

Virtual & On-Line Patient/Family/Caregiver Stroke Resources

- Resources listed have been collected by your health care professionals specializing in Stroke Care at RVH and Central East Stroke Network
- Resources can be shared with person living with the effects of stroke, families/informal caregivers and health care professionals
- Resources listed contain links to information, material and other content and are suggestions ONLY and have not been reviewed or endorsed

General Resources	
Virtual & On-Line Care Resources-Virtual Supports for Survivors and Caregivers	https://cesnstroke.ca/professional/covid-19/
Virtual Rehabilitation and Community Resources	https://cesnstroke.ca/professional/covid-19/
Royal Victoria Regional Health Centre	http://www.rvh.on.ca/stroke/SitePages/stroke.aspx
RVH Community Resources and Self-Management Hand out	http://www.rvh.on.ca/stroke/SitePages/stroke.aspx
Central East Stroke Network (CESN)	https://cesnstroke.ca/professional/covid-19/
North Simcoe Muskoka Health Line	https://www.nsmhealthline.ca/
211 Canada's source of information on government and community based health and social services	https://211.ca/
Healthe.University Cardiac College: Stroke Online	https://www.healtheuniversity.ca/EN/CardiacCollege
Healthe.University Cardiac College :Cardiac Rehab progressive exercise /education	https://www.healtheuniversity.ca/en/cardiacCollege/
Heart and Stroke	https://www.strokengine.ca/en/
Stroke Engine	https://www.strokengine.ca/en/
Heart and Stroke-Virtual Healthcare Checklist	https://www.heartandstroke.ca/-/media/1-stroke-best-practices/resources/patient-resources/csdp-infographic-virtual-healthcare-checklist.ashx?rev=52fc18b0280c4b3d88c27b7ca497d3d2

Supporting you in your Community	
South Georgian Bay CHC-Online programs (see program guide)	https://www.southgeorgianbaychc.ca/wp-content/uploads/2020/09/Fall-Program-Guide-2020-South-Georgian-Bay-CHC-1.pdf
Algonquin Family Health Team - Huntsville	http://www.algonquinfht.ca/
Chigimik CHC Midland-Online programs (see program guide)	https://www.chigamik.ca/programs/online-programs/
Wasaga Beach Library (see website for online programs available via zoom)	https://www.wasagabeach.library.on.ca/client/en_US/was/
Barrie and Community Family Health Team	barriefht.ca
Couchiching Family Health Team - Orillia	www.cfht.ca
Cottage Country Family Health Team - Bracebridge	www.ccfht.ca
North Simcoe Family Health Team	www.nsfht.ca
North Simcoe Muskoka LHIN: -Virtual Home Care for Stroke and Acquired Brain Injured People Living a Healthy Life workshops -Specialized Geriatrics Services -Palliative Care Network	http://healthcareathome.ca/nsm/en http://www.nsmselfmanagement.ca/news/2018/07/13/virtual-workshop-dates-for-chronic-conditions-chronic-pain https://www.nsmmsgs.ca/ http://nsmhpcn.ca/keeping-us-connected/ 1-(877)-235-2224
Brain Injury Services Muskoka Simcoe	http://braininjuryservices.ca/
Collingwood Library-Online programs (see newsletter)	www.collingwoodpubliclibrary.ca
Barrie Library-calendar of Virtual programs	www.barrielibrary.ca
infoBarrie Community Info database-search Programs, COVID updates	https://infobarrie.cioc.ca/
Seniors Centres Without Walls-City of Barrie-Free telephone based program, connect with others 55+ in community, learn resources, and listen to stories, mindfulness.Contact Parkview 55+ Centre Office: 705-739-4220 x5688	https://www.barrie.ca/Living/RecreationPrograms/Pages/Seniors55.aspx
Seniors Programs and Services- Muskoka is running free, virtual programs (telephone and online) for older adults in Muskoka.	https://www.muskoka.on.ca/en/community-and-social-services/Seniors-Programs-and-Services.aspx
Alzheimer's Society-Simcoe County (see events calendar)- education minds in motion, support groups, music program, activity kits	https://alzheimer.ca/en/simcoecounty
VON: SMART Virtual Programming Contact Program Coordinator: 705-737-5044 ext.228 Barrie/Innisfil: 705-737-5044 ext.221	https://www.von.ca/ https://www.youtube.com/watch?v=vHGorqVZ67Q

Muskoka: 705-787-1996	
Midland/Penetanguishene/Collingwood/Wasaga Beach: 705-326-7021	
Central East Regional Cardiovascular Rehab: Virtual Exercise & Education Sessions	www.gethearthealthy.ca
Ministry of Transportation	https://www.ontario.ca/page/ministry-transportation
RVH Power of Hope videos	https://www.youtube.com/playlist?list=PLvFH-wk5ZFwVHbd2AzwWKGBweid3v5Ja3
ViaTherapy app-arm exercises for people after stroke	http://viatherapy.org/
Walk-BEST	https://physiobiometrics.com/
Togetherall-online peer-peer mental health support	https://togetherall.com/en-ca/
Healthy Living Now: Self-Management Program-includes Chronic Disease Self-Management Program (Living a Health Life Series) and Powerful Tools for Caregiving	https://healthy-living-now.ca/
Post Stroke-REPS Recovery Exercises: Apple and Android App to Support Rehab	https://apps.apple.com/au/app/reps-recovery-exercises/id1453626110
CyberSeniors-Online tech instruction and support	www.cyberseniors.org