

## 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	<a href="https://www.stroke.org/en/life-after-stroke/covid19-stroke-podcast-series-for-patients-and-caregivers/episode-1-stroke-and-the-impact-of-covid19">https://www.stroke.org/en/life-after-stroke/covid19-stroke-podcast-series-for-patients-and-caregivers/episode-1-stroke-and-the-impact-of-covid19</a>
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)	<a href="https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes_de_sante/19-210-30FA_Guide-autosoins_francais.pdf?1584985897">https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes_de_sante/19-210-30FA_Guide-autosoins_francais.pdf?1584985897</a>
Government of Canada	Resources for seniors and caregivers	<a href="https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/resources-older-adults-caregivers.html#a3">https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/resources-older-adults-caregivers.html#a3</a>
Heart & Stroke	Recorded webinars on YouTube addressing COVID-19 related stroke survivor and caregiver concerns.	<a href="#">Heart &amp; Stroke Presents... playlist.</a>
Heart & Stroke	General information on COVID-19 and stroke.	<a href="https://www.heartandstroke.ca/articles/coronavirus-heart-disease-and-stroke">https://www.heartandstroke.ca/articles/coronavirus-heart-disease-and-stroke</a>
Heart & Stroke	Handwashing video for someone with affected upper limb.	<a href="https://youtu.be/EOj0L03eDPs">https://youtu.be/EOj0L03eDPs</a>
Mental Health Commission of Canada	Mental health first aid during COVID-19.	<a href="https://www.mhfa.ca/en/blog/mental-health-first-aid-covid-19-self-care-resilience-guide">https://www.mhfa.ca/en/blog/mental-health-first-aid-covid-19-self-care-resilience-guide</a>
World Health Organization (WHO)	Mental health considerations during COVID-19	<a href="https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2">https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2</a>

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GENERAL RESOURCES		
Healthline	Listing of local health and community services	<a href="https://www.thehealthline.ca/">https://www.thehealthline.ca/</a>
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.	<a href="https://www.canadianstroke.ca/sites/default/files/resources/Stroke_Young_FINAL.pdf">https://www.canadianstroke.ca/sites/default/files/resources/Stroke_Young_FINAL.pdf</a>
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.	<a href="https://www.heartandstroke.ca/stroke/recovery-and-support">https://www.heartandstroke.ca/stroke/recovery-and-support</a>
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.	<a href="http://canadianstrokenetwork.ca/en/wp-content/uploads/2014/08/GettingOn-EN.pdf">http://canadianstrokenetwork.ca/en/wp-content/uploads/2014/08/GettingOn-EN.pdf</a>
Heart & Stroke	Website includes listing of various supports and services.	<a href="https://www.heartandstroke.ca/services-and-resources">https://www.heartandstroke.ca/services-and-resources</a>
Heart & Stroke	Post stroke checklist provides a quick two-page checklist for self-assessment.	<a href="https://www.heartandstroke.ca/-/media/1-stroke-best-practices/resources/patient-resources/002-17_csbp_post_stroke_checklist_85x11_en_v1.ashx?rev=748ae8f5d51743fa8c7628b773f0f36b">https://www.heartandstroke.ca/-/media/1-stroke-best-practices/resources/patient-resources/002-17_csbp_post_stroke_checklist_85x11_en_v1.ashx?rev=748ae8f5d51743fa8c7628b773f0f36b</a>

