

## Resources and Links

### Online Resources

- **After Stroke** – [www.afterstroke.marchofdimes.ca](http://www.afterstroke.marchofdimes.ca)
- The Aphasia Institute – [www.aphasia.org](http://www.aphasia.org)
- American Stroke Association – [www.strokeassociation.org](http://www.strokeassociation.org)
- Canadian Stroke Consortium – [www.strokeconsortium.ca](http://www.strokeconsortium.ca)
- Canadian Stroke Network – [www.canadianstrokenetwork.ca](http://www.canadianstrokenetwork.ca)
- Canadian Stroke Strategy – [www.canadianstrokestrategy.ca](http://www.canadianstrokestrategy.ca)
- Guide to Stroke Recovery- <http://strokerecovery.guide/>
- Heart & Stroke Foundation – Living with Stroke – <http://www.heartandstroke.ca/stroke/recovery-and-support/living-with-stroke>
- HSFO – Health Professional – <http://profed.heartandstroke.ca>
- The Internet Stroke Center – [www.strokecenter.org/patients/index.html](http://www.strokecenter.org/patients/index.html)
- National Stroke Association – [www.stroke.org](http://www.stroke.org)
- Ontario Stroke Network- <https://ontariostrokenetwork.ca/>
- Saskatchewan Integrated Stroke Strategy – [www.hsf.sk.ca/siss](http://www.hsf.sk.ca/siss)
- Stroke Engine – <https://www.strokengine.ca/en/>
- Stroke Best Practices- <http://www.strokebestpractices.ca/>
- Stroke Recovery Association of BC – [www.strokerecoverybc.ca](http://www.strokerecoverybc.ca)
- Regional & District Centres and Secondary Prevention Clinics – [www.preventionavc.ca/en/page/php?Section+Prevent&id=37](http://www.preventionavc.ca/en/page/php?Section+Prevent&id=37)
- Stroke Information - Community Care Resources (CCAC) - <http://www.toronto.communitycareresources.ca/>
- Toronto Stroke Network- <http://www.tostroke.com/>



### JOIN After Stroke today!

- ✓ Get connected to local survivor and caregiver **Peer Support groups**
- ✓ Become informed of our community programs and services that promote recovery
- ✓ Receive the monthly *Snippets* e-newsletter for information on recovery and resources!
- ✓ Call the **Warmline**<sup>®</sup> and talk to navigation specialist at 1-888-540-6666

The Stroke Warmline<sup>®</sup> 1-888-540-6666

After Stroke

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www.afterstroke.marchofdimes.ca

- ✓ Receive *The Phoenix* newsletter - current events, research, and resources
- ✓ Link to people, educational information and **resource services**

## Stroke Recovery Topics

After Stroke has a continually growing library of resources. Please contact us for more information about any of the following issues that can affect stroke survivors and their families or check out our website [www.afterstroke.marchofdimes.ca](http://www.afterstroke.marchofdimes.ca) :

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Accessibility (in the home, business and community)</li> <li><input type="checkbox"/> Alternative Medicine and Therapies</li> <li><input type="checkbox"/> Living with Aphasia</li> <li><input type="checkbox"/> Assistive Devices</li> <li><input type="checkbox"/> Post-Stroke Spasticity and Botox</li> <li><input type="checkbox"/> Caregiver Needs</li> <li><input type="checkbox"/> Depression</li> <li><input type="checkbox"/> Digestion</li> <li><input type="checkbox"/> Driving</li> <li><input type="checkbox"/> Falls and Safety</li> <li><input type="checkbox"/> Hospital Information</li> <li><input type="checkbox"/> Memory</li> <li><input type="checkbox"/> Mental Health</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Motor Recovery Post-Stroke</li> <li><input type="checkbox"/> Nutrition</li> <li><input type="checkbox"/> A Guide to Online Health Information</li> <li><input type="checkbox"/> Palliative Care</li> <li><input type="checkbox"/> Pediatric Stroke</li> <li><input type="checkbox"/> Peer Support</li> <li><input type="checkbox"/> Physical Activity</li> <li><input type="checkbox"/> Recreation and Adapted Hobbies</li> <li><input type="checkbox"/> Self-Management and Care</li> <li><input type="checkbox"/> Sexuality and Relationships</li> <li><input type="checkbox"/> Sleep and Fatigue</li> <li><input type="checkbox"/> Stress Management</li> <li><input type="checkbox"/> Women and Stroke</li> <li><input type="checkbox"/> Others? _____</li> </ul> |
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## What do you think?

After Stroke would like to know what you think of this information package. Please send us your feedback. PLEASE CIRCLE:

- Did you find this information package...
 

▪ Useful	<b>YES</b>	<b>NO</b>
▪ Easy to read	<b>YES</b>	<b>NO</b>
▪ Presented clearly	<b>YES</b>	<b>NO</b>
▪ Right amount of content	<b>YES</b>	<b>NO</b>
- What further information are you looking for? \_\_\_\_\_
- Are you a:  Stroke survivor     Caregiver     Other: \_\_\_\_\_

Other comments: \_\_\_\_\_