

Resources for Persons with Stroke, Families and Caregivers

Health and Social Support Services

- 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
Healthline	Listing of local health and community services	https://www.thehealthline.ca/
Grocery Delivery Services	Listing of grocery delivery services	blogto.com/eat_drink/2020/03/grocery-delivery-online-toronto
Heart and Stroke Foundation of Canada	Handwashing video for someone with affected upper limb.	https://www.youtube.com/watch?v=EOj0L03eDPs&feature=youtu.be
Partners for Planning	Information on income, housing, food and mental health supports for individuals with disabilities.	http://www.planningnetwork.ca/en-ca/resources/28358/COVID-19-FAQ?agilityts=20200407012735