

## Virtual & On-Line Care Resources – Community

Collected by Ontario Regional Stroke Community & LTC Coordinator Group

- The resources on these pages have been collected by the Regional Stroke Network’s Community and LTC Coordinator 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

<b>APHASIA SUPPORTS</b>		
Aphasia Institute	Aphasia Friendly COVID-19 Info Sheet	<a href="https://www.participics.ca/">https://www.participics.ca/</a>
March of Dimes After Stroke Virtual Supports	Virtual meetings for survivors and caregivers	<a href="https://afterstroke.marchofdimes.ca/news-events/after-stroke-virtual-activities">https://afterstroke.marchofdimes.ca/news-events/after-stroke-virtual-activities</a>
National Aphasia Association	Monthly video chat for people with aphasia	<a href="https://www.aphasia.org/stories/aphasia-cafe-dealing-with-the-unexpected/">https://www.aphasia.org/stories/aphasia-cafe-dealing-with-the-unexpected/</a>
Tactus	Aphasia Friendly Covid-19 info sheet	<a href="https://tactustherapy.com/wp-content/uploads/2020/03/COVID-19-Aphasia-Friendly-Information.pdf">https://tactustherapy.com/wp-content/uploads/2020/03/COVID-19-Aphasia-Friendly-Information.pdf</a>
Tactus Aphasia App Finder	Aphasia-friendly apps.	<a href="https://tactustherapy.com/find/home/">https://tactustherapy.com/find/home/</a>
Stroke Recovery Association of BC	Communication & Language	<a href="https://strokerecoverybc.ca/7-steps-video/language-communication-video/">https://strokerecoverybc.ca/7-steps-video/language-communication-video/</a>
<b>ON LINE DISCUSSION FORUMS, FACEBOOK AND VIDEOS</b>		
Heart & Stroke	"The Power of Community" facebook groups for survivors and caregivers	<a href="https://www.heartandstroke.ca/heart/recovery-and-support/the-power-of-community">https://www.heartandstroke.ca/heart/recovery-and-support/the-power-of-community</a>
Heart & Stroke	Recorded webinars on YouTube addressing COVID-19 related stroke survivor and caregiver concerns.	<a href="#">Heart &amp; Stroke Presents... playlist.</a>
MOD Facebook Group	Facebook sharing platform	<a href="https://www.facebook.com/groups/modcafterstroke/">https://www.facebook.com/groups/modcafterstroke/</a>

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Stroke Recovery Association of BC	7 Steps to Stroke Recovery	<a href="https://strokerecoverybc.ca/7-steps-video/">https://strokerecoverybc.ca/7-steps-video/</a>
<b>MENTAL HEALTH</b>		
Anxiety and Depression Association of America	How to manage anxiety during isolation	<a href="https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and">https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and</a>
BC Care Providers Association	Caring for your mental health during COVID-19	<a href="https://bccare.ca/2020/03/taking-care-of-your-mental-health-during-the-covid-19-pandemic/">https://bccare.ca/2020/03/taking-care-of-your-mental-health-during-the-covid-19-pandemic/</a>
Canadian Mental Health Association BounceBack®	Program to help manage mood, depression, anxiety, stress or worry online or by phone.	<a href="https://bouncebackontario.ca/">https://bouncebackontario.ca/</a>
Canadian Mental Health Association	Tools, resources and videos to support mental health during COVID-19.	<a href="https://www.cma.ca/cma-update-coronavirus?covid=#section-1">https://www.cma.ca/cma-update-coronavirus?covid=#section-1</a>
Centre for Addiction & Mental Health	Mental health support during COVID-19	<a href="http://www.camh.ca/en/health-info/mental-health-and-covid-19">http://www.camh.ca/en/health-info/mental-health-and-covid-19</a>
Centre for Addiction & Mental Health	Maintaining mental wellness during COVID-19	<a href="https://www.camh.ca/en/health-info/mental-health-and-covid-19#coping">https://www.camh.ca/en/health-info/mental-health-and-covid-19#coping</a>
Friendly Voice for Seniors	Phone support available 7 days/week from 8 am to 12 pm. Services in French and English for any Ontario resident 55 years or older.	Phone 613-692-992 for Ottawa or toll free at 1-855-892-9992.
Mental Health Commission of Canada	Mental health first aid during COVID-19	<a href="https://www.mhfa.ca/en/blog/mental-health-first-aid-covid-19-self-care-resilience-guide">https://www.mhfa.ca/en/blog/mental-health-first-aid-covid-19-self-care-resilience-guide</a>
On Line Therapy	Digital mental health supports.	<a href="https://www.mindbeacon.com/">https://www.mindbeacon.com/</a>
Self Care Strategies	Coping strategies for self-care.	<a href="https://www.wellwood.ca/self-care/">https://www.wellwood.ca/self-care/</a>

