

INFORMATION ON STROKE FOR PATIENTS & FAMILIES

RESOURCE	DESCRIPTION	WHERE TO ACCESS
Heart & Stroke Publications	<p>Books designed to help stroke survivors and caregivers understand stroke and recovery.</p> <ul style="list-style-type: none"> • <i>Your Stroke Journey</i> • <i>Taking Charge of Your Stroke Recovery</i> or the <i>Post Stroke Checklist</i> <p>For some clients. It may be appropriate to also provide them with <i>Stroke in Young Adults</i>.</p>	<p>www.heartandstroke.com under Health Information Publications</p>
Healthline – Stroke Resources	<p>Bookmark that provides link to this web-based resource. The Stroke Resources tab on the Healthline provides information for individuals with stroke and families/caregivers in ten different domains.</p>	<p>Stroke Network of Southeastern Ontario under <i>Patient Education – Information on Stroke for Patients and Families</i> Healthline Bookmark</p>
Stroke Support Groups - Regional	<p>Brochure for support groups for individuals with stroke and family/informal caregivers offered in Belleville, Kingston, Brockville and Perth. All groups are free, facilitated by a professional and meet monthly.</p>	<p>Stroke Network of Southeastern Ontario under <i>Community Supports</i> Stroke Support Groups</p>
Community-Based Exercise Programs for People with Stroke	<p>Brochure designed for persons with stroke and families to assist them in determining if a community-based exercise program will meet their needs.</p>	<p>Stroke Network of Southeastern Ontario – under <i>Patient Education – Information on Stroke for Patients and Families</i> Exercise Brochure</p>
Stroke Specific Exercise Programs	<p>Brochures for community-based exercise programs adapted to the needs of stroke survivors. All programs are free.</p>	<p>Stroke Network of Southeastern Ontario under <i>Community Supports</i> Stroke Specific Exercise Programs</p>
Caregiver Support	<p>Family Caregivers Voice is a caregiver-led group that is committed to educating family caregivers on their journey using the invaluable experience of other family caregivers as mentors.</p>	<p>www.familycaregiversvoice.ca Stages of Caregiving Brochure</p>

For stroke survivors with aphasia, please consider including additional resources. Two sites providing free downloadable resources are: The Aphasia Institute <https://www.aphasia.ca/shop/>. Navigate to box *If you work or live in Ontario you may be eligible for free downloads of our products*. Complete the form and instructions will be emailed.
Amy's Speech & Language Therapy Inc. <http://www.amyspeechlanguagetherapy.com/communication-boards.html>
As well, both [The Aphasia Institute](#) (Toronto) and [The Aphasia Centre](#) (Ottawa) are excellent on-line resources.

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TIPS FOR SUCCESSFUL ADULT EDUCATION

Stroke patient, family and informal caregiver education is an integral part of stroke care that must be addressed at all stages across the continuum and at all transition points of stroke care.

Education about stroke facilitates better understanding and supports coping and self-management, and must be repeated and reinforced across transitions of care.

- Canadian Best Practice Recommendations for Stroke Care – Stroke Transitions of Care – Recommendation 6.2

- Assess education needs – inquire about previous information received, information retention and new and ongoing learning needs.
- Tailor education resources to each individual. Think about:
 - literacy level
 - language needs
 - cultural and ethnic diversity
 - cognitive/perceptual impairments
 - communication impairments
 - readiness to learn
- Establish an individualized learning plan. Establish a process to support continuity of education between providers and across settings.
- Use a consistent, standard education package that can then be augmented according to patient/client and family need. Establish who provides the package and when.
- Education should be goal-oriented and facilitate decision-making regarding care and recovery.
- Use various methodologies to support learning including visual, auditory and tactile approaches.
- Provide an opportunity for the client/family to ask questions, request additional information.
- Use 'teach-back' to assess learning.
- Consider an interactive workbook, DVDs, apps and/or websites.
- Document education – what has been learned, resources shared, ongoing needs.