

# HAVE YOU OR A LOVED ONE EXPERIENCED A STROKE?

If you or a loved one has experienced a stroke, the following website will provide information about stroke and will also help you to find community resources to support recovery.

Visit the South East Healthline at <https://www.southeasthealthline.ca> or google South East Healthline

From the home page of the South East Healthline, you can access STROKE RESOURCES in two ways:

At the bottom of the home page, click



OR

On right side of home page, click



Then click



This will bring you to a page that lists the following topics related to stroke. Click on any of the pictures to learn more about that topic.



My Health



Getting Around



Where I live



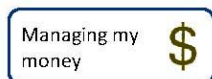
My roles and activities



Social Supports



Caregiver support



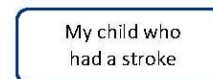
Managing my money



Understanding my stroke



Communication



My child who had a stroke

You can also call 310-2222 to speak to a Home & Community Care team member who can also help you to access supports and services.