

# Stroke Recovery Guide Website

## Frequently Asked Questions

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### 1. What is the Stroke Recovery Guide website?

[Strokerecovery.guide](http://Strokerecovery.guide) is a new mobile-friendly website based on *My Guide for Stroke Recovery* (MGSR), a resource binder provided to persons with stroke and families/caregivers in Toronto. The website is designed so that persons with stroke and families/caregivers can easily find information and answers for common concerns after stroke. The website is intended to enhance persons with stroke's ability to self-manage their recovery

### 2. What information can I find on [strokerecovery.guide](http://strokerecovery.guide)?

Content related to stroke prevention, living with the effects of stroke and getting back to life after stroke. Each topic may include information, strategies, videos, pictures and links to community resources.

### 3. When can [strokerecovery.guide](http://strokerecovery.guide) be used?

It can be used at any point during the stroke recovery journey. This may include acute care, rehabilitation and in the community.

### 4. How can [strokerecovery.guide](http://strokerecovery.guide) be introduced to persons with stroke and families/caregivers?

- Consider showing the website in an area frequented by persons with stroke and families/caregivers, such as the patient lounge or library;
- Bookmark [strokerecovery.guide](http://strokerecovery.guide) as a favourite webpage on a shared computer;
- Encourage people to explore the website on their tablets or smartphones;
- Display the Toronto Stroke Networks' [Communique](#) and paper bookmark about [strokerecovery.guide](http://strokerecovery.guide) in a visible area.

### 5. Can feedback be provided about the website?

Yes! Go to the 'About' or 'Contact' tab and click on the link 'Tell us what you think'. We strive to make this website as relevant and up-to-date as possible.

**6. How often is [strokerecovery.guide](#) updated?**

The website is updated every 3 months based on feedback and new content suggestions.

**7. How can I learn more about [strokerecovery.guide](#)?**

Go to the Toronto Stroke Networks' website [www.tostroke.com/for-professionals/education-resources/](http://www.tostroke.com/for-professionals/education-resources/) or [www.tostroke.com/for-the-public/community-resources/](http://www.tostroke.com/for-the-public/community-resources/); or contact the Toronto Stroke Networks' Stroke Recovery Guide implementation team:

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Connect with other healthcare providers on the Toronto Stroke Networks' Virtual Community of Practice [www.strokecommunity.ca](http://www.strokecommunity.ca).

**8. Who should I contact to order more [strokerecovery.guide](#) bookmarks?**

Bookmarks are available for distribution. If you would like to order these, please contact:

<p><b>Nandanie Amarasinghe</b> <a href="mailto:nandanie.amarasinghe@uhn.ca">nandanie.amarasinghe@uhn.ca</a> (416) 603-5800 ext 6271</p>	<ul style="list-style-type: none"> <li>• Humber River Hospital</li> <li>• St Joseph's Health Centre</li> <li>• Toronto Rehab</li> <li>• Toronto Western Hospital</li> <li>• West Park Healthcare Centre</li> </ul>
<p><b>Belinda Austria</b> <a href="mailto:austriab@smh.ca">austriab@smh.ca</a> (416) 864 6060 ext 2185</p>	<ul style="list-style-type: none"> <li>• Bridgepoint Sinai Health System</li> <li>• Michael Garron Hospital</li> <li>• Providence Healthcare</li> <li>• Scarborough and Rouge Hospital - Centenary Site</li> <li>• St Michael's Hospital</li> </ul>
<p><b>Kathy Golfinopoulos</b> <a href="mailto:kathy.golfinopoulos@sunnybrook.ca">kathy.golfinopoulos@sunnybrook.ca</a> (416) 480-6100 ext 3157</p>	<ul style="list-style-type: none"> <li>• North York General Hospital</li> <li>• Sunnybrook Health Sciences Centre: Bayview Campus and St John's Rehab</li> <li>• Scarborough and Rouge Hospital- General Site</li> </ul>