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

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

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APHASIA & SWALLOWING		
Aphasia Institute	Aphasia Friendly COVID-19 Info Sheet	<a href="https://www.participics.ca/">https://www.participics.ca/</a>
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 <a href="http://www.aphasia.ca">www.aphasia.ca</a> Handout: Does your family member have aphasia <a href="https://www.aphasia.ca/wp-content/uploads/2020/09/SCA_Aphasia_Family_Pamphlet_DIGITAL.pdf">https://www.aphasia.ca/wp-content/uploads/2020/09/SCA_Aphasia_Family_Pamphlet_DIGITAL.pdf</a> Living with aphasia webpage <a href="https://www.aphasia.ca/people-with-aphasia-and-families/">https://www.aphasia.ca/people-with-aphasia-and-families/</a>
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	<a href="https://devices.aphasia.com/virtual-connections">https://devices.aphasia.com/virtual-connections</a>
Canadian Partnership for Stroke Recovery	Short videos and resource sheets for a variety of stroke-related impairments including aphasia.	<a href="http://canadianstroke.ca/en/tools-resources/videos">http://canadianstroke.ca/en/tools-resources/videos</a>
Heart and Stroke Canadian Partnership for Stroke Recovery	Video on practical communication skills after a stroke.	<a href="https://www.canadianstroke.ca/en/tools-resources/videos">https://www.canadianstroke.ca/en/tools-resources/videos</a>
Heart & Stroke	This webpage provides an overview of aphasia and communication strategies.	<a href="https://www.heartandstroke.ca/stroke/recovery-and-support/physical-changes/communication">https://www.heartandstroke.ca/stroke/recovery-and-support/physical-changes/communication</a>
Heart & Stroke	COVID 19 Webinar Series- <i>Keeping the Conversation Going: Managing aphasia during COVID-19 to reduce social isolation</i>	<a href="https://www.youtube.com/watch?v=inlmx8A2zPY&amp;feature=youtu.be">https://www.youtube.com/watch?v=inlmx8A2zPY&amp;feature=youtu.be</a>

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

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

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

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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.	<a href="https://www.heartandstroke.ca/stroke/recovery-and-support/emotions/depression">https://www.heartandstroke.ca/stroke/recovery-and-support/emotions/depression</a>
Heart & Stroke	Information on stress and coping strategies.	<a href="https://www.heartandstroke.ca/-/media/pdf-files/canada/other/coping-with-stress-en.ashx">https://www.heartandstroke.ca/-/media/pdf-files/canada/other/coping-with-stress-en.ashx</a> <a href="https://www.heartandstroke.ca/healthy-living/reduce-stress/manage-your-stress">https://www.heartandstroke.ca/healthy-living/reduce-stress/manage-your-stress</a>
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.	<a href="http://canadianstroke.ca/en/tools-resources/videos">http://canadianstroke.ca/en/tools-resources/videos</a>
My Health Alberta	Webpage and videos on stress.	<a href="https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=rlxsk">https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=rlxsk</a>
On Line Therapy	Digital mental health supports.	<a href="https://www.mindbeacon.com/">https://www.mindbeacon.com/</a>
Scarborough Health Network	Listing of apps for sleep, anxiety, depression and relaxation.	<a href="https://www.shn.ca/mental-health/mental-health-app-library/">https://www.shn.ca/mental-health/mental-health-app-library/</a>
Self-Care Strategies	Coping strategies for self-care.	<a href="https://www.wellwood.ca/self-care/">https://www.wellwood.ca/self-care/</a>
Self Help 4 Stroke	Self-help website for people with stroke that includes topics such as emotional support, coping and staying well.	<a href="http://selfhelp4stroke.org/">http://selfhelp4stroke.org/</a>



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

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

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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.	<a href="http://www.stroke4carers.org/">http://www.stroke4carers.org/</a>
Stroke Alliance of Europe	Overview of cognitive problems and listing of 18 intervention strategies.	<a href="https://www.safestroke.eu/?s=18+ways">https://www.safestroke.eu/?s=18+ways</a>
Stroke Association (UK)	Wide variety of guides of various topics including cognition.	A Complete Guide to Cognitive Problems After Stroke <a href="https://www.stroke.org.uk/resources/complete-guide-cognitive-problems-after-stroke">https://www.stroke.org.uk/resources/complete-guide-cognitive-problems-after-stroke</a> Vision Problems After Stroke <a href="https://www.stroke.org.uk/resources/vision-problems-after-stroke">https://www.stroke.org.uk/resources/vision-problems-after-stroke</a>
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.	<a href="https://www.stroke.org.uk/lived-experience-of-stroke-report/chapter-1-hidden-effects-of-stroke">https://www.stroke.org.uk/lived-experience-of-stroke-report/chapter-1-hidden-effects-of-stroke</a>
Stroke Engine	This webpage provides information about attention and strategies to address this impairment.	<a href="https://www.stroking.ca/en/patient-info/executive-function-intervention-info/">https://www.stroking.ca/en/patient-info/executive-function-intervention-info/</a>
Stroke Engine	This webpage provides information about cognitive rehabilitation strategies which can improve memory, attention and concentration after stroke.	<a href="https://www.stroking.ca/en/patient-info/cognitive-rehabilitation-info/">https://www.stroking.ca/en/patient-info/cognitive-rehabilitation-info/</a>

