

Virtual & On-Line Care Resources – Community

Collected by Ontario Regional Stroke Networks' Community & Long-Term Care Group

- The resources on these pages have been collected by the Ontario Regional Stroke Networks' Community and Long-Term Care Group to share with persons living with the effects of stroke, families/informal caregivers and health professionals
- These pages contain links to information, materials and other content that may provide support to persons living with the effects of stroke and their families/informal caregivers during isolation due to the pandemic
- Please note these are suggestions ONLY and have not been reviewed or endorsed and some may have an associated cost
- Categories of resources include: COVID & Stroke, General Resources, Virtual Groups & Forums, Aphasia & Swallowing, Mental Health, Cognition & Perception, Exercise & Mobility, Recreation & Leisure, Fatigue, Vision

| COVID & STROKE | | |
|------------------------------------|--|---|
| American Heart Association | Audio presentations on stroke and COVID-19 | https://www.stroke.org/en/life-after-stroke/covid19-stroke-podcast-series-for-patients-and-caregivers/episode-1-stroke-and-the-impact-of-covid19 |
| Covid-19 Guide d'autosoins | Ce guide a pour but de vous aider à prendre les meilleures décisions possibles pour votre santé et celle de vos proches durant la pandémie du coronavirus (COVID-19) | https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes_de_sante/19-210-30FA_Guide-autosoins_francais.pdf?1584985897 |
| Government of Canada | Resources for seniors and caregivers | https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/resources-older-adults-caregivers.html#a3 |
| Heart & Stroke | Recorded webinars on YouTube addressing COVID-19 related stroke survivor and caregiver concerns. | Heart & Stroke Presents... playlist. |
| Heart & Stroke | General information on COVID-19 and stroke. | https://www.heartandstroke.ca/articles/coronavirus-heart-disease-and-stroke |
| Heart & Stroke | Handwashing video for someone with affected upper limb. | https://youtu.be/EOj0L03eDPs |
| Mental Health Commission of Canada | Mental health first aid during COVID-19. | https://www.mhfa.ca/en/blog/mental-health-first-aid-covid-19-self-care-resilience-guide |
| World Health Organization (WHO) | Mental health considerations during COVID-19 | https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2 |

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| GENERAL RESOURCES | | |
|-------------------|---|---|
| Healthline | Listing of local health and community services | https://www.thehealthline.ca/ |
| Heart & Stroke | <i>Stroke in Young Adults</i> is a resource guide providing insight into the unique challenges faced by young adults, ages 18 to 55, who are living with the effects of stroke. | https://www.canadianstroke.ca/sites/default/files/resources/Stroke_Young_FINAL.pdf |
| Heart & Stroke | <i>Your Stroke Journey: A Guide for People Living with Stroke</i> is a booklet providing information on stroke and its effects including tips and strategies to address challenges related to attention, orientation, memory, sequencing, problem solving insight and judgment impairments. | https://www.heartandstroke.ca/stroke/recovery-and-support |
| Heart & Stroke | <i>Getting On With The Rest Of Your Life After Stroke</i> is a booklet containing activities and projects to promote recovery. It includes personal stories and examples of cognitive activities. | http://canadianstrokenetwork.ca/en/wp-content/uploads/2014/08/GettingOn-EN.pdf |
| Heart & Stroke | Website includes listing of various supports and services. | https://www.heartandstroke.ca/services-and-resources |
| Heart & Stroke | Post stroke checklist provides a quick two-page checklist for self-assessment. | https://www.heartandstroke.ca/-/media/1-stroke-best-practices/resources/patient-resources/002-17_csbp_post_stroke_checklist_85x11_en_v1.ashx?rev=748ae8f5d51743fa8c7628b773f0f36b |

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| GENERAL RESOURCES cont'd | | |
|-----------------------------------|--|---|
| Partners for Planning | Information on income, housing, food and mental health supports for individuals with disabilities. | http://www.planningnetwork.ca/en-ca/resources/28358/COVID-19-FAQ?agilityts=20200407012735 |
| Stroke Engine | Website with information on stroke from the initial stroke event to living in the community. | https://www.strokengine.ca/en/ |
| Stroke Recovery Association of BC | 7 Steps to Stroke Recovery video on stroke recovery. | https://strokerecoverybc.ca/7-steps-video/ |

| VIRTUAL GROUPS & FORUMS | | |
|-------------------------------|--|---|
| Heart & Stroke | "The Power of Community" facebook groups for survivors and caregivers. | https://www.heartandstroke.ca/heart/recovery-and-support/the-power-of-community |
| March of Dimes Facebook Group | Facebook sharing platform for those affected by stroke. | https://www.facebook.com/groups/modcafterstroke/ |
| March of Dimes Virtual Groups | Groups include caregiver, survivor and music sessions. Site also includes directions on how to use Zoom. | https://afterstroke.marchofdimes.ca/news-events/after-stroke-virtual-activities |

