

**SUPPLEMENTAL EDUCATION RESOURCES FOR STROKE SURVIVORS & CAREGIVERS**

The following educational resources align with the [Canadian Stroke Best Practice Recommendations](#). Note that the [Stroke Resources](#) microsite on the Southeast Healthline provides comprehensive on-line resources for stroke survivors and caregivers. As well, the [Heart & Stroke](#) website also provides extensive resources for stroke survivors and caregivers. The Heart & Stroke publication, [Your Stroke Journey](#) is **highly recommended** and provides an excellent resource for both stroke survivors and caregivers. It can be viewed on the Heart & Stroke website and can also be ordered, at no cost, through the Heart & Stroke Foundation. The resources listed below can supplement this standard education tool.

ADULT STROKE		
Resource	Description	Access
<b>Your Stroke Journey: A Guide for People Living with Stroke</b>	Free Heart & Stroke publication for stroke survivors and caregivers. Includes chapters on: <ul style="list-style-type: none"> <li>• Understanding stroke</li> <li>• Stroke care</li> <li>• Preventing another stroke</li> <li>• Living with physical changes</li> <li>• Living with changes to emotions, energy, cognition &amp; perception</li> <li>• Relationships</li> <li>• Everyday tasks: Your new normal</li> <li>• Getting the most from leisure time</li> <li>• Returning to work</li> <li>• Taking care of business: Advance planning</li> </ul>	<a href="http://www.heartandstroke.ca/-/media/pdf-files/canada/your-stroke-journey/en-your-stroke-journey-v20.ashx?la=en&amp;hash=315327444FC3D0FA508233025E7FEF5578C6E2C2">http://www.heartandstroke.ca/-/media/pdf-files/canada/your-stroke-journey/en-your-stroke-journey-v20.ashx?la=en&amp;hash=315327444FC3D0FA508233025E7FEF5578C6E2C2</a>  French <a href="http://www.heartandstroke.ca/-/media/pdf-files/canada/your-stroke-journey/fr-your-stroke-journey-v20.ashx?la=en&amp;hash=E86BB965D8B6913C2467C9B9552AFD7A391C13A1">http://www.heartandstroke.ca/-/media/pdf-files/canada/your-stroke-journey/fr-your-stroke-journey-v20.ashx?la=en&amp;hash=E86BB965D8B6913C2467C9B9552AFD7A391C13A1</a>
<b>The Patient and Family Guide to Canadian Best Practice Recommendations for Stroke Care</b>	Heart & Stroke Foundation 8-page patient guide to best practice stroke care. Includes post-stroke checklist.	<a href="http://www.strokebestpractices.ca/wp-content/uploads/2011/11/CSN_PatientsGuide2011_English_WEB11.pdf">http://www.strokebestpractices.ca/wp-content/uploads/2011/11/CSN_PatientsGuide2011_English_WEB11.pdf</a>

