



STROKE RESOURCES

CLIENT/FAMILY RESOURCES		
RESOURCE	DESCRIPTION	WHERE TO ACCESS
Aphasia Institute	Web-based resource providing information and tools to support adults with aphasia, their families and health care providers.	The Aphasia Institute at http://www.aphasia.ca/
Aphasia Supports in the Southeast	Aphasia Conversation Groups are offered in Belleville, Kingston and Brockville for adults living with aphasia (AWA). Groups are facilitated by a speech-language pathologist. Kingston and Napanee also offer Aphasia Peer Groups which provide an opportunity for AWA to have informal conversations with peers. As well, Kingston offers an Aphasia Buddies Program which links AWA with trained aphasia buddies in the community. Virtual options are available.	HPE – CCSH 613-969-0130 X 5207 KFLA - VON Greater Kingston 613-634-0130 X 3469 LLG - Senior Support Services CPHC Information on SE Stroke Support Groups can also be accessed on the Stroke Network of Southeastern Ontario website under Community Supports at https://www.strokenetworkseo.ca/community-supports
Canadian Best Practice Recommendations for Stroke Care	Best Practice Recommendations for Stroke Care include live links to various implementation resources and knowledge translation tools (including outcome measurement tools).	Canadian Best Practice Recommendations for Stroke Care at www.strokebestpractices.ca
Caregivers' Guide to Stroke Recovery	Developed by March of Dimes, Stroke Recovery Canada, this guide is an excellent free resource for both stroke survivors and caregivers. The Guide provides "practical tips for daily living, relevant medical information, as well as stories from caregivers and survivors. In addition, there are articles on rehabilitation, spasticity, community reintegration, post-stroke relationships, adapting your environment, and lists of useful contacts." (Stroke Recovery Canada).	Stroke Network of Southeastern Ontario website under Community Supports at https://www.strokenetworkseo.ca/community-supports



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Community-Based Exercise Programs for People with Stroke	Brochure designed for persons living with the effects of stroke and families to assist them in determining if a community-based exercise program will meet their needs. Brochure is based on the provincially developed <i>Guidelines for Community-Based Exercise Programs for People with Stroke</i> . Virtual classes are now being offered.	Stroke Network of Southeastern Ontario website under Best Practice & Education at http://strokenetworkseo.ca/best-practice-education/guidelines-recommendations
Community Stroke Rehabilitation Program	This program supports the provision of enhanced therapy services through South East LHIN Home & Community Care to individuals who have newly experienced a stroke. For persons living with the effects of stroke who are being transitioned to community, services could include occupational therapy, physiotherapy, speech language pathology and social work. Individuals transitioning to LTC are also eligible for these services with the exception of physiotherapy which is provided by the LTC Home. Note that individuals who have spent an extended stay in hospital awaiting LTC placement following a stroke are still eligible for this program.	Stroke Network of Southeastern Ontario website provides information on this program at https://www.strokenetworkseo.ca/best-practice-and-education/rehabilitation
Driving After Stroke	The <i>Driving After a Stroke in Ontario</i> resource is intended to help persons living with the effects of stroke and their families understand the process required to return to driving and to connect with relevant supports & services. The resource also recognizes that not all stroke survivors will be able to resume driving and a section applicable to those individuals is included. The resource includes two aphasia-friendly algorithms for returning to driving when the stroke survivor's license <u>has been</u> suspended and when the license <u>has not been</u> suspended. As well, there is information on <i>Driving After a TIA in Ontario</i> .	Stroke Network of Southeastern Ontario website under Community Supports at https://www.strokenetworkseo.ca/community-supports
Healthline – Stroke Resources	Web-based resource. Stroke Resources tab provides information for persons living with the effects of stroke and families/caregivers in ten different domains including communication, a child with a stroke, financial & social supports, transportation and health. This site is also a valuable resource for health care providers.	Southeast CCAC Healthline at http://strokeresources.southeasthealthline.ca