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Stroke Engine	This webpage provides information on unilateral spatial neglect.	<a href="https://strokengine.ca/en/consequences/unilateral-spatial-neglect/">https://strokengine.ca/en/consequences/unilateral-spatial-neglect/</a>
Stroke Foundation of Australia	Wide variety of resources including fact sheets, podcasts and videos on cognition.	<a href="https://enableme.org.au/Resources">https://enableme.org.au/Resources</a>
Stroke Foundation of Australia	Variety of resources on thinking and perception after stroke.	Thinking & perception after stroke <a href="https://strokefoundation.org.au/What-we-do/For%20survivors%20and%20carers/stroke-resources-and-fact-sheets/Thinking-and-perception-after-stroke-fact-sheet">https://strokefoundation.org.au/What-we-do/For%20survivors%20and%20carers/stroke-resources-and-fact-sheets/Thinking-and-perception-after-stroke-fact-sheet</a>
Tactus Therapy	Information on left neglect, photos and treatment as well as suggested apps.	<a href="https://tactustherapy.com/what-is-left-neglect/">https://tactustherapy.com/what-is-left-neglect/</a>
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.	<a href="http://strokerecovery.guide/managing-symptoms-landing">http://strokerecovery.guide/managing-symptoms-landing</a>  Managing cognitive issues <a href="http://strokerecovery.guide/cognition-landing">http://strokerecovery.guide/cognition-landing</a>  Managing perceptual issues <a href="http://strokerecovery.guide/managing-symptoms-landing">http://strokerecovery.guide/managing-symptoms-landing</a>

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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.	<a href="https://cdpp.ca/get-involved">https://cdpp.ca/get-involved</a>
FAME Fitness & Mobility Exercise Program	Stroke recovery program with instructions on how to do exercises at home including videos.	<a href="http://fameexercise.com">fameexercise.com</a>
Flint Rehab	Exercise apps.	<a href="https://www.flintrehab.com/2020/apps-for-stroke-patients/">https://www.flintrehab.com/2020/apps-for-stroke-patients/</a>
Flint Rehab	Exercise videos.	Easy Leg Exercises <a href="https://www.youtube.com/watch?v=-rwby0zA6Vs">https://www.youtube.com/watch?v=-rwby0zA6Vs</a> Hand Exercises <a href="https://www.youtube.com/watch?v=iOJYsLyJEnE">https://www.youtube.com/watch?v=iOJYsLyJEnE</a> Core Exercises <a href="https://www.youtube.com/watch?v=dGBqTLtdVuA">https://www.youtube.com/watch?v=dGBqTLtdVuA</a> Arm Exercises <a href="https://www.youtube.com/watch?v=kuuGlz_ddOM">https://www.youtube.com/watch?v=kuuGlz_ddOM</a>
Fountain of Health	Tips and listing of exercise links.	<a href="https://fountainofhealth.ca/sites/default/files/self-care_tips_in_stressful_times_copyright_2020.pdf">https://fountainofhealth.ca/sites/default/files/self-care_tips_in_stressful_times_copyright_2020.pdf</a>
Heart & Stroke	This webpage provides information about physical changes after stroke that can affect the arms and legs.	Changes to arms and legs <a href="https://www.heartandstroke.ca/stroke/recovery-and-support/physical-changes/arms-and-legs">https://www.heartandstroke.ca/stroke/recovery-and-support/physical-changes/arms-and-legs</a>
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.	<a href="https://www.heartandstroke.ca/stroke/recovery-and-support/everyday-tasks">https://www.heartandstroke.ca/stroke/recovery-and-support/everyday-tasks</a> Direct links to each section: Personal Care <a href="https://www.heartandstroke.ca/stroke/recovery-and-support/everyday-tasks/personal-care">https://www.heartandstroke.ca/stroke/recovery-and-support/everyday-tasks/personal-care</a> Preparing meals and eating, drinking <a href="https://www.heartandstroke.ca/stroke/recovery-and-support/everyday-tasks/meals">https://www.heartandstroke.ca/stroke/recovery-and-support/everyday-tasks/meals</a> Household chores <a href="https://www.heartandstroke.ca/stroke/recovery-and-support/everyday-tasks/chores">https://www.heartandstroke.ca/stroke/recovery-and-support/everyday-tasks/chores</a>