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| APHASIA & SWALLOWING | | |
|---|---|---|
| Aphasia Institute | Aphasia Friendly COVID-19 Info Sheet | https://www.participics.ca/ |
| Aphasia Institute | This website has information about aphasia and resources for people living with aphasia and their caregivers. It includes strategies, programs and training to support communication. | Home page www.aphasia.ca Handout: Does your family member have aphasia https://www.aphasia.ca/wp-content/uploads/2020/09/SCA_Aphasia_Family_Pamphlet_DIGITAL.pdf Living with aphasia webpage https://www.aphasia.ca/people-with-aphasia-and-families/ |
| Aphasia Recovery Connection & Lingraphica | <i>Virtual Connections</i> is a free online program that creates a daily opportunity to connect with others in a virtual setting, and to practice communication skills. All sessions are facilitated by speech-language pathologists, music therapists, and aphasia experts | https://devices.aphasia.com/virtual-connections |
| Canadian Partnership for Stroke Recovery | Short videos and resource sheets for a variety of stroke-related impairments including aphasia. | http://canadianstroke.ca/en/tools-resources/videos |
| Heart and Stroke Canadian Partnership for Stroke Recovery | Video on practical communication skills after a stroke. | https://www.canadianstroke.ca/en/tools-resources/videos |
| Heart & Stroke | This webpage provides an overview of aphasia and communication strategies. | https://www.heartandstroke.ca/stroke/recovery-and-support/physical-changes/communication |
| Heart & Stroke | COVID 19 Webinar Series- <i>Keeping the Conversation Going: Managing aphasia during COVID-19 to reduce social isolation</i> | https://www.youtube.com/watch?v=inlmx8A2zPY&feature=youtu.be |

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| APHASIA & SWALLOWING cont'd | | |
|--|---|---|
| Heart & Stroke and Champlain Stroke Network | Aphasia webinar series. | Introduction - Communicating with someone with Aphasia https://youtu.be/VQYd2spaFkI Using key words to aid communication https://youtu.be/dbapXegUFNk How to use a wallet as a communication aid https://www.youtube.com/watch?v=EIVdaMTRHzA&feature=youtu.be Creating a communication binder and life story book https://youtu.be/py4yo96B7R8 |
| March of Dimes After Stroke Virtual Supports | Virtual meetings for survivors and caregivers. | https://afterstroke.marchofdimes.ca/news-events/after-stroke-virtual-activities |
| March of Dimes | <i>Understanding Aphasia Guide</i> | https://afterstroke.marchofdimes.ca/resources/guides/aphasia-guide |
| March of Dimes – 7 Steps to Stroke Recovery | Brief video discussing language and communication after stroke as well as communication strategies. | https://afterstroke.marchofdimes.ca/stroke-recovery/7-steps-to-stroke-recovery |
| National Aphasia Association | Website providing a variety of resources including apps, therapy guide, communication books, fact sheets and videos. | General website https://www.aphasia.org/ Monthly video chat for people with aphasia https://www.aphasia.org/stories/aphasia-cafe-dealing-with-the-unexpected/ Video explaining aphasia https://www.youtube.com/watch?v=zjkgSCIXo3k&feature=emb_logo |
| National Aphasia Association | New initiative (<i>One Aphasia Action</i>) for people with aphasia: daily tasks that can be done at home to help keep up speech therapy progress. | https://www.aphasia.org/one-aphasia-action/introduction/?utm_source=Master+List&utm_campaign=5683150c90-EMAIL_CAMPAIGN_2016_11_21_COPY_01&utm_medium=email&utm_term=0_cc4d0722f3-5683150c90-136556473 |
| Stroke Association (UK) | Wide variety of guides of various topics including communication. | https://www.stroke.org.uk/publication-type/health-information |

