

CAREGIVER STROKE SUPPORTS

Caregivers are an important part of stroke recovery. It is important for caregivers to have access to information about stroke and also about their new role as a caregiver. The following are links to excellent sources of information when caring for a person recovering from stroke.

March of Dimes

<https://afterstroke.marchofdimes.ca/stroke-recovery/caregivers>

Caregiver Resources include:

- Weekly Caregiver Café is a chance to connect with other people who understand the challenges and rewards of caregiving
- Caregiver's Guide To Stroke Recovery – an online booklet
- After Stroke program for newsletters and information (e.g. where your loved one is in their recovery journey)

Heart & Stroke Foundation of Canada

<https://www.heartandstroke.ca/stroke/recovery-and-support>

Caregiver Resources include:

- Members only **Facebook** group to share, support and lean on others who are caregiving
- Various **resources and information** on stroke

Ontario Caregiver Organization

<https://ontariocaregiver.ca/>

An Ontario-based caregiving organization that is not specific to stroke.

Caregiver Resources include:

- Resources for caregivers **caring for a senior, adult, child or youth** and also resources for **young caregivers**
- Information on how to **find support and linking with peers**
- **Newsletters, blog and caregiver stories**
- **Helpline and live chat**