Resource	Description	Access
<p><b>Stroke in Young Adults: A Resource for Patients and Families</b></p>	<p>Free Heart &amp; Stroke publication for younger stroke survivors and caregivers. ‘Younger defined as between 18 and 45 however contents may be applicable to individuals younger than 18 and older than 45. Includes chapters on:</p> <ul style="list-style-type: none"> <li>• Where do I begin</li> <li>• Who can help me</li> <li>• Who will take care of me when I get home</li> <li>• Who will take care of my children</li> <li>• Why do I feel this way (fatigue, pain, depressed, anxious, fearful, communication, stress, vision, cognition, mobility)</li> <li>• When will I get my life back (supports (peer), driver’s license, returning to work, returning to school, finances, social life, having a baby)</li> <li>• What can I do to prevent another stroke (different risks when younger, exercise, weight, smoking, stroke signs)</li> </ul>	<p><a href="http://www.canadianstroke.ca/wp-content/uploads/2014/12/Stroke_Young_FINAL.pdf">http://www.canadianstroke.ca/wp-content/uploads/2014/12/Stroke_Young_FINAL.pdf</a></p> <p>French  <a href="http://www.canadianstroke.ca/wp-content/uploads/2014/12/Stroke_Young_FINAL_FRE.pdf">http://www.canadianstroke.ca/wp-content/uploads/2014/12/Stroke_Young_FINAL_FRE.pdf</a></p>
<p><b>Post Stroke Checklist</b></p>	<p>Heart &amp; Stroke Association 2-page checklist to support communications with primary care.</p>	<p><a href="http://www.strokebestpractices.ca/wp-content/uploads/2014/06/HSF%20Post%20Stroke%20Checklist_WEB.pdf">http://www.strokebestpractices.ca/wp-content/uploads/2014/06/HSF%20Post%20Stroke%20Checklist_WEB.pdf</a></p>
<p><b>Living with Heart Disease or Stroke</b></p>	<p>Heart &amp; Stroke Foundation bookmark listing resources.</p>	<p><a href="https://www.heartandstroke.ca/-/media/pdf-files/canada/other/living-with-heart-disease-or-stroke-bucksliip-en.ashx">https://www.heartandstroke.ca/-/media/pdf-files/canada/other/living-with-heart-disease-or-stroke-bucksliip-en.ashx</a></p> <p>French:  <a href="https://www.heartandstroke.ca/-/media/pdf-files/canada/other/living-with-heart-disease-or-stroke-bucksliip-fr.ashx">https://www.heartandstroke.ca/-/media/pdf-files/canada/other/living-with-heart-disease-or-stroke-bucksliip-fr.ashx</a></p>
<p><b>Stroke Emergency Checklist</b></p>	<p>One-page handout that advises what to do/expect in the vent of a stroke when calling 911 and when EMS arrives.</p>	<p><a href="http://www.heartandstroke.ca/-/media/pdf-files/canada/your-stroke-journey/hsf-stroke-emergency-checklist-en-020-17.ashx?la=en&amp;hash=82A3694BD19D7054F9AB6B0C248D591F65FAD601">http://www.heartandstroke.ca/-/media/pdf-files/canada/your-stroke-journey/hsf-stroke-emergency-checklist-en-020-17.ashx?la=en&amp;hash=82A3694BD19D7054F9AB6B0C248D591F65FAD601</a></p> <p>French  <a href="http://www.heartandstroke.ca/-/media/pdf-files/canada/your-stroke-journey/hsf-stroke-emergency-checklist-fr-020-17.ashx?la=en&amp;hash=00259398183DCA07D6F51F583B7222C65E745969">http://www.heartandstroke.ca/-/media/pdf-files/canada/your-stroke-journey/hsf-stroke-emergency-checklist-fr-020-17.ashx?la=en&amp;hash=00259398183DCA07D6F51F583B7222C65E745969</a></p>

Resource	Description	Access
<b>Heart and Stroke Foundation FAST Bookmark</b>	Bookmark listing stroke & heart attack symptoms and recommendation to call 911	<p><a href="https://www.heartandstroke.ca/-/media/pdf-files/canada/other/signs-of-stroke-and-heart-attack-bookmark-en.ashx">https://www.heartandstroke.ca/-/media/pdf-files/canada/other/signs-of-stroke-and-heart-attack-bookmark-en.ashx</a></p> <p>French <a href="https://www.heartandstroke.ca/-/media/pdf-files/canada/other/signs-of-stroke-and-heart-attack-bookmark-fr.ashx">https://www.heartandstroke.ca/-/media/pdf-files/canada/other/signs-of-stroke-and-heart-attack-bookmark-fr.ashx</a></p> <p>Indigenous <a href="https://www.heartandstroke.ca/-/media/pdf-files/canada/other/033-16-fast-poster-11x17-ojicree.ashx">https://www.heartandstroke.ca/-/media/pdf-files/canada/other/033-16-fast-poster-11x17-ojicree.ashx</a></p> <p><a href="https://www.heartandstroke.ca/-/media/pdf-files/canada/other/033-16-fast-poster-11x17-ojibwe.ashx">https://www.heartandstroke.ca/-/media/pdf-files/canada/other/033-16-fast-poster-11x17-ojibwe.ashx</a></p> <p><a href="https://www.heartandstroke.ca/-/media/pdf-files/canada/other/033-16-fast-poster-11x17-cree.ashx">https://www.heartandstroke.ca/-/media/pdf-files/canada/other/033-16-fast-poster-11x17-cree.ashx</a></p>
<b>ADVANCE CARE PLANNING</b>		
<b>Advance Care Planning Quick Guide</b>	Canadian Hospice Palliative Care Association 8-page quick guide to advance care planning.	<p><a href="http://www.advancecareplanning.ca/wp-content/uploads/2016/08/ACP-National-Quick-Guide-Eng-July2016-web-compressed.pdf">http://www.advancecareplanning.ca/wp-content/uploads/2016/08/ACP-National-Quick-Guide-Eng-July2016-web-compressed.pdf</a></p>
<b>Advance Care Planning Workbook</b>	Canadian Hospice Palliative Care Association 20-page workbook for advance care planning.	<p><a href="http://www.advancecareplanning.ca/wp-content/uploads/2016/08/ACP-national-workbook-Eng-july2016-web.pdf">http://www.advancecareplanning.ca/wp-content/uploads/2016/08/ACP-national-workbook-Eng-july2016-web.pdf</a></p>
<b>Brochure for Indigenous Population: What is Advance Care Planning</b>	Canadian Hospice Palliative Care Association 2-page brochure on advance care planning for Indigenous population.	<p><a href="http://www.advancecareplanning.ca/wp-content/uploads/2015/09/acp_pdf.pdf">http://www.advancecareplanning.ca/wp-content/uploads/2015/09/acp_pdf.pdf</a></p>

