

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"> Web-based resource providing information and tools to support adults with aphasia and their families **Note**: There may be a cost for some resources 	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) that are offered in 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 (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"> 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 <i>Module #1:</i> “The Basics of Blood Pressure & Supporting the Patient” and <i>Module #2:</i> “How to Take Blood Pressure” 	Stroke Network of Southeastern Ontario website under “ <i>Best Practice & Education</i> ” at: https://www.strokenetworkseo.ca/best-practice-education/community-long-term-care
BP Bloggers	<ul style="list-style-type: none"> Myth busting newsletters that provide evidence-based information on various care issues to the LTC sector (including stroke care) 	Stroke Network of Southeastern Ontario website under “ <i>Best Practice & Education</i> ” at: https://www.strokenetworkseo.ca/best-practice-education/community-long-term-care
Brain, Body & You	<ul style="list-style-type: none"> 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 Can attend specific modules to meet learning needs 	Stroke Network of Southeastern Ontario website under “ <i>Best Practice & Education</i> ” at: https://www.strokenetworkseo.ca/best-practice-education/community-long-term-care

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

RESOURCE	DESCRIPTION	WHERE TO ACCESS
Quality-Based Procedures: Clinical Handbook for Stroke (Acute & Postacute)	<ul style="list-style-type: none"> A compendium of the evidence-based rationale and clinical consensus for best practice stroke care. 	Health Quality Ontario Handbook: http://health.gov.on.ca/en/pro/programs/ecfa/docs/qbp_stroke.pdf
Registered Nurses Association Of Ontario (RNAO)	<ul style="list-style-type: none"> Evidence-based practices in LTC; section specific to stroke Additional RNAO resources include best practice recommendations for transitions, stroke care, self-management, smoking cessation, client-centered care, oral health, and continence 	LTC Best Practices Toolkit at RNAO website: http://lctoolkit.rnao.ca/clinical-topics/chronic-disease-management/stroke RNAO website at: http://rnao.ca/bpg
Return to Work Toolkit	<ul style="list-style-type: none"> Assistance to navigate the process of returning to work Local and provincial resources that provide guidance, support and assistance An online self-assessment guide to focus individual recovery efforts and provide information about ability or readiness to return to work 	Stroke Network of Southeastern Ontario website under “Community Supports” at: https://www.strokenetworkseo.ca/community-supports
Shared Work Day and Field Training Stroke Educational Support Program	<ul style="list-style-type: none"> Professional education stroke fund designed to facilitate the development of individual or group stroke-specific knowledge, expertise and networking 	Stroke Network of Southeastern Ontario website under “Best Practice & Education” at: https://www.strokenetworkseo.ca/best-practice-and-education/education-opportunities
SouthEasthealthline – Stroke Resources AND Vascular Health Resources	<ul style="list-style-type: none"> Stroke Resources and Vascular Health Resources This database provides links to resources for healthcare providers/stroke survivors/caregivers 	<i>Stroke Resources</i> at SouthEasthealthline: https://www.southeasthealthline.ca/libraryContent.aspx?id=21291 <i>Vascular Resources</i> at SouthEasthealthline: http://www.southeasthealthline.ca/libraryContent.aspx?id=20754
Stroke Best Practice Care Plans - LTC	<ul style="list-style-type: none"> Provincially developed best practice care plans designed for LTC Homes Integrate scales/scores for the MDS-RAI <i>Topics include:</i> Communication, cognition, perception, depression, mobility & transfers, ADLs, skin care & hygiene, pain, bowel & bladder continence, hydration/meals/special diets, leisure and behaviour change 	Stroke Network of Southeastern Ontario website under “Best Practice & Education” at: https://www.strokenetworkseo.ca/best-practice-education/community-long-term-care

RESOURCE	DESCRIPTION	WHERE TO ACCESS
Stroke Education Posters	<ul style="list-style-type: none"> • Education posters targeted at front-line care providers • <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 	Stroke Network of Southeastern Ontario website under “ <i>Best Practice & Education</i> ” at: http://strokenetworkseo.ca/best-practice-education/long-term-care-community
Stroke Engine	<ul style="list-style-type: none"> • Resource providing information to healthcare professionals on assessments and interventions in stroke care 	Stroke Engine website at: http://strokengine.ca/
Stroke Network of Southeastern Ontario	<ul style="list-style-type: none"> • One of 11 provincial networks supporting implementation & sustainability of stroke care best practices across the continuum of care • Includes information on all upcoming education events as well as current and past projects and links to other useful sites • Includes section “<i>Community Supports</i>”, “<i>Community & Long-term Care</i>” and “<i>Navigations & Transitions</i>” 	Stroke Network of Southeastern Ontario website at: http://strokenetworkseo.ca
Taking Action for Optimal Community and Long-Term Stroke Care	<ul style="list-style-type: none"> • A resource developed through the Heart & Stroke Foundation to support front line caregivers (e.g. PSW) • Modules provide information on various aspects of care provision in Community and LTC 	Modules through Heart & Stroke Foundation: https://www.strokebestpractices.ca/resources/professional-resources/tacls
Your Stroke Journey Check In	<ul style="list-style-type: none"> • 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 	Stroke Network of Southeastern Ontario website under “ <i>Community Supports</i> ” at: https://www.strokenetworkseo.ca/sites/default/files/files/your_stroke_journey_check_in_septe_mber_2019.pdf

APPENDIX A: 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	<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 Section for those unable to resume driving after stroke, aphasia-friendly algorithms, and information on driving After TIA 	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/sites/default/files/files/southeastern_stroke-handout_8.5x11_may2018_inhouse.pdf
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 service 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 B: 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
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 C: 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