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| APHASIA & SWALLOWING cont'd | | |
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| Stroke Association (UK) | A complete guide to communication problems after stroke. | https://www.stroke.org.uk/resources/complete-guide-communication-problems-after-stroke |
| Sinai Health | Video on swallowing and communication after stroke. | https://www.youtube.com/watch?v=Kf23mreNxoQ |
| Stroke Engine | Brief overview of the various types of aphasia and links to other resources. | https://strokengine.ca/en/resources/for-patients-and-families/#Whyarecommunicationdifficultiesassociatedwithstroke? https://www.youtube.com/watch?v=zjkgSCIXo3k&feature=emb_logo |
| Stroke Engine | An overview of aphasia, treatment approaches and recovery. | https://strokengine.ca/en/consequences/aphasia/#Patient/FamilyInformation |
| Stroke Network of Southeastern Ontario | <i>Making Communication a Success</i> handout provides general information and practical tips to address communication impairments after stroke. | https://www.strokenetworkseo.ca/sites/strokenetworkseo.ca/files/communication_seo_sn_updated_mar15_2017_0.pdf |
| Stroke Recovery Association of BC | Video on Communication & Language. | https://strokerecoverybc.ca/7-steps-video/language-communication-video/ |
| Tactus | Aphasia Friendly Covid-19 info sheet. | https://tactustherapy.com/wp-content/uploads/2020/03/COVID-19-Aphasia-Friendly-Information.pdf |
| Tactus Aphasia App Finder | Aphasia-friendly apps. | https://tactustherapy.com/find/home/ |
| Toronto Stroke Networks | Interactive website providing tips on managing common activities and needs after stroke including how to communicate if you have aphasia. | http://strokerecovery.guide/aphasia |
| West GTA Stroke Network | Aphasia resources for persons with stroke. | https://westgtastroke.ca/other-educational-resources/ |

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| MENTAL HEALTH | | |
|---|---|--|
| Anxiety Canada | Information on resources and strategies to help with anxiety. | https://www.anxietycanada.com/ |
| Anxiety and Depression Association of America | How to manage anxiety during isolation. | https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and |
| BC Care Providers Association | Caring for your mental health during COVID-19. | https://bccare.ca/2020/03/taking-care-of-your-mental-health-during-the-covid-19-pandemic/ |
| Canadian Partnership for Stroke Recovery | Short videos and resource sheets for a variety of stroke-related impairments including mental health. | http://canadianstroke.ca/en/tools-resources/videos |
| Canadian Mental Health Association | BounceBack® program to help manage mood, depression, anxiety, stress or worry online or by phone. | https://bouncebackontario.ca/ |
| Canadian Mental Health Association | Webpages on stress including signs & symptoms, risk factors, treatments. | https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/stress https://www.camh.ca/en/health-info/mental-health-and-covid-19/coping-with-stress-and-anxiety |
| Centre for Addiction & Mental Health | Mental health support during COVID-19. | http://www.camh.ca/en/health-info/mental-health-and-covid-19 |
| Centre for Addiction & Mental Health | Maintaining mental wellness during COVID-19. | https://www.camh.ca/en/health-info/mental-health-and-covid-19#coping |
| Ending Violence Association of Canada | Listing of supports and services for domestic violence. | https://endingviolencecanada.org/getting-help-2/ |
| Fountain of Health | Tips and listing of mental health supports. | https://fountainofhealth.ca/sites/default/files/self-care_tips_in_stressful_times_copyright_2020.pdf |

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| MENTAL HEALTH cont'd | | |
|---|--|--|
| Friendly Voice for Seniors | Phone support available 7 days/week from 8 am to 12 pm. Services in French and English for any Ontario resident 55 years or older. | Phone 613-692-992 for Ottawa or toll free at 1-855-892-9992. |
| Heart & Stroke | Webpage that provides stories from those who experience depression or signs of depression and where to get support. | https://www.heartandstroke.ca/stroke/recovery-and-support/emotions/depression |
| Heart & Stroke | Information on stress and coping strategies. | https://www.heartandstroke.ca/-/media/pdf-files/canada/other/coping-with-stress-en.ashx https://www.heartandstroke.ca/healthy-living/reduce-stress/manage-your-stress |
| Heart and Stroke Canadian Partnership for Stroke Recovery | Video on practical strategies for managing anxiety and frustration after a stroke as well as self-care. | http://canadianstroke.ca/en/tools-resources/videos |
| My Health Alberta | Webpage and videos on stress. | https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=rlxsk |
| On Line Therapy | Digital mental health supports. | https://www.mindbeacon.com/ |
| Scarborough Health Network | Listing of apps for sleep, anxiety, depression and relaxation. | https://www.shn.ca/mental-health/mental-health-app-library/ |
| Self-Care Strategies | Coping strategies for self-care. | https://www.wellwood.ca/self-care/ |
| Self Help 4 Stroke | Self-help website for people with stroke that includes topics such as emotional support, coping and staying well. | http://selfhelp4stroke.org/ |

