

STROKE RESOURCES FOR CLIENTS AND FAMILIES

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

RESOURCE	DESCRIPTION	WHERE TO ACCESS
Healthline – Stroke Resources	<ul style="list-style-type: none"> • Stroke Resources tab provides information for persons living with the effects of stroke and families/caregivers • Ten different domains including communication, a child with a stroke, financial & social supports, transportation, and health 	Southeast Healthline at: http://strokeresources.southeasthealthline.ca
Heart & Stroke Foundation Publications (HSF)	<ul style="list-style-type: none"> • Several publications are available through the HSF including: <ul style="list-style-type: none"> ○ <i>Your Stroke Journey</i> ○ <i>Stroke in Young Adults (includes returning to work/school)</i> ○ <i>A Family Guide to Pediatric Stroke</i> • Additional information sheets, interactive programs and booklets (i.e. information on driving after stroke) 	Heart & Stroke website at: Heart & Stroke Publications
Living with Stroke Programs	<ul style="list-style-type: none"> • Six-week self-management program developed by the HSF for individuals with stroke and family/informal caregivers living in the community • Information on next program can be obtained by contacting the relevant Stroke Support Group Facilitator 	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"> • March of Dimes program for persons living with the effects of stroke and their families/informal caregivers • Includes information on stroke as well as virtual resources. 	March of Dimes at: https://www.marchofdimes.ca/en-ca/programs/afterstroke
Patient Journey Map	<ul style="list-style-type: none"> • Displays the stroke recovery journey • Includes a listing of potential supports and services on the reverse side 	Stroke Network of Southeastern Ontario website under “Community Supports” at: https://www.strokenetworkseo.ca/community-supports
Return to Work Toolkit	<ul style="list-style-type: none"> • Assistance to navigate the process of returning to work • Local/provincial resources that provide guidance, support and assistance • An online self assessment guide to focus recovery efforts and provide information on ability/readiness to return to work 	Stroke Network of Southeastern Ontario website under “Community Supports” at: https://www.strokenetworkseo.ca/community-supports
Stroke Specific Exercise Programs	<ul style="list-style-type: none"> • Community-based exercise programs adapted to the needs of persons living with the effects of stroke 	KFLA: VON at 613-634-0130 X3414 HPE: VON at 613-392-4181 X5350 LLG: CPHC at 613-342-3693 X2303



RESOURCE	DESCRIPTION	WHERE TO ACCESS
Stroke Support Groups - Regional	<ul style="list-style-type: none"> • Professionally facilitated support groups for persons in the community living with the effects of stroke and family/informal caregivers • These groups may also be of interest to families of persons living with the effects of stroke residing in LTC • Free and transportation may be supported 	Stroke Network of Southeastern Ontario website under "Community Supports" at: https://www.strokenetworkseo.ca/community-supports 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"> • User-friendly site that provides information on various aspects of recovery, including survivor stories 	Stroke Engine website at: https://strokengine.ca/en/
Stroke Prevention Clinics (SPC)	<ul style="list-style-type: none"> • Outpatient clinics for people living in the community who are at risk of having a TIA or stroke or who have risk factors for stroke • Physician referral required • Locations: <ul style="list-style-type: none"> ○ <i>Kingston General Hospital</i> ○ <i>Brockville General Hospital</i> ○ <i>Perth & Smiths Falls District Hospital (Perth site)</i> ○ <i>Belleville General Hospital</i> 	Stroke Network of Southeastern Ontario website under "About" at: http://strokenetworkseo.ca/about-us/stroke-prevention-clinics
Your Stroke Journey Check In	<ul style="list-style-type: none"> • Self-help, self-assessment questionnaire that helps stroke survivors and caregivers identify their care and support needs • Provides a method to assess their recovery journey 	Stroke Network of Southeastern Ontario website under "Community Supports" at: https://www.strokenetworkseo.ca/sites/default/files/files/your_stroke_journey_check_in_september_2019.pdf

APPENDIX A: BOOKS

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

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

APPENDIX B: FILMS

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