

# STROKE NETWORK of Southeastern Ontario

<http://strokenetworkseo.ca>

## COMMUNITY RESOURCE LISTING

CLIENT/FAMILY RESOURCES		
RESOURCE	DESCRIPTION	WHERE TO ACCESS
Aphasia Institute (Toronto) Aphasia Centre (Ottawa)	Web-based resource providing information and tools to support individuals with aphasia and their families. Note that there may be a cost for some resources.	The Aphasia Institute at <a href="http://www.aphasia.ca/">http://www.aphasia.ca/</a> The Aphasia Centre <a href="http://aphasiaottawa.org/">http://aphasiaottawa.org/</a>
Aphasia Group	Belleville program for stroke survivors who are experiencing aphasia. Groups are facilitated by a speech-language pathologist.	Community Care for South Hastings (613) 969-0130
Community-Based Exercise Programs for People with Stroke	Brochure designed for persons with 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> .	Stroke Network of Southeastern Ontario website under Best Practice & Education at <a href="http://strokenetworkseo.ca/best-practice-education/guidelines-recommendations">http://strokenetworkseo.ca/best-practice-education/guidelines-recommendations</a>
Healthline – Stroke Resources	Web-based resource. <b>Stroke Resources</b> tab provides information for individuals with 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 <a href="http://strokeresources.southeasthealthline.ca">http://strokeresources.southeasthealthline.ca</a> or <a href="http://stroke.southeasthealthline.ca">http://stroke.southeasthealthline.ca</a>
Heart & Stroke Publications	Several publications are available at no cost through the HSF including: <ul style="list-style-type: none"> <li>• <i>Your Stroke Journey</i></li> <li>• <i>Taking Charge of Your Stroke Recovery</i></li> <li>• <i>Stroke in Young Adults (includes returning to work/school)</i></li> <li>• <i>A Family Guide to Pediatric Stroke</i></li> </ul> Additional information sheets, interactive programs and booklets may also be accessed on the site including information on driving after stroke.	Heart & Stroke website at <a href="#">Heart &amp; Stroke Publications</a>

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. 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
Partners in Recovery	In-hospital resource developed by KGH available in hard copy or as an iBook. This guide is intended for persons with stroke, their family members and caregivers to support self-management and the recovery journey.	Stroke Network of Southeastern Ontario website under Best Practice & Education at <a href="http://strokenetworkseo.ca/best-practice-education/patient-resources">http://strokenetworkseo.ca/best-practice-education/patient-resources</a>
Peer Visiting Volunteers	A program where trained stroke survivors visit individuals in hospital/rehabilitation settings who have newly experienced a stroke. These visits provide an opportunity to share stories of recovery and hope as well as link new stroke survivors and caregivers to community-based stroke support groups. Currently available in Perth and Kingston (SMOL) but coming soon to Brockville and KGH.	Kingston Region – VON at 613-634-0130 ext. 3469 Brockville & Perth – CPHC at 613-257-3296, ext. 2303
Return to Work Toolkit	<p>A <i>Return to Work Toolkit</i> that provides:</p> <ul style="list-style-type: none"> <li>• assistance to navigate the process of returning to work</li> <li>• local (SWO) and provincial resources that provide guidance, support and assistance</li> <li>• an online self assessment guide to focus individual recovery efforts and provide information about ability or readiness to return to work</li> </ul>	Stroke Network of Southwestern Ontario website <a href="http://swostroke.ca/return-to-work/">http://swostroke.ca/return-to-work/</a>
Stroke Specific Exercise Programs	Community-based exercise programs adapted to the needs of stroke survivors.	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	Support groups for individuals with stroke and family/informal caregivers offered in Belleville, Kingston, Brockville and Perth. All groups are facilitated by a professional and meet monthly. No cost to participants and transportation can often be supported. Information brochures can be found on the SE Stroke Network website.	Stroke Network of Southeastern Ontario website under Community Resources at <a href="http://www.strokenetworkseo.ca/recovery-resources">http://www.strokenetworkseo.ca/recovery-resources</a> 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

