


System Navigation Resources for Client/Families

| Resource | Description | Where Found | Type of Resource | Cost (yes/no) |
|--|--|---|------------------|---------------|
| A Family Guide to Pediatric Stroke | A guide to provide basic information about stroke and stroke care to families of children who have had a stroke, based on Canadian Best Practice Recommendations. | http://www.heartandstroke.on.ca/site/c.pv13leNWJwE/b.3581685/k.CE49/Stroke.htm | National | No |
| A Guide for Choosing a Community Exercise Program for People with Stroke | Helpful tips for choosing a community exercise program for people with stroke. |  OSN_Brochure1.pdf | Provincial | No |
| Brain, Body and You | This 5 session inter-professional, continuing education workshop series is designed for regulated and unregulated frontline care providers caring for stroke survivors and other complex client populations in the community, long term care and other care settings. Sessions are offered in southeastern Ontario and include: Stroke Care – Prevention to Life after Stroke; Continence Care; Mobility; Nutrition, Swallowing, Feeding and Hydration; Communication & Behaviour. | http://www.heartandstroke.on.ca/site/c.pv13leNWJwE/b.5385233/k.18A1/HCP_The_Brain_Body_and_You_Workshop_Series.htm | Regional | No |
| Community Care Access Centre (CCAC) Healthline | Web-based resource directory with specific links to stroke-relevant resources. | Your Ontario regional CCAC website - to find your region, go to: http://healthcareathome.ca/ | Provincial | No |
| Community Re-engagement Cue to Action Trigger Tool | A tool designed for persons with stroke and caregivers to assist them in self-managing their care by being able to anticipate their needs and by knowing which questions to ask their healthcare team. | www.tostroke.com | Regional | No |

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| Discharge Link - SEO | Community-based enhanced rehabilitation program. Eligible clients receive enhanced Occupational Therapy, Physiotherapy, Speech Language Pathology and Social Work services through the CCAC in the Southeast LHIN (Ontario). | Access further information through the South East CCAC at: 800-869-8828 | Regional | No |
| Health Care Connect | Health Care Connect is designed to help find a family health care provider. | http://www.health.gov.on.ca/en/ms/healthcareconnect/public/overview.aspx | Provincial | No |
| Healthline | The website includes accurate and up-to-date information about health services at the fingertips of consumers and health care providers across Ontario. | www.thehealthline.ca | Provincial | No |
| HSF Website | An interactive website for professionals, persons with stroke and their caregivers. | Access at: www.heartandstroke.ca | National | No |
| Living With Stroke | A community-based 6-8 week (two hours/week) facilitated support and educational program designed for persons with stroke and their caregivers aimed at self-management. | Varies with region - check with local Stroke Network or Heart & Stroke Foundation. | National | No |
| March of Dimes - Stroke Recovery Canada | Resources for persons with stroke and their significant others. Includes information on and connection to the toll free Warmline - phone connections to persons with stroke and caregivers. | Access through the March of Dimes website at: http://www.marchofdimes.ca/EN/programs/src/Pages/src.aspx | National | No |
| My Stroke Passport | An interactive resource for persons with stroke, caregivers and healthcare providers to support knowledge and self-management of recovery following stroke. | www.tostroke.com | Regional | No |

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| Ontario Stroke Network | Website for professionals working in stroke care across the continuum. | Access at: http://ontariostrokenetwork.ca/ | Provincial | No |
| Parenting Resources | A series of three fact sheets for families dealing with stroke in the community. The first is for parents who are stroke survivors and raising children. The second is for children who are caring for parents who have had a stroke. A third fact sheet has been developed for professionals. | http://www.heartandstroke.on.ca/site/c.pv13leNWJwE/b.5385235/k.78DA/HCP_Parenting_Resources.htm | National | No |
| Partners in Recovery: Kingston | Client resource for persons recovering from stroke at Kingston General Hospital. | May be downloaded from Stroke Network of Southeastern Ontario website at: http://www.strokenetworkseo.ca/education-resources/patient-resources or as an app at iTunes: https://itunes.apple.com/us/book/partners-in-stroke-recovery/id872582026?ls=1&mt=11 | Regional | No |
| Post Stroke Checklist | A checklist to support assessment of need post-stroke which may be used by the client. Caregiver or health care provider. | http://www.strokebestpractices.ca/wp-content/uploads/2014/06/HSF%20Post%20Stroke%20Checklist_WEB.pdf | National | No |
| Provincial Navigator Chapter | Purpose of this group is to build a network of professionals in the area of navigation. | Chair Tracy Stanford, Providence Healthcare. tsanford@providence.on.ca | Provincial | No |
| Return to Work | Web-based return to work toolkit for persons with stroke that includes self-assessment and resources. | Access through the Stroke Network of Southwestern Ontario at: http://swostroke.ca/rtw-introduction/ | Regional | No |

