworkseo.ca/community-supports">https://www.strokenetworkseo.ca/community-supports</a>
Evidence Based Review of Stroke Rehabilitation (EBRSR)	<ul style="list-style-type: none"> <li>Website targeted at rehabilitation professionals delivering stroke care</li> <li>Tools and resources based on best practice</li> </ul>	EBRSR website at: <a href="http://www.ebrsr.com/">http://www.ebrsr.com/</a>
Heart and Stroke – Best Practice Webinars	<ul style="list-style-type: none"> <li>A series of webinars presented by Heart and Stroke focusing on various cardiac and stroke topics</li> </ul>	Heart and Stroke Foundation of Canada at: <a href="https://www.strokebestpractices.ca/resources/webinars">https://www.strokebestpractices.ca/resources/webinars</a>
Patient Journey Map	<ul style="list-style-type: none"> <li>Visually displays the stroke recovery journey</li> <li>Resources listed on reverse to prompt discussions/teaching with patients/families with respect to recovery, transitions, supports &amp; service</li> </ul>	Stroke Network of Southeastern Ontario website under <b>“Best Practices &amp; Education”</b> at: <a href="https://www.strokenetworkseo.ca/sites/default/files/files/southeastern_stroke-handout_8.5x11_may2018_inhouse.pdf">https://www.strokenetworkseo.ca/sites/default/files/files/southeastern_stroke-handout_8.5x11_may2018_inhouse.pdf</a>

RESOURCE	DESCRIPTION	WHERE TO ACCESS
Quality-Based Procedures: Clinical Handbook for Stroke (Acute & Postacute)	<ul style="list-style-type: none"> <li>A compendium of the evidence-based rationale and clinical consensus for best practice stroke care.</li> </ul>	Health Quality Ontario Handbook: <a href="http://health.gov.on.ca/en/pro/programs/ecfa/docs/qbp_stroke.pdf">http://health.gov.on.ca/en/pro/programs/ecfa/docs/qbp_stroke.pdf</a>
Registered Nurses Association Of Ontario (RNAO)	<ul style="list-style-type: none"> <li>Evidence-based practices in LTC; section specific to stroke</li> <li>Additional RNAO resources include best practice recommendations for transitions, stroke care, self-management, smoking cessation, client-centered care, oral health, and continence</li> </ul>	LTC Best Practices Toolkit at RNAO website: <a href="http://lctoolkit.rnao.ca/clinical-topics/chronic-disease-management/stroke">http://lctoolkit.rnao.ca/clinical-topics/chronic-disease-management/stroke</a> RNAO website at: <a href="http://rnao.ca/bpg">http://rnao.ca/bpg</a>
Return to Work Toolkit	<ul style="list-style-type: none"> <li>Assistance to navigate the process of returning to work</li> <li>Local and provincial resources that provide guidance, support and assistance</li> <li>An online self-assessment guide to focus individual recovery efforts and provide information about ability or readiness to return to work</li> </ul>	Stroke Network of Southeastern Ontario website under “Community Supports” at: <a href="https://www.strokenetworkseo.ca/community-supports">https://www.strokenetworkseo.ca/community-supports</a>
Shared Work Day and Field Training Stroke Educational Support Program	<ul style="list-style-type: none"> <li>Professional education stroke fund designed to facilitate the development of individual or group stroke-specific knowledge, expertise and networking</li> </ul>	Stroke Network of Southeastern Ontario website under “Best Practice & Education” at: <a href="https://www.strokenetworkseo.ca/best-practice-and-education/education-opportunities">https://www.strokenetworkseo.ca/best-practice-and-education/education-opportunities</a>
Smart Tips for Stroke Care	<ul style="list-style-type: none"> <li>User-friendly guide including 15 topics relative to stroke care</li> <li>Each topic is one page (front and back)</li> <li>Can use as a complete guide or select individual topics</li> </ul>	CorHealth Ontario website: <a href="https://www.corhealthontario.ca/resources-for-healthcare-planners-&amp;-providers/stroke-general/smart-tips-for-stroke-care">https://www.corhealthontario.ca/resources-for-healthcare-planners-&amp;-providers/stroke-general/smart-tips-for-stroke-care</a>
SouthEasthealthline – Stroke Resources AND Vascular Health Resources	<ul style="list-style-type: none"> <li><b>Stroke Resources</b> and <b>Vascular Health Resources</b></li> <li>This database provides links to resources for healthcare providers/stroke survivors/caregivers</li> </ul>	<i>Stroke Resources</i> at SouthEasthealthline: <a href="https://www.southeasthealthline.ca/libraryContent.aspx?id=21291">https://www.southeasthealthline.ca/libraryContent.aspx?id=21291</a> <i>Vascular Resources</i> at SouthEasthealthline: <a href="http://www.southeasthealthline.ca/libraryContent.aspx?id=20754">http://www.southeasthealthline.ca/libraryContent.aspx?id=20754</a>

