

Stroke Information Resources

Virtual North Durham Seniors Fair

The resources listed below provide information about stroke, managing risk factors and living with the effects of stroke.

General Information on Stroke

- [Stroke | Heart and Stroke Foundation](#)

This link is to the main stroke information page of the Heart and Stroke Foundation of Canada website.

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

This link provides an overview of the stroke recovery journey. (Heart and Stroke Foundation of Canada)

- [Your Stroke Journey: A Guide for People Living with Stroke](#)

This booklet provides information on stroke and its effects. It features tips and strategies to address challenges related to managing anxiety and frustration. Available to download or in hardcopy format. (Heart and Stroke Foundation of Canada)

- [Stroke in Young Adults](#)

A resource guide for young adults, their families and caregivers and provides answers to questions about physical and mental recovery, as well as resources and services available. (Canadian Partnership for Stroke Recovery)

- [7 Steps to Stroke Recovery](#)

A series of videos and resource guides from March of Dimes Canada which can support you in reclaiming life after stroke.

- **Stroke Engine** <https://strokengine.ca/en/>

This website provides information about stroke and stroke rehabilitation interventions.

- **Signs of stroke videos (Heart and Stroke Foundation of Canada)**

<https://www.youtube.com/playlist?list=PLILH6D8gy00x7X8pUBVjjHkl1il-WU78e>

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Stroke Prevention

- **Healthy Living (Heart and Stroke Foundation of Canada)**

<https://www.heartandstroke.ca/healthy-living>

- **Risk Factor Management (Heart and Stroke Foundation of Canada)**

<https://www.heartandstroke.ca/stroke/risk-and-prevention>

Exercise after Stroke

General Information

- [Aerobic Exercise after Stroke Guidelines \(Patient's Guide\)](#)
This resource provides aerobic activity recommendations for people post stroke.(Canadian Partnership for Stroke Recovery)
- [Exercise after Stroke \(Heart and Stroke Foundation\)](#)

Online exercise programs and resources

- [Exercise & Wellness Videos for People with Mobility Challenges](#)

This document contains several links to videos on exercises as well as mindfulness and relaxation. (Toronto Rehab, University Health Network)

- [Stroke Specific Exercise Programme](#)

A series of 12 videos to help you be more active at home. There are different levels of exercises, which you can follow at your pace. (Stroke Association – United Kingdom)

- **Together in Movement and Exercise (TIME™) Program**

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TIME™ exercise program is appropriate for people with mobility challenges. Its best suited for people who find it difficult to walk in the community and who use a cane or walker to get around.

Available online during the COVID-19 pandemic. Register <https://mssociety.ca/events/1420/time-at-home>

Visit the TIME™ program website for a list of locations that offer the program in-person (in accordance with local public health guidelines) <https://www.uhn.ca/TorontoRehab/Clinics/TIME>

- **Central East Regional Cardiovascular Rehabilitation Program**

[Cardiac Care - Cardiovascular Rehab \(mycardiaccare.ca\)](http://mycardiaccare.ca)

This program is for persons with cardiovascular disease, including mild non-disabling stroke and TIA. It is also a preventative program for anyone who is at high risk of developing cardiovascular disease. The program is available online during the COVID-19 pandemic.

Self- Management Resources

- **Post Stroke Checklist**

This checklist of common post stroke challenges can be used to help guide communication with the health care team about ongoing recovery needs. (Heart and Stroke Foundation of Canada)

- **Enabling Self-Management Following Stroke: A Checklist**

This checklist is designed to support those who are transitioning home after a stay in hospital. It provides tips to help guide recovery. People are encouraged to use this list to discuss different aspects of recovery with their stroke care teams. (Heart and Stroke Foundation of Canada)

- **Stroke Recovery Video Series.** [Patients & Families | Canadian Partnership for Stroke Recovery \(canadianstroke.ca\)](http://canadianstroke.ca)

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Topics include memory, fatigue, attention, stress, unilateral spatial neglect, upper extremity movement, organization and planning, resilience, leisure and functional communication. Resource sheets accompany each video with additional links to online resources.

Self- Management Programs

- **Central East Self-Management Workshops** <https://www.ceselfmanagement.ca/>

ONLINE real time classes. One day a week for 6 weeks. Self-Management Classes for:

- Diabetes
- Chronic Conditions
- Chronic Pain
- Powerful Tools for Caregivers

- [Self Help 4 Stroke](#)

This is an online self-management program for people with stroke. Topics include emotional support, coping with set-backs and keeping well.

