

Virtual & On-Line Care Resources – Community

Collected by Ontario Regional Stroke Networks' Community & Long-Term Care Group

- The resources on these pages have been collected by the Ontario Regional Stroke Networks' Community and Long-Term Care Group to share with persons living with the effects of stroke, families/informal caregivers and health professionals
- These pages contain links to information, materials and other content that may provide support to persons living with the effects of stroke and their families/informal caregivers during isolation due to the pandemic
- Please note these are suggestions ONLY and have not been reviewed or endorsed and some may have an associated cost
- Categories of resources include: COVID & Stroke, General Resources, Virtual Groups & Forums, Aphasia & Swallowing, Mental Health, Cognition & Perception, Exercise & Mobility, Recreation & Leisure, Fatigue, Vision

COVID & STROKE		
American Heart Association	Audio presentations on stroke and COVID-19	https://www.stroke.org/en/life-after-stroke/covid19-stroke-podcast-series-for-patients-and-caregivers/episode-1-stroke-and-the-impact-of-covid19
Covid-19 Guide d'autosoins	Ce guide a pour but de vous aider à prendre les meilleures décisions possibles pour votre santé et celle de vos proches durant la pandémie du coronavirus (COVID-19)	https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes_de_sante/19-210-30FA_Guide-autosoins_francais.pdf?1584985897
Government of Canada	Resources for seniors and caregivers	https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/resources-older-adults-caregivers.html#a3
Heart & Stroke	Recorded webinars on YouTube addressing COVID-19 related stroke survivor and caregiver concerns.	Heart & Stroke Presents... playlist.
Heart & Stroke	General information on COVID-19 and stroke.	https://www.heartandstroke.ca/articles/coronavirus-heart-disease-and-stroke
Heart & Stroke	Handwashing video for someone with affected upper limb.	https://youtu.be/EOj0L03eDPs
Mental Health Commission of Canada	Mental health first aid during COVID-19.	https://www.mhfa.ca/en/blog/mental-health-first-aid-covid-19-self-care-resilience-guide
World Health Organization (WHO)	Mental health considerations during COVID-19	https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2

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GENERAL RESOURCES		
Healthline	Listing of local health and community services	https://www.thehealthline.ca/
Heart & Stroke	<i>Stroke in Young Adults</i> is a resource guide providing insight into the unique challenges faced by young adults, ages 18 to 55, who are living with the effects of stroke.	https://www.canadianstroke.ca/sites/default/files/resources/Stroke_Young_FINAL.pdf
Heart & Stroke	<i>Your Stroke Journey: A Guide for People Living with Stroke</i> is a booklet providing information on stroke and its effects including tips and strategies to address challenges related to attention, orientation, memory, sequencing, problem solving insight and judgment impairments.	https://www.heartandstroke.ca/stroke/recovery-and-support
Heart & Stroke	<i>Getting On With The Rest Of Your Life After Stroke</i> is a booklet containing activities and projects to promote recovery. It includes personal stories and examples of cognitive activities.	http://canadianstrokenetwork.ca/en/wp-content/uploads/2014/08/GettingOn-EN.pdf
Heart & Stroke	Website includes listing of various supports and services.	https://www.heartandstroke.ca/services-and-resources
Heart & Stroke	Post stroke checklist provides a quick two-page checklist for self-assessment.	https://www.heartandstroke.ca/-/media/1-stroke-best-practices/resources/patient-resources/002-17_csbp_post_stroke_checklist_85x11_en_v1.ashx?rev=748ae8f5d51743fa8c7628b773f0f36b

Virtual & On-Line Care Resources – Community

Collected by Ontario Regional Stroke Networks' Community & Long-Term Care Group

GENERAL RESOURCES cont'd		
Partners for Planning	Information on income, housing, food and mental health supports for individuals with disabilities.	http://www.planningnetwork.ca/en-ca/resources/28358/COVID-19-FAQ?agilityts=20200407012735
Stroke Engine	Website with information on stroke from the initial stroke event to living in the community.	https://www.strokengine.ca/en/
Stroke Recovery Association of BC	7 Steps to Stroke Recovery video on stroke recovery.	https://strokerecoverybc.ca/7-steps-video/

VIRTUAL GROUPS & FORUMS		
Heart & Stroke	"The Power of Community" facebook groups for survivors and caregivers.	https://www.heartandstroke.ca/heart/recovery-and-support/the-power-of-community
March of Dimes Facebook Group	Facebook sharing platform for those affected by stroke.	https://www.facebook.com/groups/modcafterstroke/
March of Dimes Virtual Groups	Groups include caregiver, survivor and music sessions. Site also includes directions on how to use Zoom.	https://afterstroke.marchofdimes.ca/news-events/after-stroke-virtual-activities