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Heart & Stroke Foundation Publications (HSF)	<p>Several publications are available through the HSF including:</p> <ul style="list-style-type: none"> • <i>Your Stroke Journey</i> • <i>Stroke in Young Adults</i> (includes returning to work/school) • <i>A Family Guide to Pediatric Stroke</i> <p>Additional information sheets, interactive programs and booklets may also be accessed on the site.</p>	Heart & Stroke website at Heart & Stroke Publications
Living with Stroke Programs	<p>Self-management program developed by the HSF for individuals living with the effects of stroke and family/informal caregivers living in the community. Sessions offered in Belleville, Kingston, Brockville and Perth one to two times/year. One session is offered each week for six weeks. No cost to participate. Information on next program can be obtained by contacting the relevant area office. Virtual options are being offered.</p>	<p>HPE – CSSH at 613-969-0130 X 5207 KFLA – VON at 613-634-0130 ext. 3469 LLG – CPHC at 613-257-3296, ext. 2303</p>
March of Dimes Guides to Stroke Recovery	<p>Various guides developed by March of Dimes:</p> <ul style="list-style-type: none"> • 7 Steps to Recovery • Daily Living • Home Adjustments • Exercise & Mobility • Aphasia • Back to Community • Self Advocacy • Caregiver's Guide 	<p>March of Dimes website https://afterstroke.marchofdimes.ca/resources/guides</p>
Patient Journey Map	<p>The Patient Journey Map visually displays the stroke recovery journey. The map includes a listing of potential supports and services on the reverse side. The map serves as an educational resource for persons living with the effects of stroke and families.</p>	<p>Stroke Network of Southeastern Ontario website under Community Supports at https://www.strokenetworkseo.ca/community-supports</p>



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Return to Work Toolkit	<p>The <i>Return to Work Toolkit</i> provides:</p> <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 Educational Support Program	These two approaches to collaborative learning are designed to facilitate the development of individual or group stroke-specific knowledge, expertise and networking through supported linking to health care professionals of varying disciplines.	Stroke Network of Southeastern Ontario website under Best Practice & Education at https://www.strokenetworkseo.ca/best-practice-and-education/education-opportunities
Stroke Engine	Stroke Engine is an on-line resource for persons living with the effects of stroke and their families as well as health professionals. This is a user-friendly site that provides information on various aspects of recovery including survivor stories.	StrokEngine website at http://strokengine.ca/family/
Stroke Recovery Canada	Stroke Recovery Canada is a March of Dimes program for persons living with the effects of stroke and their families/informal caregivers. Includes information on stroke recovery, peer support programs and support groups and a toll free "Warmline" to connect with other individuals affected by stroke. Virtual options are available.	March of Dimes at https://www.marchofdimes.ca/EN/programs/src/Pages/src.aspx
Stroke Specific Exercise Programs	Community-based exercise programs adapted to the needs of persons living with the effects of stroke. Programs are currently offered in Belleville, Trenton, Kingston, Brockville and Perth. Virtual options are now being offered.	HPE – VON – 1-800-301-0076 ext 2499 KFLA – VON – 613-634-0130 Ext 3414 LLG – CPHC – 1-800-465-7646 Ext. 2301



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<p>Stroke Support Groups</p>	<p>Professionally facilitated support groups for persons in the community living with the effects of stroke and family/informal caregivers. The caregiver groups may also be of interest to families of persons living with the effects of stroke whose loved one is residing in LTC. Groups are offered in Belleville, Kingston, Brockville, Napanee, Picton, Sydenham, Trenton and Perth. Meeting frequency varies, there is no cost to participants and transportation may be supported. Virtual options are now being offered.</p>	<p>Stroke Network of Southeastern Ontario website under Community Resources at http://www.strokenetworkseo.ca/recovery-resources KFLA – VON at 613-634-0130 HPE – CSSH at 613-969-0130 LLG – CPHC at 613-257-3296</p>
<p>Taking Action for Optimal Community and Long-Term Stroke Care</p>	<p>A HSF resource developed to support front line caregivers (e.g., PSWs) however information can also be used by family/informal caregivers. Modules provide information on various aspects of care provision. Videos to support the information in this resource can be accessed through the SE Stroke Network website under <i>Tips and Tools for Everyday Living: Putting It Into Practice</i>.</p>	<p>Manual & videos through SE Stroke Network website at https://www.strokenetworkseo.ca/best-practice-and-education/community-and-long-term-care</p>