

CAREGIVER STROKE SUPPORTS

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

American Stroke Association

- *15 tips for caregivers caring for a loved one living with stroke*

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

- [Caregiver Guide to Stroke-Practical Tips and Resources for New Caregivers](#)

Aphasia Institute

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Caregiver Action Network

[Stroke Caregiver GPS: When Your Loved One Has Had A Stroke](#)

Family Caregiver Alliance

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

- *Caregiver resources including self-care and the emotional side of caregiving*

Heart & Stroke Foundation of Canada

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

- *Various resources and information on stroke*

March of Dimes

<https://www.afterstroke.ca/find-support/>

Caregiver Resources include:

- *Caregivers of Stroke Survivors group is a chance to connect with other people who understand the challenges and rewards of caregiving*
- *Ask an Expert webinars*
- *After Stroke Snippets newsletter and information*
- [A Caregiver's Guide to Stroke Recovery](#)

National Aphasia Association

[The Aphasia Caregiver Guide](#)

Ontario Brain Injury Association

- [Caregiving After Brain Injury](#) - <https://caregiverinfo.ca>

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 resources for young caregivers*
- *Information on how to find support and link with peers*

Stroke Recovery Association of British Columbia

- [A Guide for Stroke Survivors, Families, & Caregivers](#)