



<http://strokenetworkseo.ca>

STROKE RESOURCES

This chart is divided into two sections:

1. Resources for stroke survivors and their caregivers/families
2. Resources for health care providers.

CLIENT/FAMILY RESOURCES		
RESOURCE	DESCRIPTION	WHERE TO ACCESS
Amy's Speech & Language Therapy Inc.	A website that provides free downloads of aphasia resources.	Amy's Speech & Language Therapy Inc http://www.amyspeechlanguagetherapy.com/communication-boards.html
Aphasia Institute (Toronto) Aphasia Centre (Ottawa)	Web-based resource providing information and tools to support adults with aphasia and their families. To access free downloadable resources from The Aphasia Institute, go to https://www.aphasia.ca/shop/ and navigate to box <i>If you work or live in Ontario you may be eligible for free downloads</i> of our products. Complete the form and instructions will be emailed.	The Aphasia Institute at http://www.aphasia.ca/ The Aphasia Centre http://aphasiaottawa.org/
Aphasia Supports	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.	Community Care for South Hastings (Belleville) 613-969-0130 X 5207 VON Greater Kingston(Kingston & Napanee) 613-634-0130 X 3469 Senior Support Services – Community & Primary Health Care (Brockville) 613-342-3693 X 2161
Caregivers' Guide to Stroke Recovery	The Guide developed by March of Dimes, Stroke Recovery Canada 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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RESOURCE	DESCRIPTION	WHERE TO ACCESS
Community-Based Exercise Programs for People with Stroke	Brochure designed for persons living with the effects of stroke and families who are living in the community 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> .	Stroke Network of Southeastern Ontario website under Best Practice & Education at http://strokenetworkseo.ca/best-practice-education/guidelines-recommendations
Driving After Stroke	The Driving After a Stroke in Ontario resource is intended to help stroke survivors (and 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 also includes two aphasia-friendly algorithms for returning to driving when the stroke survivor's licence has been suspended and when the licence has not been suspended. As well, there is information on Driving After a TIA in Ontario.	Stroke Network of Southeastern Ontario website under Community Supports at https://www.strokenetworkseo.ca/community-supports
Family Caregivers Voice	Family Caregivers Voice (FCV) is a family caregiver-led group promoting family caregivers' local support groups and encouraging self-advocacy through education. FCV also advocates for changes to the health care system which would improve the life of caregivers. The FCV website includes a video presentation on The Stages of Caregiving.	Family Caregivers Voice Family Caregivers Voice
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.	Southeast CCAC Healthline at http://strokeresources.southeasthealthline.ca or http://stroke.southeasthealthline.ca
Heart & Stroke Foundation Publications (HSF)	Several publications are available through the HSF including: <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> • <i>Post Stroke Checklist</i> 	Heart & Stroke website at Heart & Stroke Publications



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RESOURCE	DESCRIPTION	WHERE TO ACCESS
Living with Stroke Programs	Six-week self-management program developed by the HSF for individuals with stroke and family/informal caregivers living in the community. Sessions offered in Belleville, Kingston, Brockville and Perth one to two times/year. One session per week for six weeks. No cost to participate. Information on next program can be obtained by contacting the relevant Stroke Group Facilitator.	Kingston Region – VON at 613-634-0130 ext. 3469 Belleville Region – CSSH at 613-969-0130 Brockville & Perth – CPHC at 613-257-3296, ext. 2303
March of Dimes Guides to Stroke Recovery	Various guides developed by March of Dimes: <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 	March of Dimes website https://afterstroke.marchofdimes.ca/resources/guides
Patient Journey Map	The Patient Journey Map visually displays the stroke recovery journey. The map 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/community-supports
Return to Work Toolkit	A <i>Return to Work Toolkit</i> that provides: <ul style="list-style-type: none"> • assistance to navigate the process of returning to work • local (SWO) 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



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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.	Belleville – VON – 1-800-301-0076 ext 2499 Kingston – VON – 613-634-0130 Ext 3414 Brockville & Perth – CPHC – 1-800-465-7646 Ext. 2301 or 613-257-3296 Ext 2301
Stroke Support Groups - Regional	Professionally facilitated support groups for persons in the community living with the effects of stroke and family/informal caregivers. Groups are offered in Belleville, Kingston, Brockville and Perth. These groups may also be of interest to families of persons living with the effects of stroke residing in LTC. All groups meet monthly, there is no cost to participants and transportation may be supported. Information brochures can be found on the SE Stroke Network website.	Stroke Network of Southeastern Ontario website under Community Resources at http://www.strokenetworkseo.ca/recovery-resources Kingston Region – VON at 613-634-0130 Belleville Region – CSSH at 613-969-0130 Brockville & Perth – CPHC at 613-257-3296
StrokEngine	StrokEngine is an on-line resource for persons living with the effects of stroke and their families as well as health professionals. 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.	March of Dimes at https://www.marchofdimes.ca/EN/programs/src/Pages/src.aspx
Taking Action for Optimal Community and Long-Term Stroke Care	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. Can be accessed on-line or can order free hard copy. Videos to support the information in this resource can be accessed through the SE Stroke Network website.	Manual through Heart & Stroke website at Heart & Stroke Publications Videos through SE Stroke Network website at http://strokenetworkseo.ca/best-practice-education/videos
Your Stroke Journey Check In	This is a 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 Community Supports at https://www.strokenetworkseo.ca/community-supports



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HEALTH CARE PROVIDER RESOURCES