Virtual & On-Line Care Resources – Community

Collected by Ontario Regional Stroke Networks' Community & Long-Term Care Group

APHASIA & SWALLOWING		
Aphasia Institute	Aphasia Friendly COVID-19 Info Sheet	https://www.participics.ca/
Aphasia Institute	This website has information about aphasia and resources for people living with aphasia and their caregivers. It includes strategies, programs and training to support communication.	Home page www.aphasia.ca Handout: Does your family member have aphasia https://www.aphasia.ca/wp-content/uploads/2020/09/SCA_Aphasia_Family_Pamphlet_DIGITAL.pdf Living with aphasia webpage https://www.aphasia.ca/people-with-aphasia-and-families/
Aphasia Recovery Connection & Lingraphica	<i>Virtual Connections</i> is a free online program that creates a daily opportunity to connect with others in a virtual setting, and to practice communication skills. All sessions are facilitated by speech-language pathologists, music therapists, and aphasia experts	https://devices.aphasia.com/virtual-connections
Canadian Partnership for Stroke Recovery	Short videos and resource sheets for a variety of stroke-related impairments including aphasia.	http://canadianstroke.ca/en/tools-resources/videos
Heart and Stroke Canadian Partnership for Stroke Recovery	Video on practical communication skills after a stroke.	https://www.canadianstroke.ca/en/tools-resources/videos
Heart & Stroke	This webpage provides an overview of aphasia and communication strategies.	https://www.heartandstroke.ca/stroke/recovery-and-support/physical-changes/communication
Heart & Stroke	COVID 19 Webinar Series- <i>Keeping the Conversation Going: Managing aphasia during COVID-19 to reduce social isolation</i>	https://www.youtube.com/watch?v=inlmx8A2zPY&feature=youtu.be

Virtual & On-Line Care Resources – Community

Collected by Ontario Regional Stroke Networks' Community & Long-Term Care Group

APHASIA & SWALLOWING cont'd		
Heart & Stroke and Champlain Stroke Network	Aphasia webinar series.	Introduction - Communicating with someone with Aphasia https://youtu.be/VQYd2spaFkI Using key words to aid communication https://youtu.be/dbapXegUFNk How to use a wallet as a communication aid https://www.youtube.com/watch?v=EIVdaMTRHzA&feature=youtu.be Creating a communication binder and life story book https://youtu.be/py4yo96B7R8
March of Dimes After Stroke Virtual Supports	Virtual meetings for survivors and caregivers.	https://afterstroke.marchofdimes.ca/news-events/after-stroke-virtual-activities
March of Dimes	<i>Understanding Aphasia Guide</i>	https://afterstroke.marchofdimes.ca/resources/guides/aphasia-guide
March of Dimes – 7 Steps to Stroke Recovery	Brief video discussing language and communication after stroke as well as communication strategies.	https://afterstroke.marchofdimes.ca/stroke-recovery/7-steps-to-stroke-recovery
National Aphasia Association	Website providing a variety of resources including apps, therapy guide, communication books, fact sheets and videos.	General website https://www.aphasia.org/ Monthly video chat for people with aphasia https://www.aphasia.org/stories/aphasia-cafe-dealing-with-the-unexpected/ Video explaining aphasia https://www.youtube.com/watch?v=zjkgSCIXo3k&feature=emb_logo
National Aphasia Association	New initiative (<i>One Aphasia Action</i>) for people with aphasia: daily tasks that can be done at home to help keep up speech therapy progress.	https://www.aphasia.org/one-aphasia-action/introduction/?utm_source=Master+List&utm_campaign=5683150c90-EMAIL_CAMPAIGN_2016_11_21_COPY_01&utm_medium=email&utm_term=0_cc4d0722f3-5683150c90-136556473
Stroke Association (UK)	Wide variety of guides of various topics including communication.	https://www.stroke.org.uk/publication-type/health-information

