

## 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 & SWALLOWING SUPPORTS		
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 & 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>

## Virtual & On-Line Care Resources – Community

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

APHASIA & SWALLOWING SUPPORTS CONT'D		
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>
Heart & Stroke and Champlain Stroke Network	Aphasia webinar series.	<p>Introduction - Communicating with someone with Aphasia <a href="https://youtu.be/VQYd2spaFkl">https://youtu.be/VQYd2spaFkl</a></p> <p>Using key words to aid communication <a href="https://youtu.be/dbapXegUFNk">https://youtu.be/dbapXegUFNk</a></p> <p>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></p> <p>Creating a communication binder and life story book <a href="https://youtu.be/py4yo96B7R8">https://youtu.be/py4yo96B7R8</a></p>
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>
National Aphasia Association	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>
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>

## Virtual & On-Line Care Resources – Community

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

APHASIA & SWALLOWING SUPPORTS CONT'D		
Stroke Foundation of Australia	Wide variety of resources including fact sheets, podcasts and videos on communication.	<a href="https://enableme.org.au/Resources">https://enableme.org.au/Resources</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	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>
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>

## Virtual & On-Line Care Resources – Community

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

ON LINE DISCUSSION FORUMS, FACEBOOK AND VIDEOS		
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>
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>
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>
March of Dimes Facebook Group	Facebook sharing platform	<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>
Stroke Engine	Information on stroke from the initial stroke event to living in the community.	<a href="https://www.strokeengine.ca/en/">https://www.strokeengine.ca/en/</a>
Stroke Recovery Association of BC	7 Steps to Stroke Recovery	<a href="https://strokerecoverybc.ca/7-steps-video/">https://strokerecoverybc.ca/7-steps-video/</a>

## Virtual & On-Line Care Resources – Community

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

MENTAL HEALTH & COGNITION		
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 cognition and 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>
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>
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.
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	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>

## Virtual & On-Line Care Resources – Community

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

MENTAL HEALTH & COGNITION CONT'D		
Heart & Stroke	<i>YourStrokeJourney: 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 judgement impairments.	<a href="https://www.heartandstroke.ca/stroke/recovery-and-support">https://www.heartandstroke.ca/stroke/recovery-and-support</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>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>
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>
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>

## Virtual & On-Line Care Resources – Community

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

MENTAL HEALTH & COGNITION CONT'D		
National Health Service (Scotland)	<i>Stroke4Carers</i> is an e-learning website is 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>
On Line Therapy	Digital mental health supports.	<a href="https://www.mindbeacon.com/">https://www.mindbeacon.com/</a>
Self Care Strategies	Coping strategies for self-care.	<a href="https://www.wellwood.ca/self-care/">https://www.wellwood.ca/self-care/</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 and mental health.	<a href="https://www.stroke.org.uk/publication-type/health-information">https://www.stroke.org.uk/publication-type/health-information</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 combines data from the United Kingdom with the perspective 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.strokingengine.ca/en/patient-info/executive-function-intervention-info/">https://www.strokingengine.ca/en/patient-info/executive-function-intervention-info/</a>

## Virtual & On-Line Care Resources – Community

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

MENTAL HEALTH & COGNITION CONT'D		
Stroke Engine	This webpage provides information about cognitive rehabilitation strategies which can improve memory, attention and concentration after stroke.	<a href="https://www.strokingengine.ca/en/patient-info/cognitive-rehabilitation-info/">https://www.strokingengine.ca/en/patient-info/cognitive-rehabilitation-info/</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>
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>
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>
Your Life Counts	Listing of mental health resources available in French and English	<a href="https://yourlifecounts.org/">https://yourlifecounts.org/</a>



## Virtual & On-Line Care Resources – Community

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

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)	<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>
Healthline	Listing of local health and community services	<a href="https://www.thehealthline.ca/">https://www.thehealthline.ca/</a>
Heart & Stroke	Handwashing video for someone with affected upper limb.	<a href="https://youtu.be/EOj0L03eDPs">https://youtu.be/EOj0L03eDPs</a>
Heart & Stroke	A 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 covering critical domains of 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>
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>

## Virtual & On-Line Care Resources – Community

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

EXERCISE/MOBILITY		
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.	<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=i0JYsLyJEnE">https://www.youtube.com/watch?v=i0JYsLyJEnE</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>
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>
GRASP Graded Repetitive Arm Supplementary Program	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>
Heart & Stroke	This webpage provides information about physical changes after stroke that can affect the 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>

## Virtual & On-Line Care Resources – Community

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

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/csdp-infographic-rehabilitation.ashx?rev=a2cff1fb27424c84bbd44b568d58d1b4">https://www.heartandstroke.ca/-/media/1-stroke-best-practices/rehabilitation-nov2019/csdp-infographic-rehabilitation.ashx?rev=a2cff1fb27424c84bbd44b568d58d1b4</a>
Lakeridge Health	This short video produced by Lakeridge Health (Oshawa) 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>
National Health Service (Scotland)	Stroke4Carers is an e-learning website is designed for caregivers but can be helpful to persons living with stroke. Learning topics relevant to arm function include stroke cause and effects and practical advice and tips modules. The practical advice and tips section includes information on physical effects and video resources for activates of daily living.	<a href="http://www.stroke4carers.org/">http://www.stroke4carers.org/</a>
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>

## Virtual & On-Line Care Resources – Community

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

EXERCISE/MOBILITY CONT'D		
Stroke Engine	This webpage provides information about how a stroke can affect the body. It includes information about arm weakness and shoulder subluxation and links to more information about treatment strategies.	<a href="https://strokengine.ca/en/resources/for-patients-and-families/#Whysarmandlegweaknessassociatedwithastroke?">https://strokengine.ca/en/resources/for-patients-and-families/#Whysarmandlegweaknessassociatedwithastroke?</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>
Stroke Recovery Association of BC	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>
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.	<a href="http://strokerecovery.guide/home-life-landing">http://strokerecovery.guide/home-life-landing</a>

## Virtual & On-Line Care Resources – Community

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

EXERCISE/MOBILITY CONT'D		
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 360 Health & Fitness Videos	Active Older Adults	<a href="https://ymca360.org/on-demand#/">https://ymca360.org/on-demand#/</a>
YMCA At Home	Free online programming and workouts designed for a variety of ages and levels of ability.	<a href="#">YMCA at Home</a> New activities will <u>be added daily</u> . <a href="https://www.ymcahome.ca">https://www.ymcahome.ca</a>

## Virtual & On-Line Care Resources – Community

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

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>
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 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>

## Virtual & On-Line Care Resources – Community




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

CAREGIVERS		
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>

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.

## Virtual & On-Line Care Resources – Community





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

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





## Virtual & On-Line Care Resources – Community

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

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

## Virtual & On-Line Care Resources – Community

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

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 ( <a href="#">iOS</a> ) <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



## Virtual & On-Line Care Resources – Community

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

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)




## Virtual & On-Line Care Resources – Community

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

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)

## Virtual & On-Line Care Resources – Community

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

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