APHASIA		
Resource	Description	Access
<b>Aphasia Institute Newsletter</b>	The Aphasia Institute's 2-page newsletters	<a href="http://www.aphasia.ca/home-page/about-the-aphasia-institute/reports-and-publications/building-bridges-newsletters/">http://www.aphasia.ca/home-page/about-the-aphasia-institute/reports-and-publications/building-bridges-newsletters/</a>
<b>Aphasia Conversation Groups</b>	Brochures on the community-based supportive conversation groups in the Southeast.	<a href="https://www.strokenetworkseo.ca/sites/strokenetworkseo.ca/files/aphasia_brochure_spring_2017.pdf">https://www.strokenetworkseo.ca/sites/strokenetworkseo.ca/files/aphasia_brochure_spring_2017.pdf</a>
ATRIAL FIBRILLATION AND FLUTTER		
<b>Patient Atrial Fibrillation Modules</b>	Three modules about atrial fibrillation and atrial flutter. Presented in pdf slide format. Module 1 - what it is, how it is diagnosed, how it is managed Module 2 – additional information about management, risks of stroke Module 3 – living well with AF	<p>Module 1: <a href="https://www.heartandstroke.ca/-/media/pdf-files/canada/afib-guide-new-files/afib-module1-eng_revised.ashx">https://www.heartandstroke.ca/-/media/pdf-files/canada/afib-guide-new-files/afib-module1-eng_revised.ashx</a></p> <p>French: <a href="https://www.heartandstroke.ca/-/media/pdf-files/iavc/afib-guide-new-files/afib-module1-fre_revised.ashx">https://www.heartandstroke.ca/-/media/pdf-files/iavc/afib-guide-new-files/afib-module1-fre_revised.ashx</a></p> <p>Module 2: <a href="https://www.heartandstroke.ca/-/media/pdf-files/canada/afib-guide-new-files/afib-module2-eng_revised.ashx">https://www.heartandstroke.ca/-/media/pdf-files/canada/afib-guide-new-files/afib-module2-eng_revised.ashx</a></p> <p>French: <a href="https://www.heartandstroke.ca/-/media/pdf-files/iavc/afib-guide-new-files/afib-module2-fre-revised.ashx">https://www.heartandstroke.ca/-/media/pdf-files/iavc/afib-guide-new-files/afib-module2-fre-revised.ashx</a></p> <p>Module 3: <a href="https://www.heartandstroke.ca/-/media/pdf-files/canada/afib-guide-new-files/afib-module3-eng_revised.ashx">https://www.heartandstroke.ca/-/media/pdf-files/canada/afib-guide-new-files/afib-module3-eng_revised.ashx</a></p> <p>French: <a href="https://www.heartandstroke.ca/-/media/pdf-files/iavc/afib-guide-new-files/afib-module3-fre-revised.ashx?la=en&amp;hash=573950093AE7B18D52A5B321700F34790C3D6CA2">https://www.heartandstroke.ca/-/media/pdf-files/iavc/afib-guide-new-files/afib-module3-fre-revised.ashx?la=en&amp;hash=573950093AE7B18D52A5B321700F34790C3D6CA2</a></p>