Virtual & On-Line Care Resources – Community

Collected by Ontario Regional Stroke Networks' Community & Long-Term Care Group

APHASIA & SWALLOWING cont'd		
Stroke Association (UK)	A complete guide to communication problems after stroke.	https://www.stroke.org.uk/resources/complete-guide-communication-problems-after-stroke
Sinai Health	Video on swallowing and communication after stroke.	https://www.youtube.com/watch?v=Kf23mreNxoQ
Stroke Engine	Brief overview of the various types of aphasia and links to other resources.	https://strokengine.ca/en/resources/for-patients-and-families/#Whyarecommunicationdifficultiesassociatedwithstroke? https://www.youtube.com/watch?v=zjkgSCIXo3k&feature=emb_logo
Stroke Engine	An overview of aphasia, treatment approaches and recovery.	https://strokengine.ca/en/consequences/aphasia/#Patient/FamilyInformation
Stroke Network of Southeastern Ontario	<i>Making Communication a Success</i> handout provides general information and practical tips to address communication impairments after stroke.	https://www.strokenetworkseo.ca/sites/strokenetworkseo.ca/files/communication_seo_sn_updated_mar15_2017_0.pdf
Stroke Recovery Association of BC	Video on Communication & Language.	https://strokerecoverybc.ca/7-steps-video/language-communication-video/
Tactus	Aphasia Friendly Covid-19 info sheet.	https://tactustherapy.com/wp-content/uploads/2020/03/COVID-19-Aphasia-Friendly-Information.pdf
Tactus Aphasia App Finder	Aphasia-friendly apps.	https://tactustherapy.com/find/home/
Toronto Stroke Networks	Interactive website providing tips on managing common activities and needs after stroke including how to communicate if you have aphasia.	http://strokerecovery.guide/aphasia
West GTA Stroke Network	Aphasia resources for persons with stroke.	https://westgtastroke.ca/other-educational-resources/

Virtual & On-Line Care Resources – Community

Collected by Ontario Regional Stroke Networks' Community & Long-Term Care Group

MENTAL HEALTH		
Anxiety Canada	Information on resources and strategies to help with anxiety.	https://www.anxietycanada.com/
Anxiety and Depression Association of America	How to manage anxiety during isolation.	https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and
BC Care Providers Association	Caring for your mental health during COVID-19.	https://bccare.ca/2020/03/taking-care-of-your-mental-health-during-the-covid-19-pandemic/
Canadian Partnership for Stroke Recovery	Short videos and resource sheets for a variety of stroke-related impairments including mental health.	http://canadianstroke.ca/en/tools-resources/videos
Canadian Mental Health Association	BounceBack® program to help manage mood, depression, anxiety, stress or worry online or by phone.	https://bouncebackontario.ca/
Canadian Mental Health Association	Webpages on stress including signs & symptoms, risk factors, treatments.	https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/stress https://www.camh.ca/en/health-info/mental-health-and-covid-19/coping-with-stress-and-anxiety
Centre for Addiction & Mental Health	Mental health support during COVID-19.	http://www.camh.ca/en/health-info/mental-health-and-covid-19
Centre for Addiction & Mental Health	Maintaining mental wellness during COVID-19.	https://www.camh.ca/en/health-info/mental-health-and-covid-19#coping
Ending Violence Association of Canada	Listing of supports and services for domestic violence.	https://endingviolencecanada.org/getting-help-2/
Fountain of Health	Tips and listing of mental health supports.	https://fountainofhealth.ca/sites/default/files/self-care_tips_in_stressful_times_copyright_2020.pdf

Virtual & On-Line Care Resources – Community

Collected by Ontario Regional Stroke Networks' Community & Long-Term Care Group

MENTAL HEALTH cont'd		
Friendly Voice for Seniors	Phone support available 7 days/week from 8 am to 12 pm. Services in French and English for any Ontario resident 55 years or older.	Phone 613-692-992 for Ottawa or toll free at 1-855-892-9992.
Heart & Stroke	Webpage that provides stories from those who experience depression or signs of depression and where to get support.	https://www.heartandstroke.ca/stroke/recovery-and-support/emotions/depression
Heart & Stroke	Information on stress and coping strategies.	https://www.heartandstroke.ca/-/media/pdf-files/canada/other/coping-with-stress-en.ashx https://www.heartandstroke.ca/healthy-living/reduce-stress/manage-your-stress
Heart and Stroke Canadian Partnership for Stroke Recovery	Video on practical strategies for managing anxiety and frustration after a stroke as well as self-care.	http://canadianstroke.ca/en/tools-resources/videos
My Health Alberta	Webpage and videos on stress.	https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=rlxsk
On Line Therapy	Digital mental health supports.	https://www.mindbeacon.com/
Scarborough Health Network	Listing of apps for sleep, anxiety, depression and relaxation.	https://www.shn.ca/mental-health/mental-health-app-library/
Self-Care Strategies	Coping strategies for self-care.	https://www.wellwood.ca/self-care/
Self Help 4 Stroke	Self-help website for people with stroke that includes topics such as emotional support, coping and staying well.	http://selfhelp4stroke.org/

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MENTAL HEALTH cont'd		
Stroke Association (UK)	Wide variety of guides on various topics including mental health.	https://www.stroke.org.uk/publication-type/health-information
Stroke Foundation - Australia	Webpage on stress.	https://enableme.org.au/search?query=Stress
Your Life Counts	Listing of mental health resources available in French and English.	https://yourlifecounts.org/

