

Managing Attention Impairments after Stroke

Resources for Persons with Stroke and their Caregivers

The resources listed below provide information and strategies that can help with managing attention after a stroke.

The first resource is the video [Managing Attention Impairments after Stroke](#) (see below). Once you have watched this video, more information on this topic can be found by clicking on the links below. To access the links, click the underlined titles.

Video

- [Managing Attention Impairments after Stroke](#)

Source: Heart and Stroke Foundation Canadian Partnership for Stroke Recovery

Supporting Resources

General Information

- [YourStrokeJourney: A Guide for People Living with Stroke](#)

This booklet provides information on stroke and its effects. It features tips and strategies to address challenges related to attention impairments after stroke. Available to download or in hardcopy format.

Source: Heart and Stroke Foundation of Canada

- [Thinking Challenges](#)

This webpage provides tips and strategies to address challenges related to attention, orientation, memory, sequencing, problem solving, insight and judgment impairments

Source: Heart and Stroke Foundation of Canada

- [Executive Function](#)

This webpage features an overview of executive function and treatments available. See the Patient/ Family Information section.

Source: Stroke Engine

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- **Cognitive Rehabilitation**

This webpage provides information about cognitive rehabilitation strategies which can improve memory, attention and concentration after stroke. See the Patient/ Family Information section.

Source: Stroke Engine

- **How to Manage Changes in Cognition (thinking)**

This webpage provides an overview of cognition changes after stroke including challenges in attention, sequencing and problem solving issues and includes helpful tips.

Source: Toronto Stroke Networks

- **Getting on With the Rest of your Life after Stroke**

This booklet contains activities and projects to promote recovery. It includes personal stories and examples of cognitive activities.

Source: Heart and Stroke Foundation Canadian Partnership for Stroke Recovery

- **7 Steps to Stroke Recovery**

This program provides practical tips for addressing stroke related challenges.

Source: March of Dimes Canada

- **Cognitive and Perceptual Impacts of Stroke**

This handout was developed for long term care, however the information is applicable to caregivers in other settings. Provides general information and practical tips to address changes in cognition after stroke.

Source: Stroke Network of Southeastern Ontario

- **A Complete Guide to Cognitive Problems after Stroke**

This detailed guide explains many cognitive problems and provides helpful strategies. It is available to download or in large print, braille (by request) and audio formats.

Source: Stroke Association-United Kingdom

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- [**Problems with Memory and Thinking**](#)

This guide reviews common challenges associated with memory and thinking and what you can do about them. It can be downloaded and is available in large print, braille (by request) and audio formats via this link.

Source: Stroke Association-United Kingdom

- [**Lived Experience of Stroke Report**](#)

Chapter 1 of this report explores the hidden effects of stroke including cognitive changes (starting on page 14). The report combines data from the United Kingdom with the perspective of individuals who are living with cognitive effects of stroke.

Source: Stroke Association-United Kingdom

- [**Thinking and Perception after Stroke Fact Sheet**](#)

This webpage provides a general overview of thinking and perception after stroke and identifies practical strategies. It can be displayed in standard English, aphasia-friendly or other accessible formats.

Source: Stroke Foundation-Australia

- [**18 Ways to Improve Cognitive Problems after Stroke**](#)

This webpage provides a brief overview of cognitive problems and lists 18 strategies that may be helpful.

Source: Stroke Alliance for Europe

Young Adults

- [**Stroke in Young Adults**](#)

This resource guide provides insight into the unique challenges faced by young adults, ages 18 to 55 who are living with stroke.

Source: Heart and Stroke Foundation Canadian Partnership for Stroke Recovery

Videos

- [**7 Steps to Stroke Recovery**](#)

This video provides practical tips for addressing stroke related challenges.

Source: March of Dimes Canada

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Mobile Apps

- [Mobile phone/device apps](#)

See page 75 of the Community Resources Book for a list of mobile phone/device apps to be used in addition to medical therapy to improve abilities. Some apps may have an associated cost. Disclaimer: These applications are meant to be used in addition to therapy to help develop skills, NOT as an alternative to medical advice or treatments.

Source: West GTA Stroke Network

Caregiver Resources

- [A Caregiver's Guide to Stroke Recovery](#)

This guide provides useful information for caregivers and includes an overview of how a stroke can affect your loved one. The guide is also available in [French](#).

Source: March of Dimes Canada

- [Perceptual Problems](#)

This e-learning website is designed for caregivers but can be useful to persons living with stroke. The practical advice and tips section includes perceptual problems.

Source: National Health Service-Scotland

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Local Resources

Search www.thehealthline.ca or Call 211 to find local programs and services to address attention impairments after a stroke. Suggested search terms: Rehabilitative Care, Acquired Brain Injury, Occupational Therapy.

NOTES:

Acknowledgement

This information was compiled by the Ontario Regional Stroke Networks' Community and Long-Term Care Group. It is based on the Stroke Self-Management Video Series Worksheet: Managing Attention Impairments after Stroke, which was developed by the Calgary Stroke Program's Early Supported Discharge Program/Alberta Health Services, Heart and Stroke Foundation of Canada, and Heart and Stroke Foundation Canadian Partnership for Stroke Recovery. Modifications have been made with permission.

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