RESOURCE	DESCRIPTION	WHERE TO ACCESS
Stroke Best Practice Care Plans - LTC	<ul style="list-style-type: none"> <li>Provincially developed best practice care plans designed for <b>LTC Homes</b></li> <li><i>Topics include:</i> Communication, cognition, perception, depression, mobility &amp; transfers, ADLs, skin care &amp; hygiene, pain, bowel &amp; bladder continence, hydration/meals/special diets, leisure and behaviour change</li> </ul>	Stroke Network of Southeastern Ontario website under “ <i>Best Practice &amp; Education</i> ” at: <a href="https://www.strokenetworkseo.ca/best-practice-education/community-long-term-care">https://www.strokenetworkseo.ca/best-practice-education/community-long-term-care</a>
Stroke Education Posters	<ul style="list-style-type: none"> <li>Education posters targeted at front-line care providers</li> <li><i>Nine topics:</i> Communication, safe feeding/oral care, blood pressure, wheelchair seating, cognition/perception, meaningful activity, post-stroke depression, behaviour changes, stroke risks and impacts</li> </ul>	Stroke Network of Southeastern Ontario website under “ <i>Best Practice &amp; Education</i> ” at: <a href="http://strokenetworkseo.ca/best-practice-education/long-term-care-community">http://strokenetworkseo.ca/best-practice-education/long-term-care-community</a>
Stroke Engine	<ul style="list-style-type: none"> <li>Resource providing information to healthcare professionals on assessments and interventions in stroke care</li> </ul>	Stroke Engine website at: <a href="http://strokengine.ca/">http://strokengine.ca/</a>
Stroke Network of Southeastern Ontario	<ul style="list-style-type: none"> <li>One of 11 provincial networks supporting implementation &amp; sustainability of stroke care best practices across the continuum of care</li> <li>Includes information on all upcoming education events as well as current and past projects and links to other useful sites</li> <li>Includes section “<i>Community Supports</i>”, “<i>Community &amp; Long-term Care</i>” and “<i>Navigations &amp; Transitions</i>”</li> </ul>	Stroke Network of Southeastern Ontario website at: <a href="http://strokenetworkseo.ca">http://strokenetworkseo.ca</a>
Taking Action for Optimal Community and Long-Term Stroke Care	<ul style="list-style-type: none"> <li>A resource developed through the Heart &amp; Stroke Foundation to support front line caregivers (e.g. PSW)</li> <li>Modules provide information on various aspects of care provision in Community and LTC</li> </ul>	Modules through Heart & Stroke Foundation: <a href="https://www.strokebestpractices.ca/resources/professional-resources/tacls">https://www.strokebestpractices.ca/resources/professional-resources/tacls</a>
Your Stroke Journey Check In	<ul style="list-style-type: none"> <li>Self-help, self-assessment questionnaire that helps stroke survivors and caregivers to identify their care and support needs as well as providing a method to assess their recovery journey</li> </ul>	Stroke Network of Southeastern Ontario website under “ <i>Community Supports</i> ” at: <a href="https://www.strokenetworkseo.ca/sites/default/files/files/your_stroke_journey_check_in_septeMBER_2019.pdf">https://www.strokenetworkseo.ca/sites/default/files/files/your_stroke_journey_check_in_septeMBER_2019.pdf</a>

