

New website for persons with stroke and caregivers

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www.strokerecovery.guide

We are pleased to announce the launch of a mobile-friendly web-based version of *My Guide for Stroke Recovery* (MGSR), a resource binder provided to persons with stroke and family/caregivers in Toronto.

Over 1000 binders have been given out since December 2015. The Toronto Stroke Networks responded to request from persons with stroke and healthcare providers for an electronic version of MGSR.

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was designed so that persons with stroke and family/caregivers can easily find information and answers for common concerns after stroke. Topics include: stroke prevention, living with the effects of stroke, and getting back to life after stroke.

Links to community resources, videos, worksheets and self-reflective questions are meant to support people to take charge of their own health and recovery.

Twenty-three persons with stroke reviewed the website to make sure it was helpful and easy to use. Please tell us what you think about this site. Feedback can be provided in the About section of the website.

