

# Stroke Patient & family Education Videos & Website Links - perfect for iPads

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Title & Content	Category	Published by	Date published
<p>7 Steps to Stroke Recovery (13 mins)  <a href="https://youtu.be/GHJL42xFuz8">https://youtu.be/GHJL42xFuz8</a></p>	Recovery Self- Management	Stroke Recovery Association of BC	June 2014
<p>Bridgepoint Health Stroke Series            Series of short post stroke education videos aimed at survivors and families with a focus on self-management  <i>Translated into a number of languages</i></p> <p><a href="#">Stroke and Your Recovery - Sinai Health</a></p> <ol style="list-style-type: none"> <li>1. Introduction to Stroke (6 mins)</li> <li>2. Recovery After Stroke (6 mins)</li> <li>3. Swallowing and Communication after Stroke (7 mins)</li> <li>4. Adjustment After Stroke – The Patient and Caregiver Experience (6 mins)</li> <li>5. Function for Daily Living (5 mins)</li> <li>6. Transition Home into the Community (4 mins)</li> </ol>		Bridgepoint Health (Rehab Institute)	Winter 2020
<p>Series of short (5-10 minute) videos  <a href="#">Canadian Partnership for Stroke Recovery - YouTube</a>            with accompanying resource sheets  <a href="#">Tools - Canadian Partnership for Stroke Recovery (canadianstroke.ca)</a></p> <ol style="list-style-type: none"> <li>1. Fatigue and energy Conservation after Stroke</li> <li>2. Managing Attention Impairments after Stroke</li> <li>3. Recreation and Leisure after Stroke</li> <li>4. Managing Anxiety and Frustration after Stroke</li> <li>5. Stress after Stroke</li> <li>6. Organizing, Planning and Processing after Stroke</li> <li>7. Upper Extremity Management After Stroke</li> <li>8. Memory Impairments after Stroke</li> <li>9. Basic Steps to Self-Care and Psychological Resilience</li> <li>10. Managing Unilateral Spatial Neglect Post-Stroke</li> <li>11. Practical Communication Skills after Stroke</li> </ol>		Canadian Partnership for Stroke Recovery  Calgary Stroke Program  Heart and Stroke Canada	2020