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| MENTAL HEALTH cont'd | | |
|-------------------------------|---|---|
| Stroke Association (UK) | Wide variety of guides on various topics including mental health. | https://www.stroke.org.uk/publication-type/health-information |
| Stroke Foundation - Australia | Webpage on stress. | https://enableme.org.au/search?query=Stress |
| Your Life Counts | Listing of mental health resources available in French and English. | https://yourlifecounts.org/ |

| COGNITION & PERCEPTION | | |
|---|---|--|
| Canadian Partnership for Stroke Recovery | Short videos and resource sheets for a variety of stroke-related impairments including cognition. | http://canadianstroke.ca/en/tools-resources/videos |
| Heart & Stroke | This webpage provides tips and strategies to address challenges related to attention, orientation, memory, sequencing, problem solving, insight and judgment impairments. | https://www.heartandstroke.ca/stroke/recovery-and-support/emotions/thinking-problems |
| Heart & Stroke | This webpage provides information about changes in perception after stroke. | https://www.heartandstroke.ca/stroke/recovery-and-support/emotions/changes-in-perception |
| Heart and Stroke Canadian Partnership for Stroke Recovery | Videos on unilateral spatial neglect management after stroke. | http://canadianstroke.ca/en/tools-resources/videos |
| March of Dimes | <i>7 Steps to Recovery</i> program provides practical tips for addressing stroke related challenges. It includes a handout and a video. | Handout: https://afterstroke.marchofdimes.ca/information-resources/Documents/AfterStroke-7STEPS-0217_V4.pdf Video: https://www.youtube.com/watch?v=ruZG3RVjR14&feature=emb_title |
| Medbridge | Blog post on four basic strategies to improve hemispatial neglect. | https://www.medbridgeeducation.com/blog/2016/05/four-basic-strategies-to-improve-hemispatial-neglect/ |

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| COGNITION & PERCEPTION cont'd | | |
|------------------------------------|---|---|
| National Health Service (Scotland) | <i>Stroke4Carers</i> is an e-learning website designed for caregivers but can be helpful to persons living with stroke. The practical advice and tips section includes information and strategies to address cognition. | http://www.stroke4carers.org/ |
| Stroke Alliance of Europe | Overview of cognitive problems and listing of 18 intervention strategies. | https://www.safestroke.eu/?s=18+ways |
| Stroke Association (UK) | Wide variety of guides of various topics including cognition. | A Complete Guide to Cognitive Problems After Stroke https://www.stroke.org.uk/resources/complete-guide-cognitive-problems-after-stroke Vision Problems After Stroke https://www.stroke.org.uk/resources/vision-problems-after-stroke |
| Stroke Association (UK) | <i>Lived Experience of Stroke Report</i> Chapter 1 of this report explores the hidden effects of stroke including cognitive changes (starting on page 14). The report includes the perspectives of individuals who are living with cognitive effects of stroke. | https://www.stroke.org.uk/lived-experience-of-stroke-report/chapter-1-hidden-effects-of-stroke |
| Stroke Engine | This webpage provides information about attention and strategies to address this impairment. | https://www.stroking.ca/en/patient-info/executive-function-intervention-info/ |
| Stroke Engine | This webpage provides information about cognitive rehabilitation strategies which can improve memory, attention and concentration after stroke. | https://www.stroking.ca/en/patient-info/cognitive-rehabilitation-info/ |

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| COGNITION & PERCEPTION cont'd | | |
|--------------------------------|--|--|
| Stroke Engine | This webpage provides information on unilateral spatial neglect. | https://strokengine.ca/en/consequences/unilateral-spatial-neglect/ |
| Stroke Foundation of Australia | Wide variety of resources including fact sheets, podcasts and videos on cognition. | https://enableme.org.au/Resources |
| Stroke Foundation of Australia | Variety of resources on thinking and perception after stroke. | Thinking & perception after stroke https://strokefoundation.org.au/What-we-do/For%20survivors%20and%20carers/stroke-resources-and-fact-sheets/Thinking-and-perception-after-stroke-fact-sheet |
| Tactus Therapy | Information on left neglect, photos and treatment as well as suggested apps. | https://tactustherapy.com/what-is-left-neglect/ |
| Toronto Stroke Network | <i>My Guide to Stroke Recovery</i> Is an interactive website providing tips on managing common activities and needs after stroke, including cognitive issues such as attention. | http://strokerecovery.guide/managing-symptoms-landing Managing cognitive issues http://strokerecovery.guide/cognition-landing Managing perceptual issues http://strokerecovery.guide/managing-symptoms-landing |