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| RNAO Best Practice Guidelines - <i>Stroke Assessment Across the Continuum of Care and Care Transitions</i> | Registered Nurses Association of Ontario best practice guidelines for nursing and the interprofessional team. | Access at: http://rnao.ca/bpg/guidelines | Provincial | No |
| SEO Stroke Posters | These posters, based on the Tips & Tools resource are intended to support education in best practice stroke care for front line providers. Current topics include: <ul style="list-style-type: none"> • Wheelchair seating • Safe feeding & oral care • Post-stroke depression • Blood pressure • Communication • Stroke risks and impacts • Cognition & Perception • Meaningful activity • Behaviour changes | http://www.strokenetworkseo.ca/best-practice-education/long-term-care-community | Regional | No |
| Stroke in Young Adults | Resource designed for young adults who have experienced a stroke. | http://www.canadianstroke.ca/wp-content/uploads/2014/12/Stroke_Young_FINAL.pdf | National | No |
| Stroke Resources Directory | An on-line directory that provides links to resources by region across Canada. | http://www.heartandstroke.com/site/c.ikiQLcMWJtE/b.8598311/k.97BA/Stroke_Resources_Director | National | No |

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| Stroke Support Groups | Facilitated or peer-led community-based support groups. May include persons with stroke and significant others. | Varies with region - check with local Stroke Network or March of Dimes. | Provincial | Varies - may be free or may use a cost-recovery model and may be support available for those unable to pay. |
| StrokeLink | This iPhone app allows the user to access StrokeLink, an app designed to empower stroke survivors throughout their care journey by providing tools to help regain independence. | https://itunes.apple.com/ca/app/stroke-link/id556672225?mt=8 | Provincial | No |
| StrokEngine | A website for professionals, persons who have experienced a stroke and their caregivers. | Access at: http://strokengine.ca/ | National | No |
| Taking Charge of Your Stroke Recovery | A guide to the Canadian Stroke Best Practice Recommendations for persons with stroke and their caregivers. | Access at: http://www.strokebestpractices.ca/wp-content/uploads/2014/08/HSF_SBP_PatientsGuide_F14_EN_July2014-FINAL.pdf Or ordered in hard copy through the Heart & Stroke Foundation. | National | No |

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| Tips & Tools | A resource designed to provide the practical knowledge and skills needed by the people who provide care to persons with stroke. | May be ordered in hard copy from the Heart & Stroke Foundation or may be accessed on line at: http://www.heartandstroke.on.ca/site/c.pv13leNWJwE/b.6194819/k.FEB1/Tips_and_Tools_2010.htm | National | No |
| Tips & Tools Videos | Developed by the Stroke Network of Southeastern Ontario, these videos are designed to complement popular sections of the Tips and Tools for Everyday Living: A Guide for Stroke Caregivers (2002). Five of these videos are designed for front line staff and one has been developed for family and community education. | Access through the Ontario Stroke Network's website at: http://ontariostrokenetwork.ca/health-programs-resources/resources/prevention/community-reintegration-ltc/ | National | No |
| Your Stroke Journey: A Guide for People Living with Stroke (replaces Let's Talk About Stroke) | A guide for clients and families to help understand stroke and its effects, including tips and strategies for living life fully and information about the support services, healthcare providers and networks of stroke survivors that can help during the stroke recovery journey. | http://www.heartandstroke.com/atf/cf/%7B99452d8b-e7f1-4bd6-a57d-b136ce6c95bf%7D/YOURSTROKEJOURNEY_FINAL_ENGLISH.PDF | National | No |