

Resources for Persons with Stroke, Families and Caregivers

Caregiver Supports

- 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
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
	Connecting socially while keeping your distance	https://ontariocaregiver.ca/wp-content/uploads/2020/03/Ontario-Caregiver-Organization-Connecting-Socially-While-Keeping-Your-Distance.pdf
	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
	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/