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| EXERCISE & MOBILITY | | |
|---|--|--|
| Canadian Disability Participation Project | <i>Get In Motion</i> program is free, telephone-based Physical Activity Coaching for Canadian adults with a physical disability including stroke. | https://cdpp.ca/get-involved |
| FAME Fitness & Mobility Exercise Program | Stroke recovery program with instructions on how to do exercises at home including videos. | fameexercise.com |
| Flint Rehab | Exercise apps. | https://www.flintrehab.com/2020/apps-for-stroke-patients/ |
| Flint Rehab | Exercise videos. | Easy Leg Exercises https://www.youtube.com/watch?v=-rwby0zA6Vs Hand Exercises https://www.youtube.com/watch?v=iOJYsLyJEnE Core Exercises https://www.youtube.com/watch?v=dGBqTLtdVuA Arm Exercises https://www.youtube.com/watch?v=kuuGlz_ddOM |
| Fountain of Health | Tips and listing of exercise links. | https://fountainofhealth.ca/sites/default/files/self-care_tips_in_stressful_times_copyright_2020.pdf |
| Heart & Stroke | This webpage provides information about physical changes after stroke that can affect the arms and legs. | Changes to arms and legs https://www.heartandstroke.ca/stroke/recovery-and-support/physical-changes/arms-and-legs |
| Heart & Stroke | This webpage includes strategies and tips to address challenges in everyday tasks such as personal care, preparing meals, eating and drinking and household chores. The personal care page has several videos demonstrating strategies to assist dressing. | https://www.heartandstroke.ca/stroke/recovery-and-support/everyday-tasks Direct links to each section: Personal Care https://www.heartandstroke.ca/stroke/recovery-and-support/everyday-tasks/personal-care Preparing meals and eating, drinking https://www.heartandstroke.ca/stroke/recovery-and-support/everyday-tasks/meals Household chores https://www.heartandstroke.ca/stroke/recovery-and-support/everyday-tasks/chores |

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| EXERCISE & MOBILITY cont'd | | |
|---|---|--|
| Heart & Stroke | This infographic provides information about stroke rehabilitation, tips for success, and how stroke can impact the body. | https://www.heartandstroke.ca/-/media/1-stroke-best-practices/rehabilitation-nov2019/csbp-infographic-rehabilitation.ashx?rev=a2cff1fb27424c84bbd44b568d58d1b4 |
| Heart and Stroke Canadian Partnership for Stroke Recovery | Videos on practical strategies for upper extremity management after stroke. | http://canadianstroke.ca/en/tools-resources/videos |
| Lakeridge Health | This short video provides an overview of shoulder pain after stroke and prevention strategies for the early phases after stroke. | https://www.youtube.com/embed/irH-VT_pDxA |
| Mirror Therapy Resources | Variety of resources to assist with mirror therapy in your home. | Stroke Engine https://strokengine.ca/en/interventions/mirror-therapy-upper-extremity/#Patient/FamilyInformation Abilitylab https://www.sralab.org/sites/default/files/2017-05/Mirror%20Therapy.pdf Mirrorthrapy.com https://mirrorthrapy.com/make-your-own-mirror-box-for-therapy/ Saebo https://www.saebo.com/blog/mirror-box-therapy-exercises-stroke-survivors/ |
| National Health Service (Scotland) | An e-learning website designed for caregivers but can also be helpful to persons living with stroke. Learning topics include arm function with videos resources for activities of daily living. | http://www.stroke4carers.org/ |

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| EXERCISE & MOBILITY cont'd | | |
|-----------------------------------|--|---|
| Stroke Association (UK) | This webpage provides a general overview of the types of physical changes after stroke which can affect arm function such as muscle weakness, pain, spasticity, contractures, and sensation. The section on pain after stroke includes more information on shoulder pain and treatments for spasticity and contractures. | https://www.stroke.org.uk/effects-of-stroke/physical-effects-of-stroke |
| Stroke Association (UK) | The Stroke Association in the UK and Stroke of Luck partnered to offer this 12-week exercise program led by PTs and based on mobility levels. Program also includes a video for caregivers | https://mystrokeguide.com/news/12-week-stroke-specific-exercise-video-programme |
| Stroke Engine | This webpage provides information about how a stroke can affect the body. It includes information on arm weakness and shoulder subluxation. | https://strokengine.ca/en/resources/for-patients-and-families/#Whyisarmandlegweaknessassociatedwithastroke? |
| Stroke Foundation of Australia | Wide variety of resources including fact sheets, podcasts and videos on activity and mobility. | https://enableme.org.au/Resources Video, fact sheets, podcasts and information on arm and hand function after stroke. https://enableme.org.au/resources/arm-and-hand-function |
| Stroke Recovery Association of BC | Video on exercise & mobility. | https://strokerecoverybc.ca/7-steps-video/exercise-mobility-video/ |
| Stroke Class | 20-minute exercise video by a physiotherapist. | https://www.strokeclass.com/ |