COGNITION & PERCEPTION		
Canadian Partnership for Stroke Recovery	Short videos and resource sheets for a variety of stroke-related impairments including cognition.	http://canadianstroke.ca/en/tools-resources/videos
Heart & Stroke	This webpage provides tips and strategies to address challenges related to attention, orientation, memory, sequencing, problem solving, insight and judgment impairments.	https://www.heartandstroke.ca/stroke/recovery-and-support/emotions/thinking-problems
Heart & Stroke	This webpage provides information about changes in perception after stroke.	https://www.heartandstroke.ca/stroke/recovery-and-support/emotions/changes-in-perception
Heart and Stroke Canadian Partnership for Stroke Recovery	Videos on unilateral spatial neglect management after stroke.	http://canadianstroke.ca/en/tools-resources/videos
March of Dimes	<i>7 Steps to Recovery</i> program provides practical tips for addressing stroke related challenges. It includes a handout and a video.	Handout: https://afterstroke.marchofdimes.ca/information-resources/Documents/AfterStroke-7STEPS-0217_V4.pdf Video: https://www.youtube.com/watch?v=ruZG3RVjR14&feature=emb_title
Medbridge	Blog post on four basic strategies to improve hemispatial neglect.	https://www.medbridgeeducation.com/blog/2016/05/four-basic-strategies-to-improve-hemispatial-neglect/

Virtual & On-Line Care Resources – Community

Collected by Ontario Regional Stroke Networks' Community & Long-Term Care Group

COGNITION & PERCEPTION cont'd		
National Health Service (Scotland)	<i>Stroke4Carers</i> is an e-learning website designed for caregivers but can be helpful to persons living with stroke. The practical advice and tips section includes information and strategies to address cognition.	http://www.stroke4carers.org/
Stroke Alliance of Europe	Overview of cognitive problems and listing of 18 intervention strategies.	https://www.safestroke.eu/?s=18+ways
Stroke Association (UK)	Wide variety of guides of various topics including cognition.	A Complete Guide to Cognitive Problems After Stroke https://www.stroke.org.uk/resources/complete-guide-cognitive-problems-after-stroke Vision Problems After Stroke https://www.stroke.org.uk/resources/vision-problems-after-stroke
Stroke Association (UK)	<i>Lived Experience of Stroke Report</i> Chapter 1 of this report explores the hidden effects of stroke including cognitive changes (starting on page 14). The report includes the perspectives of individuals who are living with cognitive effects of stroke.	https://www.stroke.org.uk/lived-experience-of-stroke-report/chapter-1-hidden-effects-of-stroke
Stroke Engine	This webpage provides information about attention and strategies to address this impairment.	https://www.strokengine.ca/en/patient-info/executive-function-intervention-info/
Stroke Engine	This webpage provides information about cognitive rehabilitation strategies which can improve memory, attention and concentration after stroke.	https://www.strokengine.ca/en/patient-info/cognitive-rehabilitation-info/

Virtual & On-Line Care Resources – Community

Collected by Ontario Regional Stroke Networks' Community & Long-Term Care Group

COGNITION & PERCEPTION cont'd		
Stroke Engine	This webpage provides information on unilateral spatial neglect.	https://strokengine.ca/en/consequences/unilateral-spatial-neglect/
Stroke Foundation of Australia	Wide variety of resources including fact sheets, podcasts and videos on cognition.	https://enableme.org.au/Resources
Stroke Foundation of Australia	Variety of resources on thinking and perception after stroke.	Thinking & perception after stroke https://strokefoundation.org.au/What-we-do/For%20survivors%20and%20carers/stroke-resources-and-fact-sheets/Thinking-and-perception-after-stroke-fact-sheet
Tactus Therapy	Information on left neglect, photos and treatment as well as suggested apps.	https://tactustherapy.com/what-is-left-neglect/
Toronto Stroke Network	<i>My Guide to Stroke Recovery</i> Is an interactive website providing tips on managing common activities and needs after stroke, including cognitive issues such as attention.	http://strokerecovery.guide/managing-symptoms-landing Managing cognitive issues http://strokerecovery.guide/cognition-landing Managing perceptual issues http://strokerecovery.guide/managing-symptoms-landing