Cognitive Impairment

- **iGeriCare**

<https://igericare.healthhq.ca/lessons/stages-of-dementia>

Online learning modules for caregivers of people with different types of dementia, printed resources and videos, live and recorded interactive webinars, able to ask questions and get answers at the end of webinar presentation. The two doctors from McMaster University who host this website and lead these webinars are excellent presenters, very knowledgeable and compassionate.

- **Alzheimer Society - Durham Region**

<https://alzheimer.ca/durham/>

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This site will connect you with education accessible by articles online or hard copy booklets, online and in person webinars, one day or one-session workshops and weekly sessions. You may also qualify to access funding they sometimes have available free respite services needed to attend one of their learning opportunities. Group support sessions always available. Grief counselling available.

Local Alzheimer society Office in Whitby <https://alzheimer.ca/durham/en>

Services provided:

- Living Well with Dementia programs
 - Dementia education and resources
 - MINT Memory Clinic
 - Enhancing Care for Ontario Care Partners
 - Referral services
 - Individual and group support
 - Safety services
-
- **Brain Injury Association of Durham Region** (www.biad.ca)

The Brain Injury Association of Durham Region provides a variety of support for people of Durham Region who have experienced brain injuries, including stroke.

Caregiver Resources

- [Taking Care of Yourself](#)

This webpage for caregivers provides tips on how to care for yourself and provides links to self-care videos. (The Ontario Caregiver Organization)

- [Stroke4Carers](#)

This e-learning website is designed for caregivers but can be helpful to persons living with stroke. (Stroke4Carers, National Health Service-Scotland)

- See the Powerful Tools for Caregivers Program under the Central East Self- Management program listed above.

- **Alzheimer's Association - Caregiver Resources**

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<https://www.alz.org/help-support/caregiving/stages-behaviors>

This link specifically great information on what to expect and how to manage different stages of dementia. Helping to understand what is happening to their brain's ability to function- what causes hallucinations for example, how to manage the conversation and when to seek help to determine if there are other causes for the hallucinations that needs to be assessed and treated. Other great information in other areas of this site

- **March of Dimes Canada - After Stroke Caregiver Support**

<https://afterstroke.marchofdimes.ca/families-caregivers>

Online programs and resources for caregivers including webinars, caregiver connection groups.

Local Programs and Resources

- **Community Care Durham**

<https://www.communitycaredurham.on.ca/services/>

Provide services for a number of supports patients and their caregivers may need including Access to Primary Care (Assisted Transportation) Adult Day Program, Assisted Living and Supportive Housing/Community Food Box/COPE Mental Health Support Groups/Exercise and Fall Prevention/Friendly Visiting/Home At Last (HAL)/Home Help and Home Maintenance/In

Home Respite/Luncheon Out/Meals on Wheels – Frozen Meals and Online Ordering/Meals on Wheels – Hot Meals/Telephone Reassurance/Transportation – Accessible Van/Transportation – Assisted Transportation – Medical and Other Important Drives

- **Lakeridge Health Oshawa**

<https://www.lakeridgehealth.on.ca/en/ourservices/IntegratedStrokeUnit1.asp>

Lakeridge Health Hospital Oshawa has an Integrated Stroke Unit for care and recovery in hospital and as an outpatient providing rehabilitation services. They are currently offering virtual appointments. They also have a stroke follow up clinic.

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- **March of Dimes Canada** <https://www.marchofdimes.ca/en-ca>

March of Dimes Canada provides services that support persons with stroke to continue their recovery in the community. Services include After Stroke Program, Caregiver Support, Aphasia and Communication Disabilities program as well as other programs for persons with physical disabilities.

- After Stroke Program (Virtual Programs) <https://afterstroke.marchofdimes.ca/>
 - Virtual Peer Support Groups – contact Raney Jansma (rjansma@marchofdimes.ca)
 - Aphasia and Communication Disabilities Program - locations in Stouffville and Whitby
<https://www.marchofdimes.ca/en-ca/programs/acs/acdp>
- **Search for more local Community Resources and Programs via the Central East Healthline or by calling 211.**

<https://centraleasthealthline.ca/libraryContent.aspx?id=21404>

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