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| EXERCISE & MOBILITY cont'd | | |
|--|---|--|
| TIME Together in Movement & Exercise | List of free online videos and resources to help people with mobility challenges stay active during COVID-19 isolation. | https://www.uhn.ca/TorontoRehab/Clinics/TIME/Documents/TIME-Exercise-Wellness-Videos-for-People-with-Mobility-Challenges.pdf |
| Toronto Stroke Network | This interactive website provides tips on managing common activities and needs after stroke. The home life section includes tips for managing daily activities when arm function has been affected such as brushing teeth, getting dressed and taking a shower. | Home life http://strokerecovery.guide/home-life-landing |
| University of British Columbia | GRASP (Graded Repetitive Arm Supplementary Program) is an upper-limb rehabilitation program including videos, workbooks, and exercises that can be done at home. | https://neurorehab.med.ubc.ca/grasp |
| University Health Network | Exercise videos. | https://www.youtube.com/watch?v=kpTHDR5k-cY It's Your Choice: Information about the videos https://www.youtube.com/watch?v=XPmUqiTBEpU It's Your Choice: Seated Warm-up https://www.youtube.com/watch?v=Qh94WI9Ecoc It's Your Choice: Strength, Balance and Aerobic Exercise |
| YMCA | Free online programming and workouts designed for a variety of ages and levels of ability. | "Active Older Adults" playlist for people new to exercise https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A Access full program listing YMCA at Home Click "View Full Playlist" using the following link to access full class listing https://www.youtube.com/channel/UCnMjjYuaiaJZT7JilnXPo7jQ |

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| RECREATION & LEISURE (also see section on Exercise & Mobility) | | |
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| Easter Seals | Access 2 Card which provides free or discounted admission to various venues. | https://access2card.ca/ |
| Flint Rehab | Link to 45 activities to try in your home. | https://www.flintrehab.com/activities-for-stroke-patients/ |
| Heart & Stroke Foundation | Webpage providing information on adapting leisure activities after stroke. | https://www.heartandstroke.ca/stroke/recovery-and-support/everyday-tasks/leisure |
| Heart and Stroke Canadian Partnership for Stroke Recovery | Video on recreation and leisure after stroke. | http://canadianstroke.ca/en/tools-resources/videos |
| March of Dimes | Information on accessible travel services including group vacations as well as a service that assists individuals with disabilities overcome barriers to participation. | https://www.marchofdimes.ca/en-ca/programs/rec/accessibletravel https://www.marchofdimes.ca/en-ca/programs/rec/integration |
| Stroke Association - UK | Webpage on leisure and hobbies including suggested activities. | https://www.stroke.org.uk/life-after-stroke/hobbies-and-leisure-activities |
| Stroke Engine | Webpage on participating in leisure activities. | https://strokengine.ca/en/consequences/leisure-participation/ |
| Stroke Foundation - Australia | Tips on getting back to travelling and related topics (e.g. obtaining medical clearance). | https://enableme.org.au/Resources/Travel-and-leisure |
| Therapeutic Recreation Ontario | News section on this website features resources and tips for leisure activities. | http://www.trontario.org/ |

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| RECREATION & LEISURE cont'd (also see section on Exercise & Mobility) | | |
|---|---|--|
| Virtual Tours | Links to a variety of virtual tours. | <p>Parks Canada https://www.pc.gc.ca/en/multimedia/cartes-maps/sec02 Canadian Museum of History https://www.historymuseum.ca/exhibitions/ Royal Ontario Museum https://www.rom.on.ca/en/exhibitions-galleries/exhibitions/online-exhibits Cultural landmarks from around the world https://www.timeout.com/travel/virtual-landmark-tours Other zoos, museums, theme parks https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/</p> |
| World Stroke Association | Booklet featuring individuals from around the world participating in a variety of activities post-stroke. | https://apps.kenes.com/eBook/WSC16/files/downloads/WSO-Stroke-Book-FINAL-20-10-2016.pdf |

| FATIGUE | | |
|---|--|---|
| Heart & Stroke | Information on fatigue and relevant tips. | https://www.heartandstroke.ca/stroke/recovery-and-support/emotions/low-energy |
| Heart and Stroke Canadian Partnership for Stroke Recovery | Video on fatigue and energy conservation after stroke. | http://canadianstroke.ca/en/tools-resources/videos |
| Self Help 4 Stroke | Self-management website provides tips on getting a good sleep and keeping well. | http://selfhelp4stroke.org/?cat=123 |
| Stroke Association - UK | Webpage on the causes of and strategies for fatigue. Guide for post-stroke fatigue. | <p>https://www.stroke.org.uk/effects-of-stroke/tiredness-and-fatigue https://www.stroke.org.uk/sites/default/files/publications/f18_fatigue_after_stroke_web.pdf</p> |
| Stroke Engine | Webpage on types of fatigue, treatments, strategies and interventions. | https://strokengine.ca/en/consequences/fatigue/ |

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| VISION | | |
|-------------------------|---|---|
| Stroke Association (UK) | Wide variety of guides on various topics including visual changes after stroke. | Vision Problems After Stroke https://www.stroke.org.uk/resources/vision-problems-after-stroke |

| CAREGIVERS | | |
|---------------|---|---|
| Care Channel | An online portal with free resources for family and community caregivers to help in the caregiving journey. | https://carechannel.elizz.com/ |
| Carers Canada | Links to caregiving resources and COVID-specific resources | https://www.carerscanada.ca/ |