RESOURCE	DESCRIPTION	WHERE TO ACCESS
StrokEngine	StrokEngine is an on-line resource for individuals with stroke and their families as well as health professionals. User-friendly site that provides information about various aspects of recovery and includes survivor stories.	StrokEngine website at <a href="http://strokengine.ca/family/">http://strokengine.ca/family/</a>
Stroke Prevention Clinics (SPC)	<p>SPCs can be found in the following locations:</p> <ul style="list-style-type: none"> <li>• Kingston General Hospital</li> <li>• Brockville General Hospital</li> <li>• Perth &amp; Smiths Falls District Hospital (Perth site)</li> <li>• Belleville General Hospital</li> </ul> <p>SPCs are outpatient clinics for people who are at risk of having a TIA or stroke or who have risk factors for stroke. Physician referrals are required. Brochure with contact numbers can be found on SE Stroke Network website.</p>	Stroke Network of Southeastern Ontario website under About Us at <a href="http://strokenetworkseo.ca/about-us/stroke-prevention-clinics">http://strokenetworkseo.ca/about-us/stroke-prevention-clinics</a>
Stroke Recovery Canada	Stroke Recovery Canada is a March of Dimes program for individuals with 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 who have experienced a stroke and caregivers. Resources include <i>A Caregiver’s Guide to Stroke Recovery</i> .	March of Dimes at <a href="https://www.marchofdimes.ca/EN/programs/src/Pages/src.aspx">https://www.marchofdimes.ca/EN/programs/src/Pages/src.aspx</a>
Taking Action for Optimal Community and Long-Term Stroke Care	A HSF resource developed to support front line caregivers (e.g., PSWs) in LTC Homes 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 <a href="#">Heart &amp; Stroke Publications</a>  Videos through SE Stroke Network website at <a href="http://strokenetworkseo.ca/best-practice-education/videos">http://strokenetworkseo.ca/best-practice-education/videos</a>

## HEALTH CARE PROVIDER RESOURCES

RESOURCE	DESCRIPTION	WHERE TO ACCESS
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.	<a href="http://strokenetworkseo.ca">http://strokenetworkseo.ca</a>
Aphasia Institute (Toronto) Aphasia Centre (Ottawa)	Web-based resource providing information and tools to support individuals with aphasia and their families. Note that there may be a cost for some resources.	The Aphasia Institute at <a href="http://www.aphasia.ca/">http://www.aphasia.ca/</a> The Aphasia Centre at <a href="http://aphasiaottawa.org/">http://aphasiaottawa.org/</a>
Blood Pressure Toolkit	This toolkit is designed to assist Personal Support Workers (PSW) and other health care team members to acquire the practical knowledge and skills to support blood pressure management and to build the capacity to work collaboratively with the health care team and resident/client to optimize blood pressure management. This program is meant to be individualized depending on the needs of the learner and in accordance with the employer/client's guidelines. The Learning Plan is divided into two modules each of which can be used independently of the other (Module #1: The Basics of Blood Pressure & Supporting the Patient and Module #2: How to Take Blood Pressure). The toolkit may be used by educators or as self-learning modules.	<a href="http://strokenetworkseo.ca/best-practice-education/long-term-care-community">http://strokenetworkseo.ca/best-practice-education/long-term-care-community</a>
Brain, Body & You	This 5-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 5 modules are each 4 hours in length. The module topics include: Stroke Care - Prevention to Life after A Stroke, Continence Care, Mobility, Nutrition, Swallowing, Feeding and Hydration and Communication and Behaviour	<a href="http://strokenetworkseo.ca/best-practice-education/long-term-care-community">http://strokenetworkseo.ca/best-practice-education/long-term-care-community</a>