RESOURCE	DESCRIPTION	WHERE TO ACCESS
Aphasia Institute (Toronto) Aphasia Centre (Ottawa)	Web-based resource providing information and tools to support adults with aphasia and their families. Note that there may be a cost for some resources. To access free downloadable resources from The Aphasia Institute, go to https://www.aphasia.ca/shop/ and navigate to box <i>If you work or live in Ontario you may be eligible for free downloads</i> of our products. Complete the form and instructions will be emailed.	The Aphasia Institute at http://www.aphasia.ca/ The Aphasia Centre at http://aphasiaottawa.org/
Aphasia Supports	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.	Community Care for South Hastings (Belleville) 613-969-0130 X 5207 VON Greater Kingston(Kingston & Napanee) 613-634-0130 X 3469 Senior Support Services – Community & Primary Health Care (Brockville) 613-342-3693 X 2161
Brain, Body & You	This 4-session interprofessional, continuing education workshop series is designed for regulated and unregulated frontline care providers caring for stroke survivors and other complex client populations in the community, long-term care and other care settings. This program can be easily individualized by selecting the particular module(s) needed to meet the identified learning needs. The 4 modules are each 4 hours in length.	http://strokenetworkseo.ca/best-practice-education/long-term-care-community
Canadian Best Practice Recommendations for Stroke Care	Best Practice Recommendations include live links to various Implementation resources and Knowledge Translation Tools (including outcome measurement tools) at the end of each chapter. Of particular interest may be Rehabilitation, Recovery and Community Participation following Stroke. Part Two: Transitions and Community Participation Following Stroke	Canadian Best Practice Recommendations for Stroke Care at www.strokebestpractices.ca
Caregivers' Guide to Stroke Recovery	The Guide developed by March of Dimes, Stroke Recovery Canada 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	Stroke Network of Southeastern Ontario website under Community Supports at https://www.strokenetworkseo.ca/community-supports



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	rehabilitation, spasticity, community reintegration, post-stroke relationships, adapting your environment, and lists of useful contacts." (Stroke Recovery Canada)	
Community-Based Exercise Programs for People with Stroke	Provincial guidelines designed for individuals/organizations developing or adapting community-based exercise programs to accommodate persons with stroke.	Stroke Network of Southeastern Ontario website under Best Practice & Education at http://strokenetworkseo.ca/best-practice-education/guidelines-recommendations
Community Stroke Rehabilitation Program	This is a southeast program that supports the provision of enhanced therapy services through 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 except for 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. I	Stroke Network of Southeastern Ontario website provides information on this program at http://strokenetworkseo.ca/projects-news/projects
Driving After Stroke	The Driving After a Stroke in Ontario resource is intended to help stroke survivors (and 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 also includes two aphasia-friendly algorithms for returning to driving when the stroke survivor's licence has been suspended and when the licence has not been suspended. As well, there is information on Driving After a TIA in Ontario.	Stroke Network of Southeastern Ontario website under Community Supports at https://www.strokenetworkseo.ca/community-supports
Evidence Based Review of Stroke Rehabilitation (EBRSR)	EBRSR is a website targeted at rehab professionals delivering stroke care and provides tools and resources based on best practice.	EBRSR website at http://www.ebrsr.com/



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RESOURCE	DESCRIPTION	WHERE TO ACCESS
Patient Journey Map	The Patient Journey Map visually displays the stroke recovery journey. The map can prompt and support discussions and teaching with patients and families with respect to recovery, transitions, supports and services. A handout of the Patient Journey Map includes a listing of potential resources on the reverse side. This can be used by clinicians to provide the patient and family with a better understanding (and record) of the supports and services they will be receiving as they move along the care continuum.	Stroke Network of Southeastern Ontario website https://www.strokenetworkseo.ca/best-practice-and-education/patient-education
Return to Work Toolkit	A <i>Return to Work Toolkit</i> that provides: <ul style="list-style-type: none"> • assistance to navigate the process of returning to work • local (SWO) 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 Southwestern Ontario website http://swostroke.ca/return-to-work/
Shared Work Day and Field Training Stroke Educational Support Program	This professional education stroke fund is 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
Continuing Professional Development Fund	This fund is intended support the development of clinical skill and expertise of clinicians working in stroke care across the continuum. Funding is available for educational opportunities offered within the fiscal year (April 1 – March 31), and is allocated by quarter.	Stroke Network of Southeastern Ontario website under Best Practice & Education at https://www.strokenetworkseo.ca/best-practice-and-education/education-opportunities
Stroke Education Posters	Education posters targeted at front line providers. Nine educational topics – 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 Best Practice & Education at http://strokenetworkseo.ca/best-practice-education/long-term-care-community



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StrokEngine	StrokEngine is an on-line resource providing information to health professionals on assessments and interventions in stroke care.	StrokEngine website at http://strokengine.ca/
Stroke Network of Southeastern Ontario	One of 11 provincial networks supporting implementation & sustainability of stroke care best practices across the continuum. Supports include linking to professionals with an expertise in stroke care (Shared Work Day & Field Day). Resources can be accessed according to domain (e.g., rehabilitation, community, LTC). Site also includes information on all upcoming education events as well as current and past projects and links to other useful sites.	Stroke Network of Southeastern Ontario website http://strokenetworkseo.ca
Taking Action for Optimal Community and Long-Term Stroke Care	A HSF resource developed to support front line caregivers (e.g., PSWs). Modules provide information on various aspects of care provision. Can be accessed on-line or can order free hard copy. Videos to support the information in this resource can be accessed through the SE Stroke Network website	Resource through Heart & Stroke website at Heart & Stroke Publications Videos through SE Stroke Network website at http://strokenetworkseo.ca/best-practice-education/videos
Your Stroke Journey Check In	This is a 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 Community Supports at https://www.strokenetworkseo.ca/community-supports