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| | | |
|---|---|---|
| Government of Canada | Resources for Seniors and Caregivers | https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/resources-older-adults-caregivers.html#a3 |
| Heart & Stroke | Resources to help caregivers cope with their new responsibilities | https://www.heartandstroke.ca/services-and-resources/care-partner-support |
| March of Dimes | <i>A Caregivers Guide to Stroke Recovery</i> provides useful information for caregivers and includes an overview of how a stroke can affect your loved one. | English: https://afterstroke.marchofdimes.ca/information-resources/Documents/AfterStroke_CareGiverguide_final_.pdf French: https://afterstroke.marchofdimes.ca/information-resources/Documents/FINAL_caregiver_guide_FR_2017a.pdf |
| Ontario Caregiver Organization | Planning for backup caregiving in case of illness | https://ontariocaregiver.ca/wp-content/uploads/2020/03/Ontario-Caregiver-Organization-Emergency-Caregiver-Plan.pdf |
| Ontario Caregiver Organization | Connecting socially while keeping your distance | https://ontariocaregiver.ca/wp-content/uploads/2020/03/Ontario-Caregiver-Organization-Connecting-Socially-While-Keeping-Your-Distance.pdf |
| Ontario Caregiver Organization | How technology can support caregivers during COVID-19 | https://ontariocaregiver.ca/wp-content/uploads/2020/03/Ontario-Caregiver-Organization-How-Technology-Can-Support-Caregivers-During-COVID-19.pdf |
| Ontario Caregiver Organization | Tips for caregiver mental health during COVID-19 | https://ontariocaregiver.ca/wp-content/uploads/2020/03/Ontario-Caregiver-Organization-Caregiver-Mental-Health-During-COVID-19-1.pdf |
| Ontario Caregiver Organization | Tips on how to care for yourself and links to self-care videos. | https://ontariocaregiver.ca/resources-education/caregiver-resources/taking-care-of-yourself/ |
| CAREGIVERS | | |
| Ontario Neurodegenerative Disease Research Initiative | Information on social distancing and caregiver isolation | https://ondri.ca/social-distancing-yes-social-isolation-no/ |
| Stroke4Carers | Variety of tips and recommendations for individuals caring for a stroke survivor. | https://www.stroke4carers.org/?page_id=791 |




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| APPS – RANGE OF SUBJECTS | | |
|---|---|---|
| National Health Service My Therapy | Top rated apps for stroke & ABI including cognition, communication, relaxation, pain, mood, sleep, vision, eating, drinking and memory. | https://www.my-therappy.co.uk/medical-condition/stroke-brain-injury |
| West GTA Community Stroke Resources Guide | Charts of apps to support self-management, communication and cognition. | See following 7 charts. |





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| Stroke Specific | | | | |
|---|--|--|--|-------------------------|
| Name | How to access | What it does | iOS or Android | Price |
| 3D Brain  | Apple App Store Google Play Store | Learn about brain functions, disorders, damage, and research | BOTH 3D Brain (iOS) 3D Brain (Android) | Free |
| Brain tutor 3D  | Apple App Store Google Play Store | Explore the structure and function of the brain | BOTH Brain Tutor 3D (iOS) Brain Tutor 3D (Android) | Free (in-app purchases) |
| Stroke Risk-o-meter  | www.strokeriskometer.com Apple App Store Google Play Store | Assess individual stroke related risk | BOTH Stroke Risk-o-meter (iOS) Stroke Risk-o-meter (Android) | Free |

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| Self-Management | | | | |
|--|---|---|--|--------------------------------|
| Name | How to access | What it does | iOS or Android | Price |
| Breathe2relax  | Apple App Store Google Play Store | Stress management tool, learn diaphragmatic breathing to help relaxation | BOTH Breathe2relax (iOS) Breathe2relax (Android) | Free |
| ePocrates drug reference  | www.epocrates.com Apple App Store Google Play Store | Drug information, safety information, medical news | BOTH ePocrates (iOS) ePocrates (Android) | Free (in-app purchases) |
| Smoke Free  | Apple App Store Google Play Store | Help to quit smoking: track progress | BOTH Smoke Free (iOS) Smoke Free (Android) | Free (in-app purchases) |
| Blood pressure companion  | Apple App Store Google Play Store | Monitor blood pressure by words, charts, and graphs – explore reasons for high blood pressure | BOTH Blood pressure companion (iOS) Blood pressure companion (Android) | Apple: Free Android: \$0.99 |