BLOOD PRESSURE		
Resource	Description	Access
<b>Get Your Blood Pressure Under Control</b>	Heart & Stroke 28-page publication on managing blood pressure.	<a href="https://www.heartandstroke.ca/-/media/pdf-files/canada/health-information-catalogue/en-get-your-blood-pressure-under-control-v21-web.ashx?la=en&amp;hash=20493566724F3F87387717A720D49F60521C1CF2">https://www.heartandstroke.ca/-/media/pdf-files/canada/health-information-catalogue/en-get-your-blood-pressure-under-control-v21-web.ashx?la=en&amp;hash=20493566724F3F87387717A720D49F60521C1CF2</a>
<b>Canadian Hypertension Education Program</b>	Hypertension Canada 2-page brochure on managing blood pressure.	<a href="https://www.hypertension.ca/images/2016_EducationalResources/2015_ManagingYourBloodPressure_EN_P1005_PREVIEW.pdf">https://www.hypertension.ca/images/2016_EducationalResources/2015_ManagingYourBloodPressure_EN_P1005_PREVIEW.pdf</a>
<b>Blood Pressure Wallet Card</b>	Heart & Stroke wallet card with tips on taking blood pressure, blood pressure risk categories and chart to record blood pressure.	<a href="https://www.heartandstroke.ca/-/media/pdf-files/canada/other/en-blood-pressure-wallet-card-v3-web.ashx?la=en&amp;hash=CC04E6434B260CE3588C6D8E9D71F81CBFD40DCA">https://www.heartandstroke.ca/-/media/pdf-files/canada/other/en-blood-pressure-wallet-card-v3-web.ashx?la=en&amp;hash=CC04E6434B260CE3588C6D8E9D71F81CBFD40DCA</a>  French <a href="https://www.heartandstroke.ca/-/media/pdf-files/iavc/others/fr-blood-pressure-wallet-card-v3-web.ashx?la=en&amp;hash=6F8260B013BE644B624D294F6EC1A5492CC47D5F">https://www.heartandstroke.ca/-/media/pdf-files/iavc/others/fr-blood-pressure-wallet-card-v3-web.ashx?la=en&amp;hash=6F8260B013BE644B624D294F6EC1A5492CC47D5F</a>
CAREGIVERS		
<b>A Caregivers Guide to Stroke Recovery</b>	March of Dimes 30-page publication on caring for a stroke survivor.	<a href="http://www.marchofdimes.ca/EN/programs/src/Documents/SRC_Caregivers_Guide_to_Stroke_Recovery.pdf">http://www.marchofdimes.ca/EN/programs/src/Documents/SRC_Caregivers_Guide_to_Stroke_Recovery.pdf</a>
<b>Careliving - Caring for Yourself and a Stroke Survivor</b>	National Stroke Association 92-page guide to caring for self and stroke survivor.	<a href="http://www.stroke.org/we-can-help/caregivers-and-family/careliving-guide?docID=9070">http://www.stroke.org/we-can-help/caregivers-and-family/careliving-guide?docID=9070</a>  Newsletters: <a href="http://www.stroke.org/stroke-resources/newsletters/monthly-e-news">http://www.stroke.org/stroke-resources/newsletters/monthly-e-news</a>

<b>Resource</b>	<b>Description</b>	<b>Access</b>
<b>Family Caregivers Voice</b>	Family Caregivers Voice 2-page brochure on stages of caregiving.	<a href="http://www.familycaregiversvoice.ca/wp-content/uploads/2015/03/V3-FCV-Stages-of-Caregiving.pdf">http://www.familycaregiversvoice.ca/wp-content/uploads/2015/03/V3-FCV-Stages-of-Caregiving.pdf</a>
<b>Caregivers and Stroke</b>	National Stroke Association 16-page booklet on caregiving.	<a href="http://www.stroke.org/sites/default/files/resources/NSA_CaregiversAndStroke.pdf">http://www.stroke.org/sites/default/files/resources/NSA_CaregiversAndStroke.pdf</a>
<b>COMMUNITY SUPPORTS</b>		
<b>Stroke Support Groups</b>	Brochures for community-based stroke and caregiver support groups in the Southeast.	<a href="https://www.strokenetworkseo.ca/community-supports">https://www.strokenetworkseo.ca/community-supports</a>
<b>Living with Stroke™ Programs</b>	Brochure for 6-week Living with Stroke™ Programs in the southeast.	<a href="https://www.strokenetworkseo.ca/community-supports">https://www.strokenetworkseo.ca/community-supports</a>
<b>Community Resource Guides</b>	Stroke Network of Southeastern Ontario Community Resource Guides for KFLA, LLG and HPE.	<a href="https://www.strokenetworkseo.ca/community-supports">https://www.strokenetworkseo.ca/community-supports</a>
<b>Getting Back Into the Community - Brochure</b>	BC Stroke Recovery Association 2-page booklet on returning to the community.	<a href="http://strokerecoverybc.ca/wp-content/uploads/SRABC-CommunGuide-413-R5-E-web-1.pdf">http://strokerecoverybc.ca/wp-content/uploads/SRABC-CommunGuide-413-R5-E-web-1.pdf</a>
<b>DEMENTIA (VASCULAR)</b>		
<b>A Complete Guide to Vascular Dementia</b>	Stroke Association (UK) 16-page guide to vascular dementia.	<a href="https://www.stroke.org.uk/sites/default/files/complete_guide_to_vascular_dementia.pdf">https://www.stroke.org.uk/sites/default/files/complete_guide_to_vascular_dementia.pdf</a>