## APPENDIX A: RESOURCES FOR CLIENTS AND FAMILIES

RESOURCE	DESCRIPTION	WHERE TO ACCESS
Amy's Speech & Language Therapy Inc.	<ul style="list-style-type: none"> <li>Free downloads of aphasia resources</li> </ul>	Amy's Speech & Language Therapy Inc.: <a href="https://www.amyspeechlanguagetherapy.com/free-slp-downloads.html">https://www.amyspeechlanguagetherapy.com/free-slp-downloads.html</a>
Aphasia Institute (Toronto) Aphasia Centre (Ottawa)	<ul style="list-style-type: none"> <li>Information and tools to support adults with aphasia and their families</li> </ul>	The Aphasia Institute: <a href="http://www.aphasia.ca/">http://www.aphasia.ca/</a> The Aphasia Centre: <a href="http://aphasiaottawa.org/">http://aphasiaottawa.org/</a> Free downloadable resources: <a href="https://www.aphasia.ca/shop/">https://www.aphasia.ca/shop/</a>
Aphasia Supports	<ul style="list-style-type: none"> <li><b>Aphasia Conversation Groups:</b> Groups facilitated by a Speech-Language Pathologist (SLP) for adults living with aphasia (AWA)</li> <li><b>Aphasia Peer Groups</b> (Kingston/Napanee): An opportunity for AWA to have informal conversations with peers</li> <li><b>Aphasia Buddies Program</b> (Kingston): Links AWA with trained aphasia buddies in the community</li> </ul>	KFLA: VON Greater Kingston at 613-634-0130 X3469 HPE: Community Care for South Hastings at 613-969-0130 X5207 LLG: Senior Support Services – Community & Primary Health Care at 613-342-3693 X2043
Caregivers' Guide to Stroke Recovery	<ul style="list-style-type: none"> <li>Comprehensive guide developed by March of Dimes for stroke survivors and caregivers</li> <li>Includes practical tips for daily living, relevant medical information, and stories from caregivers and survivors</li> </ul>	Stroke Network of Southeastern Ontario website under "Community Supports" at: <a href="https://www.strokenetworkseo.ca/community-supports">https://www.strokenetworkseo.ca/community-supports</a>
Choosing a Community Exercise Program after Stroke	<ul style="list-style-type: none"> <li>Companion guide based off the Canadian Stroke Community-based Exercise Recommendations</li> <li>A guide to assist people with stroke and their caregivers to select a community-based exercise program that will meet their needs</li> </ul>	KITE- University Health Network website under "Resources" at: <a href="https://kite-uhn.com/can-stroke-community-based-exercise-recommendations">https://kite-uhn.com/can-stroke-community-based-exercise-recommendations</a>
Driving After Stroke	<ul style="list-style-type: none"> <li>Intended to help stroke survivors (and families) understand the process required to return to driving and to connect with relevant supports &amp; services</li> <li>Section for those unable to resume driving after stroke, aphasia-friendly algorithms, and information on driving After TIA</li> </ul>	Stroke Network of Southeastern Ontario website under "Community Supports" at: <a href="https://www.strokenetworkseo.ca/community-supports">https://www.strokenetworkseo.ca/community-supports</a>

