

Resources for Persons with Stroke, Families and Caregivers

Online Discussion Forums and Videos

- The resources have been collected by the Ontario Regional Stroke Networks' Community & 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 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

Topic/Name	Description	Link
American Heart Association	Audio presentations on stroke and COVID-19	https://www.stroke.org/en/life-after-stroke/covid19-stroke-podcast-series-for-patients-and-caregivers
Heart and Stroke Foundation of Canada	"The Power of Community" Facebook groups for survivors and caregivers	https://www.heartandstroke.ca/heart/recovery-and-support/the-power-of-community
	Recorded webinars on YouTube that address COVID-19 related stroke survivor and caregiver concerns	Heart & Stroke Presents... playlist
March of Dimes Canada	After Stroke Warmline	1-888-540-6666 or email: afterstroke@marchofdimes.ca
	After Stroke Virtual Activities – includes weekly discussion groups for caregivers and survivors	To register for these weekly activities, go to: https://afterstroke.marchofdimes.ca/news-events/after-stroke-virtual-activities
	Facebook Group sharing platform	https://www.facebook.com/groups/modcafterstroke/
Stroke Recovery Association of BC	7 Steps to Stroke Recovery	https://strokerecoverybc.ca/7-steps-video/