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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.	<a href="https://www.heartandstroke.ca/-/media/1-stroke-best-practices/rehabilitation-nov2019/csbp-infographic-rehabilitation.ashx?rev=a2cff1fb27424c84bbd44b568d58d1b4">https://www.heartandstroke.ca/-/media/1-stroke-best-practices/rehabilitation-nov2019/csbp-infographic-rehabilitation.ashx?rev=a2cff1fb27424c84bbd44b568d58d1b4</a>
Heart and Stroke Canadian Partnership for Stroke Recovery	Videos on practical strategies for upper extremity management after stroke.	<a href="http://canadianstroke.ca/en/tools-resources/videos">http://canadianstroke.ca/en/tools-resources/videos</a>
Lakeridge Health	This short video provides an overview of shoulder pain after stroke and prevention strategies for the early phases after stroke.	<a href="https://www.youtube.com/embed/irH-VT_pDxA">https://www.youtube.com/embed/irH-VT_pDxA</a>
Mirror Therapy Resources	Variety of resources to assist with mirror therapy in your home.	Stroke Engine <a href="https://strokengine.ca/en/interventions/mirror-therapy-upper-extremity/#Patient/FamilyInformation">https://strokengine.ca/en/interventions/mirror-therapy-upper-extremity/#Patient/FamilyInformation</a> Abilitylab <a href="https://www.sralab.org/sites/default/files/2017-05/Mirror%20Therapy.pdf">https://www.sralab.org/sites/default/files/2017-05/Mirror%20Therapy.pdf</a> Mirrorthrapy.com <a href="https://mirrorthrapy.com/make-your-own-mirror-box-for-therapy/">https://mirrorthrapy.com/make-your-own-mirror-box-for-therapy/</a> Saebo <a href="https://www.saebo.com/blog/mirror-box-therapy-exercises-stroke-survivors/">https://www.saebo.com/blog/mirror-box-therapy-exercises-stroke-survivors/</a>
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.	<a href="http://www.stroke4carers.org/">http://www.stroke4carers.org/</a>

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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.	<a href="https://www.stroke.org.uk/effects-of-stroke/physical-effects-of-stroke">https://www.stroke.org.uk/effects-of-stroke/physical-effects-of-stroke</a>
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	<a href="https://mystrokeguide.com/news/12-week-stroke-specific-exercise-video-programme">https://mystrokeguide.com/news/12-week-stroke-specific-exercise-video-programme</a>
Stroke Engine	This webpage provides information about how a stroke can affect the body. It includes information on arm weakness and shoulder subluxation.	<a href="https://strokengine.ca/en/resources/for-patients-and-families/#Whyisarmandlegweaknessassociatedwithastroke?">https://strokengine.ca/en/resources/for-patients-and-families/#Whyisarmandlegweaknessassociatedwithastroke?</a>
Stroke Foundation of Australia	Wide variety of resources including fact sheets, podcasts and videos on activity and mobility.	<a href="https://enableme.org.au/Resources">https://enableme.org.au/Resources</a> Video, fact sheets, podcasts and information on arm and hand function after stroke. <a href="https://enableme.org.au/resources/arm-and-hand-function">https://enableme.org.au/resources/arm-and-hand-function</a>
Stroke Recovery Association of BC	Video on exercise & mobility.	<a href="https://strokerecoverybc.ca/7-steps-video/exercise-mobility-video/">https://strokerecoverybc.ca/7-steps-video/exercise-mobility-video/</a>
Stroke Class	20-minute exercise video by a physiotherapist.	<a href="https://www.strokeclass.com/">https://www.strokeclass.com/</a>