RESOURCE	DESCRIPTION	WHERE TO ACCESS
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 Chapter 5 Rehab and Chapter 6 Transitions. Chapter 5, Recommendation 5.11 Life Roles and Activities (Driving, Vocation, Sexuality and Relationships, and Leisure) Chapter 6, Recommendation 6.5.3 Reintegration to Social and Life Roles Following Stroke. Section on vocations outlines steps that should be taken to evaluate return to work potential and to support that transition.	Canadian Best Practice Recommendations for Stroke Care at <a href="http://www.strokebestpractices.ca">www.strokebestpractices.ca</a>
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 <a href="http://strokenetworkseo.ca/best-practice-education/guidelines-recommendations">http://strokenetworkseo.ca/best-practice-education/guidelines-recommendations</a>
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 <a href="http://www.ebrsr.com/">http://www.ebrsr.com/</a>
Fatigue Assessment Tools	Validated tools referenced in CBP recommendations for Stroke Care including: <ul style="list-style-type: none"> <li>• Fatigue Severity Scale – a self-report tool</li> <li>• Multi-dimensional Fatigue Inventory</li> </ul>	Fatigue Severity Scale at <a href="http://www.saintalphonsus.org/documents/boise/slep-Fatigue-Severity-Scale.pdf">http://www.saintalphonsus.org/documents/boise/slep-Fatigue-Severity-Scale.pdf</a>
Healthline – Vascular Health Resources	Web-based resource. <b>Vascular Health Resources</b> is an online resource for health professionals and health care consumers in their efforts to improve vascular health and system navigation.	Southeast CCAC Healthline at <a href="http://www.southeasthealthline.ca/libraryContent.aspx?id=20754">http://www.southeasthealthline.ca/libraryContent.aspx?id=20754</a>
Heart & Stroke Foundation	Primarily targeted at the public, but health professionals can also access information for clients and learn about ongoing research.	<a href="#">Heart &amp; Stroke</a> website
OSN Professional Stroke Education Inventory	The Ontario Stroke Network's (OSN) Professional Stroke Education Inventory is a repository of tools, resources and programs that support uptake of best practices by health care professionals working in stroke care.	<a href="http://ontariostrokenetwork.ca/health-programs-resources/resources/professional-stroke-education-inventory/">http://ontariostrokenetwork.ca/health-programs-resources/resources/professional-stroke-education-inventory/</a>

RESOURCE	DESCRIPTION	WHERE TO ACCESS
Quality Based Procedures: Clinical Handbook for Stroke (Acute & Post Acute)	Produced by Health Quality Ontario and Ministry of Health and Long Term Care. A compendium of the evidence-based rationale and clinical consensus for best practice stroke care.	<a href="http://health.gov.on.ca/en/pro/programs/ecfa/docs/gbp_stroke.pdf">http://health.gov.on.ca/en/pro/programs/ecfa/docs/gbp_stroke.pdf</a>
Registered Nurses Association Of Ontario (RNAO)	RNAO resources include best practice recommendations for transitions, stroke care, self-management, smoking cessation, client-centred care, oral health and continence.	RNAO website at <a href="http://rnao.ca/bpg">http://rnao.ca/bpg</a>
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 <a href="http://strokenetworkseo.ca/events-registration">http://strokenetworkseo.ca/events-registration</a>
Stroke Best Practice Care Plans - LTC	Provincially developed best practice care plans designed for LTC Homes and based on 12 modules in Tips & Tools Resource. Care plans integrate scales/scores for the MDS-RAI. Care plans available for communication, cognition, perception, depression, mobility & transfers, ADLs, skin care & hygiene, pain, bowel & bladder continence, hydration/meals/special diets, leisure and behaviour change.	Stroke Network of Southeastern Ontario website under Best Practice & Education at <a href="http://strokenetworkseo.ca/best-practice-education/long-term-care-community">http://strokenetworkseo.ca/best-practice-education/long-term-care-community</a>
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 <a href="http://strokenetworkseo.ca/best-practice-education/long-term-care-community">http://strokenetworkseo.ca/best-practice-education/long-term-care-community</a>
StrokEngine	StrokEngine is an on-line resource providing information to health professionals on assessments and interventions in stroke care.	StrokEngine website at <a href="http://strokengine.ca/">http://strokengine.ca/</a>
Taking Action for Optimal Community and Long-Term Stroke Care	A HSF resource developed to support front line caregivers (e.g., PSWs) in LTC Homes 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 <a href="#">Heart &amp; Stroke Publications</a>  Videos through SE Stroke Network website at <a href="http://strokenetworkseo.ca/best-practice-education/videos">http://strokenetworkseo.ca/best-practice-education/videos</a>