Virtual & On-Line Care Resources – Community

Collected by Ontario Regional Stroke Networks' Community & Long-Term Care Group

EXERCISE & MOBILITY		
Canadian Disability Participation Project	<i>Get In Motion</i> program is free, telephone-based Physical Activity Coaching for Canadian adults with a physical disability including stroke.	https://cdpp.ca/get-involved
FAME Fitness & Mobility Exercise Program	Stroke recovery program with instructions on how to do exercises at home including videos.	fameexercise.com
Flint Rehab	Exercise apps.	https://www.flintrehab.com/2020/apps-for-stroke-patients/
Flint Rehab	Exercise videos.	Easy Leg Exercises https://www.youtube.com/watch?v=-rwby0zA6Vs Hand Exercises https://www.youtube.com/watch?v=iOJYsLyJEnE Core Exercises https://www.youtube.com/watch?v=dGBqTLtdVuA Arm Exercises https://www.youtube.com/watch?v=kuuGlz_ddOM
Fountain of Health	Tips and listing of exercise links.	https://fountainofhealth.ca/sites/default/files/self-care_tips_in_stressful_times_copyright_2020.pdf
Heart & Stroke	This webpage provides information about physical changes after stroke that can affect the arms and legs.	Changes to arms and legs https://www.heartandstroke.ca/stroke/recovery-and-support/physical-changes/arms-and-legs
Heart & Stroke	This webpage includes strategies and tips to address challenges in everyday tasks such as personal care, preparing meals, eating and drinking and household chores. The personal care page has several videos demonstrating strategies to assist dressing.	https://www.heartandstroke.ca/stroke/recovery-and-support/everyday-tasks Direct links to each section: Personal Care https://www.heartandstroke.ca/stroke/recovery-and-support/everyday-tasks/personal-care Preparing meals and eating, drinking https://www.heartandstroke.ca/stroke/recovery-and-support/everyday-tasks/meals Household chores https://www.heartandstroke.ca/stroke/recovery-and-support/everyday-tasks/chores

Virtual & On-Line Care Resources – Community

Collected by Ontario Regional Stroke Networks' Community & Long-Term Care Group

EXERCISE & MOBILITY cont'd		
Heart & Stroke	This infographic provides information about stroke rehabilitation, tips for success, and how stroke can impact the body.	https://www.heartandstroke.ca/-/media/1-stroke-best-practices/rehabilitation-nov2019/csbp-infographic-rehabilitation.ashx?rev=a2cff1fb27424c84bbd44b568d58d1b4
Heart and Stroke Canadian Partnership for Stroke Recovery	Videos on practical strategies for upper extremity management after stroke.	http://canadianstroke.ca/en/tools-resources/videos
Lakeridge Health	This short video provides an overview of shoulder pain after stroke and prevention strategies for the early phases after stroke.	https://www.youtube.com/embed/irH-VT_pDxA
Mirror Therapy Resources	Variety of resources to assist with mirror therapy in your home.	Stroke Engine https://strokengine.ca/en/interventions/mirror-therapy-upper-extremity/#Patient/FamilyInformation Abilitylab https://www.sralab.org/sites/default/files/2017-05/Mirror%20Therapy.pdf Mirrortherapy.com https://mirrortherapy.com/make-your-own-mirror-box-for-therapy/ Saebo https://www.saebo.com/blog/mirror-box-therapy-exercises-stroke-survivors/
National Health Service (Scotland)	An e-learning website designed for caregivers but can also be helpful to persons living with stroke. Learning topics include arm function with videos resources for activities of daily living.	http://www.stroke4carers.org/

Virtual & On-Line Care Resources – Community

Collected by Ontario Regional Stroke Networks' Community & Long-Term Care Group

EXERCISE & MOBILITY cont'd		
Stroke Association (UK)	This webpage provides a general overview of the types of physical changes after stroke which can affect arm function such as muscle weakness, pain, spasticity, contractures, and sensation. The section on pain after stroke includes more information on shoulder pain and treatments for spasticity and contractures.	https://www.stroke.org.uk/effects-of-stroke/physical-effects-of-stroke
Stroke Association (UK)	The Stroke Association in the UK and Stroke of Luck partnered to offer this 12-week exercise program led by PTs and based on mobility levels. Program also includes a video for caregivers	https://mystrokeguide.com/news/12-week-stroke-specific-exercise-video-programme
Stroke Engine	This webpage provides information about how a stroke can affect the body. It includes information on arm weakness and shoulder subluxation.	https://strokengine.ca/en/resources/for-patients-and-families/#Whyisarmandlegweaknessassociatedwithastroke?
Stroke Foundation of Australia	Wide variety of resources including fact sheets, podcasts and videos on activity and mobility.	https://enableme.org.au/Resources Video, fact sheets, podcasts and information on arm and hand function after stroke. https://enableme.org.au/resources/arm-and-hand-function
Stroke Recovery Association of BC	Video on exercise & mobility.	https://strokerecoverybc.ca/7-steps-video/exercise-mobility-video/
Stroke Class	20-minute exercise video by a physiotherapist.	https://www.strokeclass.com/