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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.	<a href="https://www.uhn.ca/TorontoRehab/Clinics/TIME/Documents/TIME-Exercise-Wellness-Videos-for-People-with-Mobility-Challenges.pdf">https://www.uhn.ca/TorontoRehab/Clinics/TIME/Documents/TIME-Exercise-Wellness-Videos-for-People-with-Mobility-Challenges.pdf</a>
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 <a href="http://strokerecovery.guide/home-life-landing">http://strokerecovery.guide/home-life-landing</a>
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.	<a href="https://neurorehab.med.ubc.ca/grasp">https://neurorehab.med.ubc.ca/grasp</a>
University Health Network	Exercise videos.	<a href="https://www.youtube.com/watch?v=kpTHDR5k-cY">https://www.youtube.com/watch?v=kpTHDR5k-cY</a> It's Your Choice: Information about the videos <a href="https://www.youtube.com/watch?v=XPmUqiTBEpU">https://www.youtube.com/watch?v=XPmUqiTBEpU</a> It's Your Choice: Seated Warm-up <a href="https://www.youtube.com/watch?v=Qh94WI9Ecoc">https://www.youtube.com/watch?v=Qh94WI9Ecoc</a> 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 <a href="https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A">https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A</a> Access full program listing <a href="#">YMCA at Home</a> Click "View Full Playlist" using the following link to access full class listing <a href="https://www.youtube.com/channel/UCnMjjYuaIJZT7JilnXPo7jQ">https://www.youtube.com/channel/UCnMjjYuaIJZT7JilnXPo7jQ</a>

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



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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  <a href="https://www.pc.gc.ca/en/multimedia/cartes-maps/sec02">https://www.pc.gc.ca/en/multimedia/cartes-maps/sec02</a>                      Canadian Museum of History  <a href="https://www.historymuseum.ca/exhibitions/">https://www.historymuseum.ca/exhibitions/</a>                      Royal Ontario Museum  <a href="https://www.rom.on.ca/en/exhibitions-galleries/exhibitions/online-exhibits">https://www.rom.on.ca/en/exhibitions-galleries/exhibitions/online-exhibits</a>                      Cultural landmarks from around the world  <a href="https://www.timeout.com/travel/virtual-landmark-tours">https://www.timeout.com/travel/virtual-landmark-tours</a>                      Other zoos, museums, theme parks  <a href="https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/">https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/</a></p>
World Stroke Association	Booklet featuring individuals from around the world participating in a variety of activities post-stroke.	<a href="https://apps.kenes.com/eBook/WSC16/files/downloads/WSO-Stroke-Book-FINAL-20-10-2016.pdf">https://apps.kenes.com/eBook/WSC16/files/downloads/WSO-Stroke-Book-FINAL-20-10-2016.pdf</a>

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

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

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

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




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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.	<a href="https://www.my-therappy.co.uk/medical-condition/stroke-brain-injury">https://www.my-therappy.co.uk/medical-condition/stroke-brain-injury</a>
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
<b>3D Brain</b> 	Apple App Store Google Play Store	Learn about brain functions, disorders, damage, and research	BOTH 3D Brain (iOS) 3D Brain (Android)	Free
<b>Brain tutor 3D</b> 	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)
<b>Stroke Risk-o-meter</b> 	<a href="http://www.strokeriskometer.com">www.strokeriskometer.com</a>  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
<b>Breathe2relax</b> 	Apple App Store Google Play Store	Stress management tool, learn diaphragmatic breathing to help relaxation	BOTH Breathe2relax (iOS) Breathe2relax (Android)	Free
<b>ePocrates drug reference</b> 	www.epocrates.com  Apple App Store Google Play Store	Drug information, safety information, medical news	BOTH ePocrates (iOS) ePocrates (Android)	Free (in-app purchases)
<b>Smoke Free</b> 	Apple App Store Google Play Store	Help to quit smoking: track progress	BOTH Smoke Free (iOS) Smoke Free (Android)	Free (in-app purchases)
<b>Blood pressure companion</b> 	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
<b>Lumosity</b> 	<a href="http://www.lumosity.ca">www.lumosity.ca</a> Apple App Store Google Play Store	A collection of games geared towards practicing a variety of cognitive skills	BOTH <a href="#">Lumosity (iOS)</a> <a href="#">Lumosity (Android)</a>	Free (in-app purchases)
<b>Dots: A Game about Connecting</b> 	Apple App Store Google Play Store	Problem solving	BOTH <a href="#">Dots (iOS)</a> <a href="#">Dots (Android)</a>	Free (in-app purchases)
<b>iMimic</b> 	<a href="http://www.imimicgame.com">www.imimicgame.com</a> Apple App Store	Memory	Apple (iOS) <a href="#">iMimic (iOS)</a>	Free
<b>Pictoword</b> 	Apple App Store Google Play Store	Word and image association	BOTH <a href="#">Pictoword (iOS)</a> <a href="#">Pictoword (Android)</a>	Free

