

## CAREGIVER STROKE SUPPORTS

*Caregivers are an important part of stroke recovery. It is important for caregivers to have access to information about stroke and also about their new role as a caregiver. The following are links to excellent sources of information when caring for a person recovering from stroke.*

### **March of Dimes: A Caregiver's Guide to Stroke Recovery**

[https://strokerecoverybc.ca/wp-content/uploads/SRC\\_Caregivers\\_Guide\\_to\\_Stroke\\_Recovery.pdf](https://strokerecoverybc.ca/wp-content/uploads/SRC_Caregivers_Guide_to_Stroke_Recovery.pdf)

- A comprehensive **guide** to stroke recovery for caregivers

### **Heart & Stroke Foundation of Canada**

<https://www.heartandstroke.ca/stroke/recovery-and-support/family-care-partners-need-care-too>

- Members only **Facebook** group to share, support and lean on others who are caregiving
- Various **resources and information** on stroke

### **Ontario Caregiver Organization**

<https://ontariocaregiver.ca/>

- Ontario-based caregiving organization that is not specific to stroke
- Resources for caregivers **caring for a senior, adult, child or youth** and also resources for **young caregivers**
- Information on how to **find support and link with peers**
- **Newsletters, blogs and caregiver stories**
- **Helpline and live chat**

### **Family Caregiver Alliance**

<https://www.caregiver.org/caregiver-resources/all-resources/>

- Caregiver resources including **self-care** and the **emotional** side of caregiving
- Not specific to stroke

### **American Stroke Association**

<https://www.stroke.org/en/help-and-support/for-family-caregivers/15-things-caregivers-should-know-after-a-loved-one-has-had-a-stroke>

- **15 tips** for caregivers caring for a loved one who had had a stroke