Virtual & On-Line Care Resources – Community

Collected by Ontario Regional Stroke Networks' Community & Long-Term Care Group

EXERCISE & MOBILITY cont'd		
TIME Together in Movement & Exercise	List of free online videos and resources to help people with mobility challenges stay active during COVID-19 isolation.	https://www.uhn.ca/TorontoRehab/Clinics/TIME/Documents/TIME-Exercise-Wellness-Videos-for-People-with-Mobility-Challenges.pdf
Toronto Stroke Network	This interactive website provides tips on managing common activities and needs after stroke. The home life section includes tips for managing daily activities when arm function has been affected such as brushing teeth, getting dressed and taking a shower.	Home life http://strokerecovery.guide/home-life-landing
University of British Columbia	GRASP (Graded Repetitive Arm Supplementary Program) is an upper-limb rehabilitation program including videos, workbooks, and exercises that can be done at home.	https://neurorehab.med.ubc.ca/grasp
University Health Network	Exercise videos.	https://www.youtube.com/watch?v=kpTHDR5k-cY It's Your Choice: Information about the videos https://www.youtube.com/watch?v=XPmUqiTBEpU It's Your Choice: Seated Warm-up https://www.youtube.com/watch?v=Qh94WI9Ecoc It's Your Choice: Strength, Balance and Aerobic Exercise
YMCA	Free online programming and workouts designed for a variety of ages and levels of ability.	"Active Older Adults" playlist for people new to exercise https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A Access full program listing YMCA at Home Click "View Full Playlist" using the following link to access full class listing https://www.youtube.com/channel/UCnMjjYuaiaJZT7JilnXPo7jQ

Virtual & On-Line Care Resources – Community

Collected by Ontario Regional Stroke Networks' Community & Long-Term Care Group

RECREATION & LEISURE (also see section on Exercise & Mobility)		
Easter Seals	Access 2 Card which provides free or discounted admission to various venues.	https://access2card.ca/
Flint Rehab	Link to 45 activities to try in your home.	https://www.flintrehab.com/activities-for-stroke-patients/
Heart & Stroke Foundation	Webpage providing information on adapting leisure activities after stroke.	https://www.heartandstroke.ca/stroke/recovery-and-support/everyday-tasks/leisure
Heart and Stroke Canadian Partnership for Stroke Recovery	Video on recreation and leisure after stroke.	http://canadianstroke.ca/en/tools-resources/videos
March of Dimes	Information on accessible travel services including group vacations as well as a service that assists individuals with disabilities overcome barriers to participation.	https://www.marchofdimes.ca/en-ca/programs/rec/accessibletravel https://www.marchofdimes.ca/en-ca/programs/rec/integration
Stroke Association - UK	Webpage on leisure and hobbies including suggested activities.	https://www.stroke.org.uk/life-after-stroke/hobbies-and-leisure-activities
Stroke Engine	Webpage on participating in leisure activities.	https://strokengine.ca/en/consequences/leisure-participation/
Stroke Foundation - Australia	Tips on getting back to travelling and related topics (e.g. obtaining medical clearance).	https://enableme.org.au/Resources/Travel-and-leisure
Therapeutic Recreation Ontario	News section on this website features resources and tips for leisure activities.	http://www.trontario.org/

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Collected by Ontario Regional Stroke Networks' Community & Long-Term Care Group

RECREATION & LEISURE cont'd (also see section on Exercise & Mobility)		
Virtual Tours	Links to a variety of virtual tours.	<p>Parks Canada https://www.pc.gc.ca/en/multimedia/cartes-maps/sec02 Canadian Museum of History https://www.historymuseum.ca/exhibitions/ Royal Ontario Museum https://www.rom.on.ca/en/exhibitions-galleries/exhibitions/online-exhibits Cultural landmarks from around the world https://www.timeout.com/travel/virtual-landmark-tours Other zoos, museums, theme parks https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/</p>
World Stroke Association	Booklet featuring individuals from around the world participating in a variety of activities post-stroke.	https://apps.kenes.com/eBook/WSC16/files/downloads/WSO-Stroke-Book-FINAL-20-10-2016.pdf

FATIGUE		
Heart & Stroke	Information on fatigue and relevant tips.	https://www.heartandstroke.ca/stroke/recovery-and-support/emotions/low-energy
Heart and Stroke Canadian Partnership for Stroke Recovery	Video on fatigue and energy conservation after stroke.	http://canadianstroke.ca/en/tools-resources/videos
Self Help 4 Stroke	Self-management website provides tips on getting a good sleep and keeping well.	http://selfhelp4stroke.org/?cat=123
Stroke Association - UK	Webpage on the causes of and strategies for fatigue. Guide for post-stroke fatigue.	<p>https://www.stroke.org.uk/effects-of-stroke/tiredness-and-fatigue https://www.stroke.org.uk/sites/default/files/publications/f18_fatigue_after_stroke_web.pdf</p>
Stroke Engine	Webpage on types of fatigue, treatments, strategies and interventions.	https://strokengine.ca/en/consequences/fatigue/