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| Thinking Programs | | | | |
|---|--|---|--|-------------------------|
| Name | How to access | What it does | iOS or Android | Price |
| Lumosity  | www.lumosity.ca Apple App Store Google Play Store | A collection of games geared towards practicing a variety of cognitive skills | BOTH Lumosity (iOS) Lumosity (Android) | Free (in-app purchases) |
| Dots: A Game about Connecting  | Apple App Store Google Play Store | Problem solving | BOTH Dots (iOS) Dots (Android) | Free (in-app purchases) |
| iMimic  | www.imimicgame.com Apple App Store | Memory | Apple (iOS) iMimic (iOS) | Free |
| Pictoword  | Apple App Store Google Play Store | Word and image association | BOTH Pictoword (iOS) Pictoword (Android) | Free |

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| Skills & Puzzle games | | | | |
|---|--|--|--|-------------------------|
| Name | How to access | What it does | iOS or Android | Price |
| Virtuoso (play piano)  | Apple App Store Google Play Store | Learn to play the piano - dexterity | BOTH Virtuoso (iOS) Virtuoso (Android) | Free |
| Missing Link  | Apple App Store | Improve spelling, vocabulary, and word recognition | Apple (iOS) Missing Link (iOS) | Free (in-app purchases) |
| 4 Pics 1 Word  | Apple App Store Google Play Store | Word and image association | BOTH 4pics1word (iOS) 4pics1word (Android) | Free (in-app purchases) |
| 7 little words  | www.7littlewords.com Apple App Store Google Play Store | Word building and grouping | BOTH 7 Little Words (iOS) 7 Little Words (Android) | Free (in-app purchases) |
| Red Herring  | www.redherringgame.com Apple App Store Google Play Store | Word grouping and association | BOTH Red Herring (iOS) Red Herring (Android) | Free (in-app purchases) |




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| Word Games | | | | |
|---|--|--------------------------------------|--|-------------------------|
| Name | How to access | What it does | iOS or Android | Price |
| Word abacus  | Apple App Store | Word recognition | Apple (iOS) Word Abacus (iOS) | Free (in-app purchases) |
| Word search (pro)  | Apple App Store Google Play Store | Word recognition | BOTH Word Search (iOS) Word Search (Android) | Free (in-app purchases) |
| Hangman  | Apple App Store Google Play Store | Vocabulary building | BOTH Hangman (iOS) Hangman (Android) | Free |
| Word jigsaw  | www.wordjigsaw.com Apple App Store Google Play Store | Verbal and spatial reasoning | BOTH Word Jigsaw (iOS) Word Jigsaw (Android) | Free (in-app purchases) |
| Word ladder  | Apple App Store | Problem solving and word association | Apple (iOS) Word Ladder (iOS) | Free (in-app purchases) |
| Word connect  | Apple App Store Google Play Store | Word building and vocabulary | BOTH Word Connect (iOS) Word Connect (Android) | Free (in-app purchases) |

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| Speech Assistance & Text-to-Speech | | | | |
|--|-----------------|---|---|-------------------------|
| Name | How to access | What it does | iOS or Android | Price |
| Dictation Talk to Text  | Apple App Store | Speech to Text voice recognition for social media and text messaging | Apple (iOS) Dictation Talk to Text (iOS) | Free (in-app purchases) |
| Speech sounds on Cue  | Apple App Store | Speech therapy software for articulation difficulty | Apple (iOS) Speech Sounds on Cue (iOS) | \$17.99 |
| Speak and Translate  | Apple App Store | Speech to speech, speech to text, and text to text translations between many global languages | Apple (iOS) Speak and Translate (iOS) | Free (in-app purchases) |

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| Speech & Writing Practice | | | | |
|--|---|--|--|---|
| Name | How to access | What it does | iOS or Android | Price |
| Lingraphica Talk-Path News  | www.talkpathnews.com Google Play Store | Specialized news source to help with reading and understanding the news | Android Lingraphica TalkPath News (Android) | Free |
| Small Talk Aphasia  | Apple App Store | Provides a vocabulary of pictures and words that speak in a natural human voice | Apple (iOS) Small Talk - FEMALE Small Talk - MALE | Free |
| I can Articulate  | Apple App Store | Development and generalization of speech sounds | Apple (iOS) I Can Articulate (iOS) | Free (in-app purchases) |
| Quick Artic  | Apple App Store | Practice Articulation of common English sounds | Apple (iOS) Quick Artic (iOS) | Free |
| Speech tutor  | Apple App Store | Learn and practice speech sounds and view an animation of proper tongue movement | Apple (iOS) Speech Tutor (iOS) | Apple: \$27.99 |
| Language Therapy Lite  | Apple App Store Google Play Store | Boost language skills and enhance speech therapy | BOTH Lite version (iOS) Lite version (Android) FULL version (iOS) FULL version (Android) | Lite: Free 4-in-1 full app: Apple: \$74.99 Android: \$104.99 |
| Writing therapy  | Apple App Store Google Play Store | Spelling and word association from sounds and pictures | BOTH Writing Therapy (iOS) Writing Therapy (Android) | Apple store: \$27.99 Google Play store: \$34.99 |