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Skills & Puzzle games				
Name	How to access	What it does	iOS or Android	Price
<b>Virtuoso (play piano)</b> 	Apple App Store Google Play Store	Learn to play the piano - dexterity	BOTH Virtuoso (iOS) Virtuoso (Android)	Free
<b>Missing Link</b> 	Apple App Store	Improve spelling, vocabulary, and word recognition	Apple (iOS) Missing Link (iOS)	Free (in-app purchases)
<b>4 Pics 1 Word</b> 	Apple App Store Google Play Store	Word and image association	BOTH 4pics1word (iOS) 4pics1word (Android)	Free (in-app purchases)
<b>7 little words</b> 	<a href="http://www.7littlewords.com">www.7littlewords.com</a> Apple App Store Google Play Store	Word building and grouping	BOTH 7 Little Words (iOS) 7 Little Words (Android)	Free (in-app purchases)
<b>Red Herring</b> 	<a href="http://www.redherringgame.com">www.redherringgame.com</a> 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
<b>Word abacus</b> 	Apple App Store	Word recognition	Apple (iOS) Word Abacus (iOS)	Free (in-app purchases)
<b>Word search (pro)</b> 	Apple App Store Google Play Store	Word recognition	BOTH Word Search (iOS) Word Search (Android)	Free (in-app purchases)
<b>Hangman</b> 	Apple App Store Google Play Store	Vocabulary building	BOTH Hangman (iOS) Hangman (Android)	Free
<b>Word jigsaw</b> 	www.wordjigsaw.com  Apple App Store Google Play Store	Verbal and spatial reasoning	BOTH Word Jigsaw (iOS) Word Jigsaw (Android)	Free (in-app purchases)
<b>Word ladder</b> 	Apple App Store	Problem solving and word association	Apple (iOS) Word Ladder (iOS)	Free (in-app purchases)
<b>Word connect</b> 	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
<b>Dictation Talk to Text</b> 	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)
<b>Speech sounds on Cue</b> 	Apple App Store	Speech therapy software for articulation difficulty	Apple (iOS) Speech Sounds on Cue (iOS)	\$17.99
<b>Speak and Translate</b> 	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)

## Virtual & On-Line Care Resources – Community

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

Speech & Writing Practice				
Name	How to access	What it does	iOS or Android	Price
<b>Lingraphica Talk-Path News</b> 	<a href="http://www.talkpathnews.com">www.talkpathnews.com</a> Google Play Store	Specialized news source to help with reading and understanding the news	Android Lingraphica TalkPath News (Android)	Free
<b>Small Talk Aphasia</b> 	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
<b>I can Articulate</b> 	Apple App Store	Development and generalization of speech sounds	Apple (iOS) I Can Articulate (iOS)	Free (in-app purchases)
<b>Quick Artic</b> 	Apple App Store	Practice Articulation of common English sounds	Apple (iOS) Quick Artic (iOS)	Free
<b>Speech tutor</b> 	Apple App Store	Learn and practice speech sounds and view an animation of proper tongue movement	Apple (iOS) Speech Tutor (iOS)	Apple: \$27.99
<b>Language Therapy Lite</b> 	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
<b>Writing therapy</b> 	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