Virtual & On-Line Care Resources – Community

Collected by Ontario Regional Stroke Networks' Community & Long-Term Care Group

VISION		
Stroke Association (UK)	Wide variety of guides on various topics including visual changes after stroke.	Vision Problems After Stroke https://www.stroke.org.uk/resources/vision-problems-after-stroke

CAREGIVERS		
Care Channel	An online portal with free resources for family and community caregivers to help in the caregiving journey.	https://carechannel.elizz.com/
Carers Canada	Links to caregiving resources and COVID-specific resources	https://www.carerscanada.ca/

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Collected by Ontario Regional Stroke Networks' Community & Long-Term Care Group

Government of Canada	Resources for Seniors and Caregivers	https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/resources-older-adults-caregivers.html#a3
Heart & Stroke	Resources to help caregivers cope with their new responsibilities	https://www.heartandstroke.ca/services-and-resources/care-partner-support
March of Dimes	<i>A Caregivers Guide to Stroke Recovery</i> provides useful information for caregivers and includes an overview of how a stroke can affect your loved one.	English: https://afterstroke.marchofdimes.ca/information-resources/Documents/AfterStroke_CareGiverguide_final_.pdf French: https://afterstroke.marchofdimes.ca/information-resources/Documents/FINAL_caregiver_guide_FR_2017a.pdf
Ontario Caregiver Organization	Planning for backup caregiving in case of illness	https://ontariocaregiver.ca/wp-content/uploads/2020/03/Ontario-Caregiver-Organization-Emergency-Caregiver-Plan.pdf
Ontario Caregiver Organization	Connecting socially while keeping your distance	https://ontariocaregiver.ca/wp-content/uploads/2020/03/Ontario-Caregiver-Organization-Connecting-Socially-While-Keeping-Your-Distance.pdf
Ontario Caregiver Organization	How technology can support caregivers during COVID-19	https://ontariocaregiver.ca/wp-content/uploads/2020/03/Ontario-Caregiver-Organization-How-Technology-Can-Support-Caregivers-During-COVID-19.pdf
Ontario Caregiver Organization	Tips for caregiver mental health during COVID-19	https://ontariocaregiver.ca/wp-content/uploads/2020/03/Ontario-Caregiver-Organization-Caregiver-Mental-Health-During-COVID-19-1.pdf
Ontario Caregiver Organization	Tips on how to care for yourself and links to self-care videos.	https://ontariocaregiver.ca/resources-education/caregiver-resources/taking-care-of-yourself/
CAREGIVERS		
Ontario Neurodegenerative Disease Research Initiative	Information on social distancing and caregiver isolation	https://ondri.ca/social-distancing-yes-social-isolation-no/
Stroke4Carers	Variety of tips and recommendations for individuals caring for a stroke survivor.	https://www.stroke4carers.org/?page_id=791




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APPS – RANGE OF SUBJECTS		
National Health Service My Therapy	Top rated apps for stroke & ABI including cognition, communication, relaxation, pain, mood, sleep, vision, eating, drinking and memory.	https://www.my-therappy.co.uk/medical-condition/stroke-brain-injury
West GTA Community Stroke Resources Guide	Charts of apps to support self-management, communication and cognition.	See following 7 charts.





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Stroke Specific				
Name	How to access	What it does	iOS or Android	Price
3D Brain 	Apple App Store Google Play Store	Learn about brain functions, disorders, damage, and research	BOTH 3D Brain (iOS) 3D Brain (Android)	Free
Brain tutor 3D 	Apple App Store Google Play Store	Explore the structure and function of the brain	BOTH Brain Tutor 3D (iOS) Brain Tutor 3D (Android)	Free (in-app purchases)
Stroke Risk-o-meter 	www.strokeriskometer.com Apple App Store Google Play Store	Assess individual stroke related risk	BOTH Stroke Risk-o-meter (iOS) Stroke Risk-o-meter (Android)	Free




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Self-Management				
Name	How to access	What it does	iOS or Android	Price
Breathe2relax 	Apple App Store Google Play Store	Stress management tool, learn diaphragmatic breathing to help relaxation	BOTH Breathe2relax (iOS) Breathe2relax (Android)	Free
ePocrates drug reference 	www.epocrates.com Apple App Store Google Play Store	Drug information, safety information, medical news	BOTH ePocrates (iOS) ePocrates (Android)	Free (in-app purchases)
Smoke Free 	Apple App Store Google Play Store	Help to quit smoking: track progress	BOTH Smoke Free (iOS) Smoke Free (Android)	Free (in-app purchases)
Blood pressure companion 	Apple App Store Google Play Store	Monitor blood pressure by words, charts, and graphs – explore reasons for high blood pressure	BOTH Blood pressure companion (iOS) Blood pressure companion (Android)	Apple: Free Android: \$0.99