DIABETES		
Resource	Description	Access
<b>Canadian Diabetes Association: Patient Resources related to Heart Disease and Stroke</b>	Canadian Diabetes Association 2-page handout on diabetes and heart attack/stroke	<a href="http://guidelines.diabetes.ca/cdacpg/media/document/s/patient-resources/heart-disease-and-stroke-2014.pdf">http://guidelines.diabetes.ca/cdacpg/media/document/s/patient-resources/heart-disease-and-stroke-2014.pdf</a>  Indigenous <a href="http://www.diabetes.ca/CDA/media/documents/diabetes-and-you/healthy-living-resources/just-the-basics-aboriginal-english.pdf">http://www.diabetes.ca/CDA/media/documents/diabetes-and-you/healthy-living-resources/just-the-basics-aboriginal-english.pdf</a>  Multicultural <a href="http://www.diabetes.ca/diabetes-and-you/healthy-living-resources/multicultural-resources">http://www.diabetes.ca/diabetes-and-you/healthy-living-resources/multicultural-resources</a>
<b>Diabetes and You: Manage your lifestyle. Reduce your Risk</b>	Heart & Stroke 20-page publication on diabetes.	<a href="https://www.heartandstroke.ca/-/media/pdf-files/canada/health-information-catalogue/en-diabetes-and-you-v5-4-web.ashx">https://www.heartandstroke.ca/-/media/pdf-files/canada/health-information-catalogue/en-diabetes-and-you-v5-4-web.ashx</a>  French <a href="https://www.heartandstroke.ca/-/media/pdf-files/iavc/health-information-catalogue/fr-diabetes-and-you-v5-4-web.ashx">https://www.heartandstroke.ca/-/media/pdf-files/iavc/health-information-catalogue/fr-diabetes-and-you-v5-4-web.ashx</a>
DIET & NUTRITION		
<b>Eating Well with Canada's Food Guide</b>	Two-page printable handout.	<a href="https://www.canada.ca/en/health-canada/services/food-nutrition/canada-food-guide/get-your-copy.html">https://www.canada.ca/en/health-canada/services/food-nutrition/canada-food-guide/get-your-copy.html</a>
<b>Sodium 101 Brochure</b>	Two-page printable brochure.	Website: <a href="http://www.sodium101.ca/">http://www.sodium101.ca/</a>  French <a href="http://www.sodium101.ca/wp-content/uploads/2013/05/sodium101brochure-fr.pdf">http://www.sodium101.ca/wp-content/uploads/2013/05/sodium101brochure-fr.pdf</a>
<b>Time to Eat Well: 10 minutes to change your life</b>	Two-page worksheet and information on how to improve diet.	<a href="https://www.heartandstroke.ca/-/media/pdf-files/canada/health-information-catalogue/10min-diet-v1.ashx">https://www.heartandstroke.ca/-/media/pdf-files/canada/health-information-catalogue/10min-diet-v1.ashx</a>

Resource	Description	Access
<b>Healthy Weight Action Plan</b>	Heart & Stroke 42-page publication on healthy eating – workbook style.	<a href="https://www.heartandstroke.ca/-/media/pdf-files/canada/health-information-catalogue/en-healthy-weight-action-plan-booklet-f13v1.ashx">https://www.heartandstroke.ca/-/media/pdf-files/canada/health-information-catalogue/en-healthy-weight-action-plan-booklet-f13v1.ashx</a>  French <a href="https://www.heartandstroke.ca/-/media/pdf-files/iavc/others/380_hw_brochure_fre_full.ashx">https://www.heartandstroke.ca/-/media/pdf-files/iavc/others/380_hw_brochure_fre_full.ashx</a>
<b>How to Manage Your Cholesterol</b>	Heart & Stroke 16-page publication on managing cholesterol.	<a href="http://www.heartandstroke.ca/-/media/pdf-files/iavc/health-information-catalogue/amgencholesterol_broch_en-web.ashx">http://www.heartandstroke.ca/-/media/pdf-files/iavc/health-information-catalogue/amgencholesterol_broch_en-web.ashx</a>
<b>Cholesterol - What you can do to lower your level</b>	College of Family Physicians of Canada 2-page handout on cholesterol.	<a href="http://www.cfpc.ca/uploadedFiles/Resources/Resource_Items/Patients/Cholesterol_EN.pdf">http://www.cfpc.ca/uploadedFiles/Resources/Resource_Items/Patients/Cholesterol_EN.pdf</a>
<b>DYSPHAGIA</b>		
<b>Dysphagia Infographic</b>	National Stroke Association 2-page handout/infographic on dysphagia.	<a href="http://www.stroke.org/sites/default/files/resources/dysphagiainfographic.pdf">http://www.stroke.org/sites/default/files/resources/dysphagiainfographic.pdf</a>
<b>EMOTIONS (PSEUDOBULBAR AFFECT)</b>		
<b>Pseudobulbar Affect After a Stroke</b>	National Stroke Association 12-page booklet on emotional lability.	<a href="http://www.stroke.org/sites/default/files/resources/NSA_PBA_Sept_2015_FINAL_online.pdf">http://www.stroke.org/sites/default/files/resources/NSA_PBA_Sept_2015_FINAL_online.pdf</a>
<b>EXERCISE</b>		
<b>Stroke Specific Exercise Programs</b>	Brochures on stroke-specific exercise programs in the Southeast.	<a href="https://www.strokenetworkseo.ca/community-supports">https://www.strokenetworkseo.ca/community-supports</a>
<b>Exercise and Mobility</b>	BC Stroke Recovery Association brochure on getting active.	<a href="http://strokerecoverybc.ca/wp-content/uploads/SRABC-EXERC-0616-R3E-web-1.pdf">http://strokerecoverybc.ca/wp-content/uploads/SRABC-EXERC-0616-R3E-web-1.pdf</a>



