

Virtual Resources During COVID 19 – Community Edition

Collected by Ontario Regional Stroke Networks' Community & Long-Term Care Group

- The resources on these pages have been collected by the Ontario Regional Stroke Networks' Community and 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 to persons living with the effects of stroke and their families/informal caregivers 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

APHASIA RESOURCES		
Aphasia Institute	Aphasia Friendly COVID-19 Info Sheet	https://www.participics.ca/
March of Dimes Canada After Stroke Virtual Supports	Virtual meetings for survivors and caregivers	https://afterstroke.marchofdimes.ca/news-events/after-stroke-virtual-activities
Tactus	Aphasia Friendly Covid-19 info sheet	https://tactustherapy.com/wp-content/uploads/2020/03/COVID-19-Aphasia-Friendly-Information.pdf
Halton Peel Aphasia Program	H-PCAP is providing remote services during the COVID-19 pandemic. While social distancing is important and necessary, we recognize that it can exasperate feelings of loneliness. We want to do what we can to keep our aphasia community feeling connected and supported while in-person support is not an option.	http://www.h-pcap.com/virtual-services.html
National Aphasia Association	Daily tasks you can do at home to help keep up speech therapy progress.	https://www.aphasia.org/one-aphasia-action/introduction/?utm_source=Master+List&utm_campaign=5683150c90-EMAIL_CAMPAIGN_2016_11_21_COPY_01&utm_medium=email&utm_term=0_cc4d0722f3-5683150c90-136556473
COVID-19 EDUCATION RESOURCES AND VIDEOS		
Heart and Stroke Foundation of Canada	Resources on about COVID-19 and stroke	https://www.heartandstroke.ca/services-and-resources/coronavirus-resources

Heart and Stroke Foundation of Canada	Recorded Webinars on You Tube addressing COVID related stroke survivor and caregiver concerns.	https://www.youtube.com/playlist?list=PLILH6D8gy0Oyp3Oyz-6lYeolV8cvCIY3J
Heart and Stroke Foundation of Canada	Handwashing video for someone with affected upper limb.	https://www.youtube.com/watch?v=EOj0L03eDPs&feature=youtu.be
ON LINE DISCUSSION FORUMS and FACEBOOK GROUPS		
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
March of Dimes Canada Facebook Group	Facebook Groups for survivors.	https://www.facebook.com/groups/modcafterstroke/
March of Dimes Canada After Stroke Virtual Supports	Virtual meetings for survivors and caregivers	https://afterstroke.marchofdimes.ca/news-events/after-stroke-virtual-activities
MENTAL HEALTH		
Canadian Mental Health Association BounceBack®	Program to help manage mood, depression, anxiety, stress or worry online or by phone.	https://bouncebackontario.ca/
Centre for Addiction & Mental Health	Mental health support during COVID-19	http://www.camh.ca/en/health-info/mental-health-and-covid-19
Mental Health Commission of Canada	Mental health first aid during COVID-19	https://www.mhfa.ca/en/blog/mental-health-first-aid-covid-19-self-care-resilience-guide
EXERCISE		
FAME	Stroke recovery program with instructions on how to do exercises at home including videos.	http://fameexercise.com/
GRASP	Upper limb rehabilitation program including videos, workbooks, and exercises that can be done at home.	https://neurorehab.med.ubc.ca/grasp/grasp-videos/
TIME	List of free online videos and resources to help people with mobility challenges stay active during the COVID 19 isolation.	https://www.uhn.ca/TorontoRehab/Clinics/TIME/Documents/TIME-Exercise-Wellness-Videos-for-People-with-Mobility-Challenges.pdf
Stroke Recovery Association	Exercise & Mobility	https://strokerecoverybc.ca/7-steps-video/exercise-mobility-video/

of British Columbia		
University Health Network	Exercise Videos	<p>It's Your Choice: Information about the video</p> <p>https://www.youtube.com/watch?v=kpTHDR5k-cY</p> <p>It's Your Choice: Seated Warm-up</p> <p>https://www.youtube.com/watch?v=XPmUqiTBEpU</p> <p>It's Your Choice: Strength, Balance and Aerobic Exercise</p> <p>https://www.youtube.com/watch?v=Qh94WI9Ecoc</p>
CAREGIVERS		
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
Ontario Caregiver Organization	Connecting socially while keeping your distance	https://ontariocaregiver.ca/wp-content/uploads/2020/03/Ontario-Caregiver-Organization-Connecting-Socially-While-Keeping-Your-Distance.pdf
Ontario Caregiver Organization	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
Ontario Caregiver Organization	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
APPS – RANGE OF SUBJECTS		
NHS My Therapy	Top rated apps for stroke & ABI including cognition, communication, relaxation, pain, mood, sleep, vision, eating, drinking and memory.	https://www.my-therappy.co.uk/medical-condition/stroke-brain-injury
Tactus Aphasia App Finder	Aphasia-friendly apps.	https://tactustherapy.com/find/home/
West GTA Stroke Network Community Stroke Resource Booklet List of Apps	List of apps to support self-management, communication and cognition.	https://westgtastroke.ca/community-resource-book/