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Thinking Programs				
Name	How to access	What it does	iOS or Android	Price
Lumosity 	www.lumosity.ca Apple App Store Google Play Store	A collection of games geared towards practicing a variety of cognitive skills	BOTH Lumosity (iOS) Lumosity (Android)	Free (in-app purchases)
Dots: A Game about Connecting 	Apple App Store Google Play Store	Problem solving	BOTH Dots (iOS) Dots (Android)	Free (in-app purchases)
iMimic 	www.imimicgame.com Apple App Store	Memory	Apple (iOS) iMimic (iOS)	Free
Pictoword 	Apple App Store Google Play Store	Word and image association	BOTH Pictoword (iOS) Pictoword (Android)	Free

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Skills & Puzzle games				
Name	How to access	What it does	iOS or Android	Price
Virtuoso (play piano) 	Apple App Store Google Play Store	Learn to play the piano - dexterity	BOTH Virtuoso (iOS) Virtuoso (Android)	Free
Missing Link 	Apple App Store	Improve spelling, vocabulary, and word recognition	Apple (iOS) Missing Link (iOS)	Free (in-app purchases)
4 Pics 1 Word 	Apple App Store Google Play Store	Word and image association	BOTH 4pics1word (iOS) 4pics1word (Android)	Free (in-app purchases)
7 little words 	www.7littlewords.com Apple App Store Google Play Store	Word building and grouping	BOTH 7 Little Words (iOS) 7 Little Words (Android)	Free (in-app purchases)
Red Herring 	www.redherringgame.com Apple App Store Google Play Store	Word grouping and association	BOTH Red Herring (iOS) Red Herring (Android)	Free (in-app purchases)




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Word Games				
Name	How to access	What it does	iOS or Android	Price
Word abacus 	Apple App Store	Word recognition	Apple (iOS) Word Abacus (iOS)	Free (in-app purchases)
Word search (pro) 	Apple App Store Google Play Store	Word recognition	BOTH Word Search (iOS) Word Search (Android)	Free (in-app purchases)
Hangman 	Apple App Store Google Play Store	Vocabulary building	BOTH Hangman (iOS) Hangman (Android)	Free
Word jigsaw 	www.wordjigsaw.com Apple App Store Google Play Store	Verbal and spatial reasoning	BOTH Word Jigsaw (iOS) Word Jigsaw (Android)	Free (in-app purchases)
Word ladder 	Apple App Store	Problem solving and word association	Apple (iOS) Word Ladder (iOS)	Free (in-app purchases)
Word connect 	Apple App Store Google Play Store	Word building and vocabulary	BOTH Word Connect (iOS) Word Connect (Android)	Free (in-app purchases)

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Speech Assistance & Text-to-Speech				
Name	How to access	What it does	iOS or Android	Price
Dictation Talk to Text 	Apple App Store	Speech to Text voice recognition for social media and text messaging	Apple (iOS) Dictation Talk to Text (iOS)	Free (in-app purchases)
Speech sounds on Cue 	Apple App Store	Speech therapy software for articulation difficulty	Apple (iOS) Speech Sounds on Cue (iOS)	\$17.99
Speak and Translate 	Apple App Store	Speech to speech, speech to text, and text to text translations between many global languages	Apple (iOS) Speak and Translate (iOS)	Free (in-app purchases)

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Speech & Writing Practice				
Name	How to access	What it does	iOS or Android	Price
Lingraphica Talk-Path News 	www.talkpathnews.com Google Play Store	Specialized news source to help with reading and understanding the news	Android Lingraphica TalkPath News (Android)	Free
Small Talk Aphasia 	Apple App Store	Provides a vocabulary of pictures and words that speak in a natural human voice	Apple (iOS) Small Talk - FEMALE Small Talk - MALE	Free
I can Articulate 	Apple App Store	Development and generalization of speech sounds	Apple (iOS) I Can Articulate (iOS)	Free (in-app purchases)
Quick Artic 	Apple App Store	Practice Articulation of common English sounds	Apple (iOS) Quick Artic (iOS)	Free
Speech tutor 	Apple App Store	Learn and practice speech sounds and view an animation of proper tongue movement	Apple (iOS) Speech Tutor (iOS)	Apple: \$27.99
Language Therapy Lite 	Apple App Store Google Play Store	Boost language skills and enhance speech therapy	BOTH Lite version (iOS) Lite version (Android) FULL version (iOS) FULL version (Android)	Lite: Free 4-in-1 full app: Apple: \$74.99 Android: \$104.99
Writing therapy 	Apple App Store Google Play Store	Spelling and word association from sounds and pictures	BOTH Writing Therapy (iOS) Writing Therapy (Android)	Apple store: \$27.99 Google Play store: \$34.99