RESOURCE	DESCRIPTION	WHERE TO ACCESS
Healthline – Stroke Resources	<ul style="list-style-type: none"> <li>• <b>Stroke Resources</b> tab provides information for persons living with the effects of stroke and families/caregivers</li> <li>• Ten different domains including communication, a child with a stroke, financial &amp; social supports, transportation, and health</li> </ul>	Southeast Healthline at: <a href="http://strokeresources.southeasthealthline.ca">http://strokeresources.southeasthealthline.ca</a>
Heart & Stroke Foundation Publications (HSF)	<ul style="list-style-type: none"> <li>• Several publications are available through the HSF including: <ul style="list-style-type: none"> <li>○ <i>Your Stroke Journey</i></li> <li>○ <i>Stroke in Young Adults (includes returning to work/school)</i></li> <li>○ <i>A Family Guide to Pediatric Stroke</i></li> </ul> </li> <li>• Additional information sheets, interactive programs and booklets (i.e. information on driving after stroke)</li> </ul>	Heart & Stroke website at: <a href="#">Heart &amp; Stroke Publications</a>
Regional Stroke Education Program	<ul style="list-style-type: none"> <li>• Six-week education program for individuals with stroke and family/informal caregivers living in the community</li> <li>• Information on next program can be obtained by contacting the relevant Stroke Support Group Facilitator</li> </ul>	KFLA: VON at 613-634-0130 X3469 HPE: CSSH at 613-969-0130 X5207 LLG: CPHC at 613-342-3693 X2043
March of Dimes – After Stroke Program	<ul style="list-style-type: none"> <li>• March of Dimes program for persons living with the effects of stroke and their families/informal caregivers</li> <li>• Includes information on stroke as well as virtual resources</li> </ul>	March of Dimes at: <a href="https://www.marchofdimes.ca/en-ca/programs/afterstroke">https://www.marchofdimes.ca/en-ca/programs/afterstroke</a>
Patient Journey Map	<ul style="list-style-type: none"> <li>• Displays the stroke recovery journey</li> <li>• Includes a listing of potential supports and services on the reverse side</li> </ul>	Stroke Network of Southeastern Ontario website under “Community Supports” at: <a href="https://www.strokenetworkseo.ca/sites/default/files/files/southeastern_stroke-handout_8.5x11_may2018_inhouse.pdf">https://www.strokenetworkseo.ca/sites/default/files/files/southeastern_stroke-handout_8.5x11_may2018_inhouse.pdf</a>
Return to Work Toolkit	<ul style="list-style-type: none"> <li>• Assistance to navigate the process of returning to work</li> <li>• Local/provincial resources that provide guidance, support and assistance</li> <li>• An online self assessment guide to focus recovery efforts and provide information on ability/readiness to return to work</li> </ul>	Stroke Network of Southeastern Ontario website under “Community Supports” at: <a href="https://www.strokenetworkseo.ca/community-supports">https://www.strokenetworkseo.ca/community-supports</a>



RESOURCE	DESCRIPTION	WHERE TO ACCESS
Smart Tips for Stroke Care	<ul style="list-style-type: none"> <li>• User-friendly guide including 15 topics relative to stroke care</li> <li>• Each topic is one page (front and back)</li> <li>• Can use as a complete guide or select individual topics</li> </ul>	CorHealth Ontario website: <a href="https://www.corhealthontario.ca/resources-for-healthcare-planners-&amp;-providers/stroke-general/smart-tips-for-stroke-care">https://www.corhealthontario.ca/resources-for-healthcare-planners-&amp;-providers/stroke-general/smart-tips-for-stroke-care</a>
Stroke Specific Exercise Programs	<ul style="list-style-type: none"> <li>• Community-based exercise programs adapted to the needs of persons living with the effects of stroke</li> </ul>	KFLA: VON at 613-634-0130 X3414 HPE: VON at 613-392-4181 X5350 LLG: CPHC at 613-342-3693 X2303
Stroke Support Groups - Regional	<ul style="list-style-type: none"> <li>• Professionally facilitated support groups for persons in the community living with the effects of stroke and family/informal caregivers</li> <li>• These groups may also be of interest to families of persons living with the effects of stroke residing in LTC</li> <li>• Free service and transportation may be supported</li> </ul>	Stroke Network of Southeastern Ontario website under "Community Supports" at: <a href="https://www.strokenetworkseo.ca/community-supports">https://www.strokenetworkseo.ca/community-supports</a> KFLA: VON at 613-634-0130 X3469 HPE: CSSH at 613-969-0130 X5207 LLG: CPHC at 613-342-3693 X2043
Stroke Engine	<ul style="list-style-type: none"> <li>• User-friendly site that provides information on various aspects of recovery, including survivor stories</li> </ul>	Stroke Engine website at: <a href="https://strokengine.ca/en/">https://strokengine.ca/en/</a>
Stroke Prevention Clinics (SPC)	<ul style="list-style-type: none"> <li>• Outpatient clinics for people <b>living in the community</b> who are at risk of having a TIA or stroke or who have risk factors for stroke</li> <li>• Physician referral required</li> <li>• Locations:               <ul style="list-style-type: none"> <li>○ <i>Kingston General Hospital</i></li> <li>○ <i>Brockville General Hospital</i></li> <li>○ <i>Perth &amp; Smiths Falls District Hospital (Perth site)</i></li> <li>○ <i>Belleville General Hospital</i></li> </ul> </li> </ul>	Stroke Network of Southeastern Ontario website under "About" at: <a href="http://strokenetworkseo.ca/about-us/stroke-prevention-clinics">http://strokenetworkseo.ca/about-us/stroke-prevention-clinics</a>
Your Stroke Journey Check In	<ul style="list-style-type: none"> <li>• Self-help, self-assessment questionnaire that helps stroke survivors and caregivers identify their care and support needs</li> <li>• Provides a method to assess their recovery journey</li> </ul>	Stroke Network of Southeastern Ontario website under "Community Supports" at: <a href="https://www.strokenetworkseo.ca/sites/default/files/files/your_stroke_journey_check_in_september_2019.pdf">https://www.strokenetworkseo.ca/sites/default/files/files/your_stroke_journey_check_in_september_2019.pdf</a>