Resource	Description	Access
<b>Time to get moving: 10 minutes to change your life</b>	Heart & Stroke 2-page publication; tips on getting active and worksheet.	<a href="https://www.heartandstroke.ca/-/media/pdf-files/canada/health-information-catalogue/10min-exercise-v1.ashx">https://www.heartandstroke.ca/-/media/pdf-files/canada/health-information-catalogue/10min-exercise-v1.ashx</a>
<b>FATIGUE</b>		
<b>Fatigue After Stroke</b>	Stroke Association (UK) 6-page handout on fatigue after stroke.	<a href="http://www.stroke.org.uk/sites/default/files/Fatigue%20after%20stroke.pdf">http://www.stroke.org.uk/sites/default/files/Fatigue%20after%20stroke.pdf</a>  <a href="http://www.stroke.org.uk/about/fatigue">http://www.stroke.org.uk/about/fatigue</a>
<b>Recovery After Stroke: Managing Fatigue</b>	National Stroke Association 3-page handout on fatigue after stroke.	<a href="http://www.stroke.org/sites/default/files/resources/Recovery%20After%20Stroke%20Managing%20Fatigue.pdf">http://www.stroke.org/sites/default/files/resources/Recovery%20After%20Stroke%20Managing%20Fatigue.pdf</a>
<b>LONG TERM CARE</b>		
<b>Preparing for the Move into Long Term Care - Checklist</b>	Alzheimer Association of Ottawa 14-page checklist/guide for moving into LTC.	<a href="http://www.southeasthealthline.ca/healthlibrary_docs/LTC%20-%20Preparing%20for%20the%20Move.pdf">http://www.southeasthealthline.ca/healthlibrary_docs/LTC%20-%20Preparing%20for%20the%20Move.pdf</a>
<b>MEDICATION COMPLIANCE</b>		
<b>Medication Adherence and Compliance</b>	National Stroke Association 14-page booklet on medication compliance.	<a href="http://www.stroke.org/sites/default/files/resources/NSA_Med_Adherence_brochure.pdf">http://www.stroke.org/sites/default/files/resources/NSA_Med_Adherence_brochure.pdf</a>
<b>PAEDIATRIC STROKE</b>		
<b>Paediatric Stroke Fact Sheet</b>	American Stroke Association 1-page fact sheet on paediatric stroke.	<a href="#">IAPS Pediatric Stroke Fact Sheet</a>

Resource	Description	Access
<b>A Family Guide to Paediatric Stroke</b>		<a href="https://www.heartandstroke.ca/-/media/pdf-files/canada/other/a-family-guide-to-pediatric-stroke-en.ashx">https://www.heartandstroke.ca/-/media/pdf-files/canada/other/a-family-guide-to-pediatric-stroke-en.ashx</a>  French <a href="https://www.heartandstroke.ca/-/media/pdf-files/canada/other/a-family-guide-to-pediatric-stroke-fr.ashx">https://www.heartandstroke.ca/-/media/pdf-files/canada/other/a-family-guide-to-pediatric-stroke-fr.ashx</a>
<b>Canadian Pediatric Stroke Association</b>	Website providing a community for families affected by pediatric stroke.	<a href="#">Canadian Pediatric Stroke Association (CPSSA)</a>
<b>PAIN</b>		
<b>Recovery After Stroke: Dealing with Pain</b>	National Stroke Association 4-page handout on pain after a stroke.	<a href="http://www.stroke.org/sites/default/files/resources/NSAFactSheet_Pain_2014.pdf">http://www.stroke.org/sites/default/files/resources/NSAFactSheet_Pain_2014.pdf</a>
<b>RETURNING TO WORK</b>		
<b>Are You Ready To Return to Work- Assessment Tool</b>	Southwest Ontario Stroke Network 14-page self-assessment guide for returning to work.	<a href="http://swostroke.ca/wp-content/uploads/2012/04/Self-Assessment-Guide.pdf">http://swostroke.ca/wp-content/uploads/2012/04/Self-Assessment-Guide.pdf</a>
<b>RISK REDUCTION</b>		
<b>100 Healthy things you can do in minutes</b>	Heart & Stroke 30-page publication outlining the various lifestyle approaches to reduce risk	<a href="https://www.heartandstroke.ca/-/media/pdf-files/ebooks/100-healthy-things-en.ashx?la=en&amp;hash=E58F8BA1458D80A26A444D3AD500BFDFC2293DFD">https://www.heartandstroke.ca/-/media/pdf-files/ebooks/100-healthy-things-en.ashx?la=en&amp;hash=E58F8BA1458D80A26A444D3AD500BFDFC2293DFD</a>  French <a href="https://www.heartandstroke.ca/-/media/pdf-files/ebooks/100-healthy-things-astuces-rapides-fr.ashx?la=en&amp;hash=F2532F357931507BF06FF5B25AC223A9C330A8FF">https://www.heartandstroke.ca/-/media/pdf-files/ebooks/100-healthy-things-astuces-rapides-fr.ashx?la=en&amp;hash=F2532F357931507BF06FF5B25AC223A9C330A8FF</a>