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World Health Organization (WHO)	Mental health considerations during COVID-19	<a href="https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2">https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2</a>
<b>HEALTH &amp; SOCIAL SUPPORTS AND SERVICES</b>		
Healthline	Listing of local health and community services	<a href="https://www.thehealthline.ca/">https://www.thehealthline.ca/</a>
Heart & Stroke	Handwashing video for someone with affected upper limb.	<a href="https://youtu.be/EOjOL03eDPs">https://youtu.be/EOjOL03eDPs</a>
Partners for Planning	Information on income, housing, food and mental health supports for individuals with disabilities.	<a href="http://www.planningnetwork.ca/en-ca/resources/28358/COVID-19-FAQ?agilityts=20200407012735">http://www.planningnetwork.ca/en-ca/resources/28358/COVID-19-FAQ?agilityts=20200407012735</a>
<b>EXERCISE</b>		
FAME	Stroke recovery program with instructions on how to do exercises at home including videos.	<a href="http://fameexercise.com">fameexercise.com</a>
Flint Rehab	Exercise apps	<a href="https://www.flintrehab.com/2020/apps-for-stroke-patients/">https://www.flintrehab.com/2020/apps-for-stroke-patients/</a>
Flint Rehab	Exercise videos	Easy Leg Exercises <a href="https://www.youtube.com/watch?v=-rwby0zA6Vs">https://www.youtube.com/watch?v=-rwby0zA6Vs</a> Hand Exercises <a href="https://www.youtube.com/watch?v=i0JYsLyJEnE">https://www.youtube.com/watch?v=i0JYsLyJEnE</a> Core Exercises <a href="https://www.youtube.com/watch?v=dGBqTLtdVuA">https://www.youtube.com/watch?v=dGBqTLtdVuA</a> Arm Exercises <a href="https://www.youtube.com/watch?v=kuuGlz_ddOM">https://www.youtube.com/watch?v=kuuGlz_ddOM</a>
GRASP	Upper-limb rehabilitation program including videos, workbooks, and exercises that can be done at home	<a href="https://neurorehab.med.ubc.ca/grasp">https://neurorehab.med.ubc.ca/grasp</a>
SRABC	Exercise & Mobility	<a href="https://strokerecoverybc.ca/7-steps-video/exercise-mobility-video/">https://strokerecoverybc.ca/7-steps-video/exercise-mobility-video/</a>
Stroke Class	20-minute exercise video by a physiotherapist	<a href="https://www.strokeclass.com/">https://www.strokeclass.com/</a>

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TIME	List of free online videos and resources to help people with mobility challenges stay active during COVID-19 isolation	<a href="https://www.uhn.ca/TorontoRehab/Clinics/TIME/Documents/TIME-Exercise-Wellness-Videos-for-People-with-Mobility-Challenges.pdf">https://www.uhn.ca/TorontoRehab/Clinics/TIME/Documents/TIME-Exercise-Wellness-Videos-for-People-with-Mobility-Challenges.pdf</a>
University Health Network	Exercise Videos	<a href="https://www.youtube.com/watch?v=kpTHDR5k-cY">https://www.youtube.com/watch?v=kpTHDR5k-cY</a> It's Your Choice: Information about the videos <a href="https://www.youtube.com/watch?v=XPmUqiTBEpU">https://www.youtube.com/watch?v=XPmUqiTBEpU</a> It's Your Choice: Seated Warm-up <a href="https://www.youtube.com/watch?v=Qh94WI9Ecoc">https://www.youtube.com/watch?v=Qh94WI9Ecoc</a> It's Your Choice: Strength, Balance and Aerobic Exercise
YMCA 360 Health & Fitness Videos	Active Older Adults	<a href="https://ymca360.org/on-demand#/">https://ymca360.org/on-demand#/</a>
YMCA At Home	Free online programming and workouts designed for a variety of ages and levels of ability.	<a href="#">YMCA at Home</a> New activities will <u>be added daily.</u> <a href="https://www.ymcahome.ca">https://www.ymcahome.ca</a>
<b>CAREGIVERS</b>		
Ontario Caregiver Organization	Planning for backup caregiving in case of illness	<a href="https://ontariocaregiver.ca/wp-content/uploads/2020/03/Ontario-Caregiver-Organization-Emergency-Caregiver-Plan.pdf">https://ontariocaregiver.ca/wp-content/uploads/2020/03/Ontario-Caregiver-Organization-Emergency-Caregiver-Plan.pdf</a>
Ontario Caregiver Organization	Connecting socially while keeping your distance	<a href="https://ontariocaregiver.ca/wp-content/uploads/2020/03/Ontario-Caregiver-Organization-Connecting-Socially-While-Keeping-Your-Distance.pdf">https://ontariocaregiver.ca/wp-content/uploads/2020/03/Ontario-Caregiver-Organization-Connecting-Socially-While-Keeping-Your-Distance.pdf</a>
Ontario Caregiver Organization	How technology can support caregivers during COVID-19	<a href="https://ontariocaregiver.ca/wp-content/uploads/2020/03/Ontario-Caregiver-Organization-How-Technology-Can-Support-Caregivers-During-COVID-19.pdf">https://ontariocaregiver.ca/wp-content/uploads/2020/03/Ontario-Caregiver-Organization-How-Technology-Can-Support-Caregivers-During-COVID-19.pdf</a>
Ontario Caregiver Organization	Tips for caregiver mental health during COVID-19	<a href="https://ontariocaregiver.ca/wp-content/uploads/2020/03/Ontario-Caregiver-Organization-Caregiver-Mental-Health-During-COVID-19-1.pdf">https://ontariocaregiver.ca/wp-content/uploads/2020/03/Ontario-Caregiver-Organization-Caregiver-Mental-Health-During-COVID-19-1.pdf</a>
Ontario Caregiver Organization	Tips for caregiver mental health during COVID-19	<a href="https://ontariocaregiver.ca/wp-content/uploads/2020/03/Ontario-Caregiver-Organization-Caregiver-Mental-Health-During-COVID-19-1.pdf">https://ontariocaregiver.ca/wp-content/uploads/2020/03/Ontario-Caregiver-Organization-Caregiver-Mental-Health-During-COVID-19-1.pdf</a>