## APPENDIX B: BOOKS

TITLE	AUTHOR	DESCRIPTION
<b>One Hundred Names for Love: A Memoir</b>	Diane Ackerman	Autobiographical
<b>How to Conquer the World with One Hand and An Attitude</b>	Paul Berger	Autobiographical
<b>Where is the Mango Princess: A Journey Back from Brain Injury</b>	Cathy Crimmins	Autobiographical
<b>Don't Leave Me This Way</b>	Julia Fox Garrison	Autobiographical
<b>The Lone Road Home</b>	Millie E. Graham	Autobiographical
<b>Walter Gretzky: On Family, Hockey and Healing</b>	Wayne Gretzky	Autobiographical
<b>Locked In Locked Out</b>	Shawn Jennings	Autobiographical
<b>Slow Dance: A Story Of Stroke, Love And Disability</b>	Bonnie Klein	Autobiographical
<b>My Stroke of Insight: A Brain Scientist's Personal Journey</b>	Jill Bolte Taylor	Autobiographical
<b>Swimming Against the Tide/Strong Recovery from Stroke</b>	Nan Unklesbay	Autobiographical
<b>Identity Theft: Rediscovering Ourselves After Stroke</b>	Debra Meyerson	Autobiographical
<b>Tell Me Everything You Don't Remember</b>	Christine Lee	Autobiographical
<b>The Stroke Book: A Guide to Life After Stroke for Survivors and Those Who Care for Them</b>	June Biermann & Barbara Toohey	Guide
<b>Stroke of Hope: Creating the Program You Need to Discover the Results You Want</b>	Heather Branscombe	Concepts of Recovery
<b>The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science</b>	Norman Doidge	Scientists championing neuroplasticity and the people whose lives they've transformed



TITLE	AUTHOR	DESCRIPTION
<b>Stronger After Stroke: Your Roadmap to Recovery</b>	Peter G. Levine	Concepts of Recovery
<b>Healing and Happiness After Stroke</b>	Kari Dahlgren	Focus on emotional side of recovery
<b>Hope After Stroke</b>	Tsgoyna Tanzman	SLP author looking at holistic approach to stroke recovery
<b>The Diving Bell and the Butterfly</b>	Jean-Dominique Bauby	Memoir, stroke survivor with locked-in syndrome
<b>Healing the Broken Brain</b>	Dr. Mike and David Dow	Authored by psychologist, stroke survivor and SLP. Intersection between hope and science
<b>Brain Maker</b>	Dr. David Perlmutter	Nutrition and brain health
<b>To Root and To Rise: Accepting Brain Injury</b>	Carole J. Starr	Specific to brain injury but concepts can also apply to stroke
<b>Stroke Phenomenology: Why a Stroke on That Day and Under Those Circumstances?</b>	Annie Rochette and Philippe Gaulin	Explores how psychosocial, affective and symbolic factors can be determinants of a stroke's occurrence

## APPENDIX C: FILMS

TITLE	DESCRIPTION
<b>My Beautiful Broken Brain</b>	Documentary/autobiographical film about a 34-year old who experiences as stroke
<b>The Diving Bell and the Butterfly</b>	Autobiographical film about locked-in syndrome following a stroke
<b>Just Another Dance with My Father</b>	Short film about a young stroke survivor
<b>A Teachable Moment</b>	<i>Documentary about four strangers who find common ground after one moment (stroke) changes their lives forever</i>
<b>Still Sophie</b>	Short film about a 19-year old that experiences a stroke resulting in aphasia