

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

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 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</i> (includes returning to work/school) • <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 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
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 Southwestern Ontario website http://swostroke.ca/return-to-work/
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 ext. 3469 Belleville Region – CSSH at 613-969-0130 Brockville & Perth – CPHC at 613-257-3296, ext. 2303

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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 Prevention Clinics (SPC)	<p>SPCs can be found in the following locations:</p> <ul style="list-style-type: none"> • Kingston General Hospital • Brockville General Hospital • Perth & Smiths Falls District Hospital (Perth site) • Belleville General Hospital <p>SPCs are outpatient clinics for people living in the community 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 http://strokenetworkseo.ca/about-us/stroke-prevention-clinics
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 who have experienced a 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) 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.	<p>Manual through Heart & Stroke website at Heart & Stroke Publications</p> <p>Videos through SE Stroke Network website at http://strokenetworkseo.ca/best-practice-education/videos</p>
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

BOOKS & FILMS		
Title	Author	Type of Resource
One Hundred Names for Love: A Memoir	Diane Ackerman	Book/Autobiographical
How to Conquer the World with One Hand and An Attitude	Paul Berger	Book/Autobiographical
Where is the Mango Princess: A Journey Back from Brain Injury	Cathy Crimmins	Book/Autobiographical
Don't Leave Me This Way	Julia Fox Garrison	Book/Autobiographical
The Lone Road Home	Millie E. Graham	Book/Autobiographical
Walter Gretzky: On Family, Hockey and Healing	Wayne Gretzky	Book/Autobiographical
Locked In Locked Out	Shawn Jennings	Book/Autobiographical
Slow Dance: A Story Of Stroke, Love And Disability	Bonnie Klein	Book/Autobiographical
My Stroke of Insight: A Brain Scientist's Personal Journey	Jill Bolte Taylor	Book/Autobiographical
Swimming Against the Tide/Strong Recovery from Stroke	Nan Unklesbay	Book/Autobiographical
The Stroke Book: A Guide to Life After Stroke for Survivors and Those Who Care for Them	June Biermann & Barbara Toohey	Book/Guide for Stroke Survivors & Caregivers
Stroke of Hope: Creating the Program You Need to Discover the Results You Want	Heather Branscombe	Book/Concepts of Recovery
The Brain That Changes Itself: Stories or Personal Triumph from the Frontiers of Brain Science	Norman Doidge	Book/Scientists championing neuroplasticity and the people whose lives they've transformed
Stronger After Stroke: Your Roadmap to Recovery	Peter G. Levine	Book/Concepts of Recovery
My Beautiful Broken Brain		Film Documentary/Autobiographical

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.	Stroke Network of Southeastern Ontario website http://strokenetworkseo.ca
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. 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

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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 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. For stroke-related topics, newsletters are produced in collaboration with representatives from the Ontario Stroke System.	Stroke Network of Southeastern Ontario website http://strokenetworkseo.ca/best-practice-education/long-term-care-community
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.	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 Chapter 5 Rehab and Chapter 6 Transitions. Chapter 5: 5.11 Life Roles and Activities (Driving, Vocation, Sexuality and Relationships, and Leisure) Chapter 6: 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 www.strokebestpractices.ca

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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
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. If a resident is not placed on the program, contact Home & Community Care.	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

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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/
Healthline – Vascular Health Resources	Web-based resource. Vascular Health Resources 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 http://www.southeasthealthline.ca/libraryContent.aspx?id=20754
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
Southeast Learning Collaboratives	Held two to three times/year in Belleville, Brockville, Perth/Smiths Falls and Kingston, these free 3-hour afternoon sessions offer education on a variety of topics that have relevance to stroke and other populations. The Learning Collaborative work group is comprised of the Stroke Network of Southeastern Ontario, Palliative Pain & Symptom Management Consultants, Psychogeriatric Regional Consultants and RNAO.	Informational flyers are distributed via email.
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/
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

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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.	http://health.gov.on.ca/en/pro/programs/ecfa/docs/qbp_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
Return to Work Toolkit	<p>A <i>Return to Work Toolkit</i> that provides:</p> <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 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

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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.	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). 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
our 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