Resource	Description	Access
<p> <b>Taking control: lower your risk of heart disease and stroke</b> </p>	<p>Heart &amp; Stroke 20-page publication outlining the various lifestyle approaches to reduce risk</p>	<p> <a href="https://www.heartandstroke.ca/-/media/pdf-files/canada/other/taking-control-en.ashx">https://www.heartandstroke.ca/-/media/pdf-files/canada/other/taking-control-en.ashx</a>             French  <a href="https://www.heartandstroke.ca/-/media/pdf-files/canada/other/taking-control-fr.ashx">https://www.heartandstroke.ca/-/media/pdf-files/canada/other/taking-control-fr.ashx</a> </p>
<p> <b>Taking control: Lower your risk of heart disease and stroke. A guide for Aboriginal Peoples</b> </p>	<p>Heart &amp; Stroke 8-page publication outlining various lifestyle approaches to reduce risk. Target audience is Aboriginal population.</p>	<p>           Aboriginal  <a href="https://www.heartandstroke.ca/-/media/pdf-files/canada/other/aboriginal_takingcontrol.ashx">https://www.heartandstroke.ca/-/media/pdf-files/canada/other/aboriginal_takingcontrol.ashx</a> </p>
<p> <b>HeartSmart™ Women : A guide to living with and preventing heart disease and stroke</b> </p>	<p>Heart &amp; Stroke 8-page publication outlining various lifestyle approaches to reduce risk. Target population is women.</p>	<p> <a href="https://www.heartandstroke.ca/-/media/pdf-files/canada/health-information-catalogue/en-heartsmart-women.ashx">https://www.heartandstroke.ca/-/media/pdf-files/canada/health-information-catalogue/en-heartsmart-women.ashx</a>             French  <a href="https://www.heartandstroke.ca/-/media/pdf-files/iavc/others/heartsmart-women-fr.ashx">https://www.heartandstroke.ca/-/media/pdf-files/iavc/others/heartsmart-women-fr.ashx</a> </p>
<p><b>SMOKING CESSATION</b></p>		
<p> <b>Just Breathe: Becoming and remaining smoke free</b> </p>	<p>Heart &amp; Stroke information brochure on smoking.</p>	<p> <a href="https://www.heartandstroke.ca/-/media/pdf-files/canada/other/just-breathe-become-smoke-free-en.ashx">https://www.heartandstroke.ca/-/media/pdf-files/canada/other/just-breathe-become-smoke-free-en.ashx</a>             French  <a href="https://www.heartandstroke.ca/-/media/pdf-files/iavc/health-information-catalogue/frjust20breathev14.ashx?la=en&amp;hash=8ABD6374CF8199858A443E25407BCB232B8665D9">https://www.heartandstroke.ca/-/media/pdf-files/iavc/health-information-catalogue/frjust20breathev14.ashx?la=en&amp;hash=8ABD6374CF8199858A443E25407BCB232B8665D9</a> </p>
<p> <b>Smokers Helpline Online Program</b> </p>	<p>Canadian Cancer Society on-line resources including workbook.</p>	<p> <a href="http://www.smokershelpline.ca/home">http://www.smokershelpline.ca/home</a> </p>

