**STROKE RECOVERY ON LINE SUPPORTS**

**\*\* Please note these are suggestions ONLY and have not been reviewed or endorsed and some may include a cost**

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| **APHASIA SUPPORTS** |
| Aphasia Institute  | Starting a virtual group | [Learn how to start a group](https://urldefense.proofpoint.com/v2/url?u=https-3A__aphasia.us10.list-2Dmanage.com_track_click-3Fu-3D251ac226724d088a0a3c7e32e-26id-3D6910b5ae0d-26e-3D4d97c2f314&d=DwMFAw&c=JZUmuHfvZaOkNOGiUpQbGyGsM8Jf9oFbjpAib-DiM1Q&r=oBE2VFNG_qsrzhIiaPHdcX61VrzaiBx3II8pZ-UKOzg&m=S5TjJ2njI8iqYz-V63bvxesAk5y_9_HQw54AVzIVk5U&s=hiebNbwj_oJvKdg2vnM-c--IzaZQHqDxWVPFRguA9x4&e=)  |
| Aphasia Institute  | Aphasia Friendly COVID-19 Info Sheet | <https://www.participics.ca/>  |
| 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/>  |
| 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/>  |
| SRABC | Communication & Language | <https://strokerecoverybc.ca/7-steps-video/language-communication-video/>  |
| **ON LINE DISCUSSION FORUMS, FACEBOOK AND VIDEOS** |
| Heart and Stroke "The Power of Community" | Facebook Groups for Survivors and Caregivers | <https://www.heartandstroke.ca/heart/recovery-and-support/the-power-of-community>  |
| MOD Facebook Group |  | <https://www.facebook.com/groups/modcafterstroke/>  |
| SRABC 7 Steps to Stroke Recovery |  | <https://strokerecoverybc.ca/7-steps-video/>  |
| **MENTAL HEALTH** |
| Canadian Mental Health Association BounceBack® | Program to help manage mood, depression, anxiety, stress or worry online or by phone.  | <https://bouncebackontario.ca/>  |
| Self Care Strategies | Coping strategies for self-care. | <https://www.wellwood.ca/self-care/>  |
| On Line Therapy  | Digital mental health supports. | <https://www.mindbeacon.com/>  |
| Centre for Addiction & Mental Health  | Mental health support during COVID-19 | <http://www.camh.ca/en/health-info/mental-health-and-covid-19>  |
| Friendly Voice for Seniors | Phone support 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.  |
| 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>  |
| 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>  |
| 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>  |
| CAMH | Maintaining mental wellness during COVID-19 | <https://www.camh.ca/en/health-info/mental-health-and-covid-19#coping>  |
| 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/>  |
| **HEALTH & SOCIAL SUPPORTS AND SERVICES**  |
| Healthline | Listing of local health and community services | <https://www.thehealthline.ca/>  |
| **EXERCISE** |
| SRABC | Exercise & Mobility | <https://strokerecoverybc.ca/7-steps-video/exercise-mobility-video/>  |
| 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=i0JYsLyJEnE>Core Exercises <https://www.youtube.com/watch?v=dGBqTLtdVuA>Arm Exercises <https://www.youtube.com/watch?v=kuuGlz_ddOM> |
| Stroke Class | 20-minute exercise video by a physiotherapist | <https://www.strokeclass.com/>  |
| University Health Network  | Exercise Videos  | <https://www.youtube.com/watch?v=kpTHDR5k-cY>        It's Your Choice:  Information about the video<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#/>  |
| **CAREGIVERS** |
| 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 Neurodegenerative Disease Research Initiative | Information on social distancing and caregiver isolation | <https://ondri.ca/social-distancing-yes-social-isolation-no/>  |
| 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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| **APPS – RANGE OF SUBJECTS** |
| NHS 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. |