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Ontario Neurodegenerative Disease Research Initiative	Information on social distancing and caregiver isolation	<a href="https://ondri.ca/social-distancing-yes-social-isolation-no/">https://ondri.ca/social-distancing-yes-social-isolation-no/</a>
<b>APPS – RANGE OF SUBJECTS</b>		
NHS My Therapy	Top rated apps for stroke & ABI including cognition, communication, relaxation, pain, mood, sleep, vision, eating, drinking and memory.	<a href="https://www.my-therapy.co.uk/medical-condition/stroke-brain-injury">https://www.my-therapy.co.uk/medical-condition/stroke-brain-injury</a>
West GTA Community Stroke Resources Guide	Charts of apps to support self-management, communication and cognition.	See following 7 charts.





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Stroke Specific				
Name	How to access	What it does	iOS or Android	Price
<b>3D Brain</b> 	Apple App Store Google Play Store	Learn about brain functions, disorders, damage, and research	BOTH 3D Brain (iOS) 3D Brain (Android)	Free
<b>Brain tutor 3D</b> 	Apple App Store Google Play Store	Explore the structure and function of the brain	BOTH Brain Tutor 3D (iOS) Brain Tutor 3D (Android)	Free (in-app purchases)
<b>Stroke Risk-o-meter</b> 	<a href="http://www.strokeriskometer.com">www.strokeriskometer.com</a>  Apple App Store Google Play Store	Assess individual stroke related risk	BOTH Stroke Risk-o-meter (iOS) Stroke Risk-o-meter (Android)	Free

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Self-Management				
Name	How to access	What it does	iOS or Android	Price
<b>Breathe2relax</b> 	Apple App Store Google Play Store	Stress management tool, learn diaphragmatic breathing to help relaxation	BOTH Breathe2relax (iOS) Breathe2relax (Android)	Free
<b>ePocrates drug reference</b> 	www.epocrates.com  Apple App Store Google Play Store	Drug information, safety information, medical news	BOTH ePocrates (iOS) ePocrates (Android)	Free (in-app purchases)
<b>Smoke Free</b> 	Apple App Store Google Play Store	Help to quit smoking: track progress	BOTH Smoke Free (iOS) Smoke Free (Android)	Free (in-app purchases)
<b>Blood pressure companion</b> 	Apple App Store Google Play Store	Monitor blood pressure by words, charts, and graphs – explore reasons for high blood pressure	BOTH Blood pressure companion (iOS) Blood pressure companion (Android)	Apple: Free Android: \$0.99

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Thinking Programs				
Name	How to access	What it does	iOS or Android	Price
<b>Lumosity</b> 	<a href="http://www.lumosity.ca">www.lumosity.ca</a> Apple App Store Google Play Store	A collection of games geared towards practicing a variety of cognitive skills	BOTH <a href="#">Lumosity (iOS)</a> <a href="#">Lumosity (Android)</a>	Free (in-app purchases)
<b>Dots: A Game about Connecting</b> 	Apple App Store Google Play Store	Problem solving	BOTH <a href="#">Dots (iOS)</a> <a href="#">Dots (Android)</a>	Free (in-app purchases)
<b>iMimic</b> 	<a href="http://www.imimicgame.com">www.imimicgame.com</a> Apple App Store	Memory	Apple (iOS) <a href="#">iMimic (iOS)</a>	Free
<b>Pictoword</b> 	Apple App Store Google Play Store	Word and image association	BOTH <a href="#">Pictoword (iOS)</a> <a href="#">Pictoword (Android)</a>	Free



