

STROKE NETWORK of Southeastern Ontario

<http://strokenetworkseo.ca>

LTC 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 http://www.aphasia.ca/ The Aphasia Centre at http://aphasiaottawa.org/
Healthline – Stroke Resources	Web-based resource that provides information for persons living with 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 Publications	Several publications are available at no cost through the HSF including: <ul style="list-style-type: none"> • <i>Your Stroke Journey</i> • <i>Taking Charge of Your Stroke Recovery</i> • <i>Stroke in Young Adults (includes returning to work/school)</i> • <i>A Family Guide to Pediatric Stroke</i> Additional information sheets, interactive programs and booklets may also be accessed on the site including information on driving after stroke.	Heart & Stroke website at www.heartandstroke.com (Go to Health Information > Publications > Stroke)
Living with Stroke Programs	Six-week self-management program developed by the HSF for persons living with effects of 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

RESOURCE	DESCRIPTION	WHERE TO ACCESS
Stroke Support Groups - Regional	Support groups for persons living with effects of 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. 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
StrokEngine	StrokEngine is an on-line resource for persons living with effects of 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 http://strokengine.ca/family/
Stroke Recovery Canada	Stroke Recovery Canada is a March of Dimes program for persons living with 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 others who are living with effects of stroke and caregivers. Resources include <i>A Caregiver's Guide to Stroke Recovery</i> .	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) 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 www.heartandstroke.com Videos through SE Stroke Network website at http://strokenetworkseo.ca/best-practice-education/videos

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.	http://strokenetworkseo.ca
Aphasia Institute (Toronto) Aphasia Centre (Ottawa)	Web-based resource providing information and tools to support individuals with aphasia and their families. Note there may be a cost for some resources.	The Aphasia Institute at http://www.aphasia.ca/ The Aphasia Centre at http://aphasiaottawa.org/
Blood Pressure Toolkit	This toolkit is designed to assist Personal Support Workers (PSW) and other health care team members 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.	Stroke Network of Southeastern Ontario website at http://strokenetworkseo.ca/best-practice-education/long-term-care-community
BP Bloggers	BP (Best Practice) Bloggers are myth busting newsletters that provide evidence-based information on various care issues, including stroke care, to the long-term care sector. It was created by Mary-Lou van der Horst (Director, Schlegel Centre for Learning, Research and Innovation in LTC) in collaboration with Regional Geriatric Program Central, Seniors Health Knowledge Network, and Research Institute for Aging (RIA). For stroke-related topics, newsletters are produced in collaboration with representatives from the Ontario Stroke System.	Research Institute for Aging website at http://www.the-ria.ca/resources/bp-bloggers/

RESOURCE	DESCRIPTION	WHERE TO ACCESS
Brain, Body & You	<p>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:</p> <ul style="list-style-type: none"> - Stroke Care - Prevention to Life after A Stroke - Continence Care - Mobility - Nutrition, Swallowing, Feeding and Hydration - Communication and Behaviour 	<p>Stroke Network of Southeastern Ontario website at http://strokenetworkseo.ca/best-practice-education/long-term-care-community</p>
Canadian Best Practice Recommendations for Stroke Care	<p>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:</p> <ul style="list-style-type: none"> - Chapter 5 Rehab and - Chapter 6 Transitions. 	<p>Canadian Best Practice Recommendations for Stroke Care at www.strokebestpractices.ca</p>
Community-Based Exercise Programs for People with Stroke	<p>Provincial guidelines designed for individuals/organizations developing or adapting exercise programs to accommodate persons living with the effects of stroke.</p>	<p>Stroke Network of Southeastern Ontario website under Best Practice & Education at http://strokenetworkseo.ca/best-practice-education/guidelines-recommendations</p>
Enhanced Rehabilitation Program	<p>This is a southeast program that supports the provision of enhanced therapy services through the Community Care Access Centre (CCAC) to individuals who have newly experienced a stroke. For persons with stroke being transitioned to a LTC setting, rehab services could include occupational therapy, speech language pathology and social work (physio is provided by the LTC Home). Note that individuals who spent an extended stay in hospital awaiting LTC placement following a stroke are still eligible for this program. If a resident is not placed on the program, contact the CCAC.</p>	<p>Stroke Network of Southeastern Ontario website provides information on this program at http://strokenetworkseo.ca/projects-news/projects</p>

RESOURCE	DESCRIPTION	WHERE TO ACCESS
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/
Heart & Stroke Foundation	Primarily targeted at the public, but health professionals can also access information for clients and learn about ongoing research.	Heart & Stroke website at www.heartandstroke.com
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.	http://ontariostrokenetwork.ca/health-programs-resources/resources/professional-stroke-education-inventory/
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.	http://health.gov.on.ca/en/pro/programs/ecfa/docs/gbp_stroke.pdf
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 http://rnao.ca/bpg
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 http://strokenetworkseo.ca/events-registration
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 http://strokenetworkseo.ca/best-practice-education/long-term-care-community

RESOURCE	DESCRIPTION	WHERE TO ACCESS
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. Each poster also has a learning quiz available.	Stroke Network of Southeastern Ontario website under Best Practice & Education at http://strokenetworkseo.ca/best-practice-education/long-term-care-community
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/
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 www.heartandstroke.com Videos through SE Stroke Network website at http://strokenetworkseo.ca/best-practice-education/videos