SPASTICITY		
Resource	Description	Access
<b>Spasticity After Stroke</b>	National Stroke Association 2-page handout on spasticity after a stroke.	<a href="http://www.stroke.org/sites/default/files/resources/NSA_Spasticity%20Insert%208.5x11.pdf">http://www.stroke.org/sites/default/files/resources/NSA_Spasticity%20Insert%208.5x11.pdf</a>
TRANSITIONING HOME		
<b>My Guide for Stroke Recovery</b>	Toronto Stroke Networks 90-page guide/workbook.	<a href="http://www.strokebestpractices.ca/wp-content/uploads/2013/10/My-Stroke-Passport.pdf">http://www.strokebestpractices.ca/wp-content/uploads/2013/10/My-Stroke-Passport.pdf</a>
<b>Taking Care of Myself: A Guide for When I Leave the Hospital</b>	Agency for Healthcare Research & Quality 16-page workbook for returning home. Not stroke-specific.	<a href="https://www.ahrq.gov/sites/default/files/wysiwyg/patients-consumers/diagnosis-treatment/hospitals-clinics/goinghome/goinghomeguide.pdf">https://www.ahrq.gov/sites/default/files/wysiwyg/patients-consumers/diagnosis-treatment/hospitals-clinics/goinghome/goinghomeguide.pdf</a>
STRESS		
<b>Stressed out? 10 minutes to change your life</b>	Heart & Stroke 3-page publication; tips on stress reduction and worksheet.	<a href="https://www.heartandstroke.ca/-/media/pdf-files/canada/health-information-catalogue/10min-stress-v1.ashx">https://www.heartandstroke.ca/-/media/pdf-files/canada/health-information-catalogue/10min-stress-v1.ashx</a>
<b>Coping with Stress</b>	Heart & Stroke 30-page booklet on managing stress.	<a href="https://www.heartandstroke.ca/-/media/pdf-files/canada/other/coping-w-ith-stress-en.ashx">https://www.heartandstroke.ca/-/media/pdf-files/canada/other/coping-w-ith-stress-en.ashx</a>  French <a href="https://www.heartandstroke.ca/-/media/pdf-files/iavc/health-information-catalogue/fr-coping-with-stress-web.ashx">https://www.heartandstroke.ca/-/media/pdf-files/iavc/health-information-catalogue/fr-coping-with-stress-web.ashx</a>
VISION LOSS		
<b>Stroke and Vision Loss</b>	National Stroke Association brochure on vision loss after a stroke.	<a href="http://www.stroke.org/sites/default/files/resources/VisionBrochure.pdf">http://www.stroke.org/sites/default/files/resources/VisionBrochure.pdf</a>

<b>BOOKS</b>			
<b>Title</b>	<b>Author</b>	<b>Type of Resource</b>	<b>Available in Audio Book</b>
<b>One Hundred Names for Love: A Memoir</b>	Diane Ackerman	Book/Autobiographical	Yes
<b>How to Conquer the World with One Hand and An Attitude</b>	Paul Berger	Book/Autobiographical	Yes
<b>Where is the Mango Princess: A Journey Back from Brain Injury</b>	Cathy Crimmins	Book/Autobiographical	Yes
<b>Brain Attack: My Journey of Recovery from Stroke &amp; Aphasia</b>	David Dow	Book/Autobiographical	Yes
<b>Don't Leave Me This Way</b>	Julia Fox Garrison	Book/Autobiographical	Yes
<b>The Lone Road Home</b>	Millie E. Graham	Book/Autobiographical	No
<b>Walter Gretzky: On Family, Hockey and Healing</b>	Wayne Gretzky	Book/Autobiographical	No
<b>Locked In Locked Out</b>	Shawn Jennings	Book/Autobiographical	No
<b>Slow Dance: A Story Of Stroke, Love And Disability</b>	Bonnie Klein	Book/Autobiographical	Yes
<b>Brain Attack The Journey Back</b>	Liz Pearl	Collection of Stories	Yes
<b>My Stroke of Insight: A Brain Scientist's Personal Journey</b>	Jill Bolte Taylor	Book/Autobiographical	Yes
<b>Swimming Against the Tide/Strong Recovery from Stroke</b>	Nan Unklesbay	Book/Autobiographical	Yes
<b>The Stroke Book: A Guide to Life After Stroke for Survivors and Those Who Care for Them</b>	June Biermann & Barbara Toohey	Book/Guide for Stroke Survivors & Caregivers	Yes
<b>Stroke of Hope: Creating the Program You Need to Discover the Results You Want</b>	Heather Branscombe	Book/Concepts of Recovery	No
<b>The Brain That Changes Itself: Stories or Personal Triumph from the Frontiers of Brain Science</b>	Norman Doidge	Book/Scientists championing neuroplasticity	Yes
<b>Stronger After Stroke: Your Roadmap to Recovery</b>	Peter G. Levine	Book/Concepts of Recovery	Yes

<b>FILMS</b>	
<b>Title</b>	<b>Type of Resource</b>
<b>My Beautiful Broken Brain</b>	Film Documentary/Autobiographical
<b>Aphasia: Hope is Four Letter Word</b>	Film Documentary/Autobiographical
<b>Speaking From Experience</b>	Film Stories from individuals who have experienced a stroke or heart attack