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Skills & Puzzle games				
Name	How to access	What it does	iOS or Android	Price
<b>Virtuoso (play piano)</b> 	Apple App Store Google Play Store	Learn to play the piano - dexterity	BOTH Virtuoso (iOS) Virtuoso (Android)	Free
<b>Missing Link</b> 	Apple App Store	Improve spelling, vocabulary, and word recognition	Apple (iOS) Missing Link (iOS)	Free (in-app purchases)
<b>4 Pics 1 Word</b> 	Apple App Store Google Play Store	Word and image association	BOTH 4pics1word (iOS) 4pics1word (Android)	Free (in-app purchases)
<b>7 little words</b> 	<a href="http://www.7littlewords.com">www.7littlewords.com</a> Apple App Store Google Play Store	Word building and grouping	BOTH 7 Little Words (iOS) 7 Little Words (Android)	Free (in-app purchases)
<b>Red Herring</b> 	<a href="http://www.redherringgame.com">www.redherringgame.com</a> Apple App Store Google Play Store	Word grouping and association	BOTH Red Herring (iOS) Red Herring (Android)	Free (in-app purchases)




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Word Games				
Name	How to access	What it does	iOS or Android	Price
<b>Word abacus</b> 	Apple App Store	Word recognition	Apple (iOS) Word Abacus (iOS)	Free (in-app purchases)
<b>Word search (pro)</b> 	Apple App Store Google Play Store	Word recognition	BOTH Word Search (iOS) Word Search (Android)	Free (in-app purchases)
<b>Hangman</b> 	Apple App Store Google Play Store	Vocabulary building	BOTH Hangman (iOS) Hangman (Android)	Free
<b>Word jigsaw</b> 	www.wordjigsaw.com  Apple App Store Google Play Store	Verbal and spatial reasoning	BOTH Word Jigsaw (iOS) Word Jigsaw (Android)	Free (in-app purchases)
<b>Word ladder</b> 	Apple App Store	Problem solving and word association	Apple (iOS) Word Ladder (iOS)	Free (in-app purchases)
<b>Word connect</b> 	Apple App Store Google Play Store	Word building and vocabulary	BOTH Word Connect (iOS) Word Connect (Android)	Free (in-app purchases)


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Speech Assistance & Text-to-Speech				
Name	How to access	What it does	iOS or Android	Price
<b>Dictation Talk to Text</b> 	Apple App Store	Speech to Text voice recognition for social media and text messaging	Apple (iOS) Dictation Talk to Text (iOS)	Free (in-app purchases)
<b>Speech sounds on Cue</b> 	Apple App Store	Speech therapy software for articulation difficulty	Apple (iOS) Speech Sounds on Cue (iOS)	\$17.99
<b>Speak and Translate</b> 	Apple App Store	Speech to speech, speech to text, and text to text translations between many global languages	Apple (iOS) Speak and Translate (iOS)	Free (in-app purchases)

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Speech & Writing Practice				
Name	How to access	What it does	iOS or Android	Price
<b>Lingraphica Talk-Path News</b> 	<a href="http://www.talkpathnews.com">www.talkpathnews.com</a> Google Play Store	Specialized news source to help with reading and understanding the news	Android Lingraphica TalkPath News (Android)	Free
<b>Small Talk Aphasia</b> 	Apple App Store	Provides a vocabulary of pictures and words that speak in a natural human voice	Apple (iOS) Small Talk - FEMALE Small Talk - MALE	Free
<b>I can Articulate</b> 	Apple App Store	Development and generalization of speech sounds	Apple (iOS) I Can Articulate (iOS)	Free (in-app purchases)
<b>Quick Artic</b> 	Apple App Store	Practice Articulation of common English sounds	Apple (iOS) Quick Artic (iOS)	Free
<b>Speech tutor</b> 	Apple App Store	Learn and practice speech sounds and view an animation of proper tongue movement	Apple (iOS) Speech Tutor (iOS)	Apple: \$27.99
<b>Language Therapy Lite</b> 	Apple App Store Google Play Store	Boost language skills and enhance speech therapy	BOTH Lite version (iOS) Lite version (Android) FULL version (iOS) FULL version (Android)	Lite: Free 4-in-1 full app: Apple: \$74.99 Android: \$104.99
<b>Writing therapy</b> 	Apple App Store Google Play Store	Spelling and word association from sounds and pictures	BOTH Writing Therapy (iOS) Writing Therapy (Android)	Apple store: \$27.99 Google Play store: \$34.99