

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 include a cost

APHASIA SUPPORTS		
Aphasia Institute	Aphasia Friendly COVID-19 Info Sheet	https://www.participics.ca/
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
March of Dimes After Stroke Virtual Supports	Virtual meetings for survivors and caregivers	https://afterstroke.marchofdimes.ca/news-events/after-stroke-virtual-activities
National Aphasia Association	Monthly video chat for people with aphasia	https://www.aphasia.org/stories/aphasia-cafe-dealing-with-the-unexpected/
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
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/

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Stroke Recovery Association of BC	Communication & Language	https://strokerecoverybc.ca/7-steps-video/language-communication-video/
ON LINE DISCUSSION FORUMS, FACEBOOK AND VIDEOS		
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
Heart & Stroke	"The Power of Community" facebook groups for survivors and caregivers	https://www.heartandstroke.ca/heart/recovery-and-support/the-power-of-community
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
March of Dimes Facebook Group	Facebook sharing platform	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
Stroke Engine	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	https://strokerecoverybc.ca/7-steps-video/
MENTAL HEALTH		
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 Mental Health Association BounceBack®	Program to help manage mood, depression, anxiety, stress or worry online or by phone.	https://bouncebackontario.ca/

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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/
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.
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
On Line Therapy	Digital mental health supports.	https://www.mindbeacon.com/
Self Care Strategies	Coping strategies for self-care.	https://www.wellwood.ca/self-care/
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
Your Life Counts	Listing of mental health resources available in French and English	https://yourlifecounts.org/
HEALTH & SOCIAL SUPPORTS AND SERVICES		
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
Healthline	Listing of local health and community services	https://www.thehealthline.ca/
Heart & Stroke	Handwashing video for someone with affected upper limb.	https://youtu.be/EOjOL03eDPs

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Heart & Stroke	A listing of various supports and services.	https://www.heartandstroke.ca/services-and-resources
Heart & Stroke	Post stroke checklist provides a quick two-page checklist covering critical domains of 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
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
EXERCISE		
Canadian Disability Participation Project	<i>Get In Motion</i> program is a 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
GRASP Graded Repetitive Arm Supplementary Program	Upper-limb rehabilitation program including videos, workbooks, and exercises that can be done at home	https://neurorehab.med.ubc.ca/grasp
Stroke Recovery Association of BC	Exercise & Mobility	https://strokerecoverybc.ca/7-steps-video/exercise-mobility-video/
Stroke Class	20-minute exercise video by a physiotherapist	https://www.strokeclass.com/
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

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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 360 Health & Fitness Videos	Active Older Adults	https://ymca360.org/on-demand#/
YMCA At Home	Free online programming and workouts designed for a variety of ages and levels of ability	YMCA at Home New activities will be added daily . https://www.ymcahome.ca
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/
Heart & Stroke	Resources to help caregivers cope with their new responsibilities	https://www.heartandstroke.ca/services-and-resources/care-partner-support
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 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

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Ontario Neurodegenerative Disease Research Initiative	Information on social distancing and caregiver isolation	https://ondri.ca/social-distancing-yes-social-isolation-no/
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.

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