

Educational Resources: A Guide for Stroke Survivors

1



Healthline

thehealthline.ca is a website for Ontario patients, families, and caregivers to access accurate, relevant, and up-to-date information about health services. Services can be filtered based on geographic location and type of service.

2



Heart and Stroke

A variety of guides and resources are available on the Heart and Stroke website to support risk factor management and provide information on supports available within Ontario.

3



Accessibility Apps

This resource provides a list of free and/or low-cost mobile applications that can be used to assist with various needs such as reading, hearing, mobility, cognition, and individual stroke recovery goals.

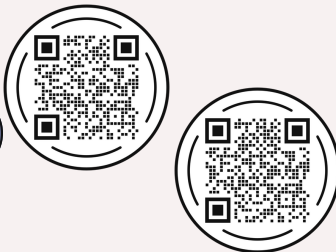
4



Smart Tips

Smart Tips is a resource that highlights common changes that may occur due to a stroke and provides strategies for managing these changes. Smart Tips are divided into 15 topics and are also available in French.

5



Toolkits: Returning to Work and Driving After Stroke

SWOSN has developed two separate toolkits: Return-to-Work and Driving After Stroke, to support stroke survivors in their life after stroke journey. The toolkits provide up-to-date information and resources to consider.