Stroke self-management video series

Managing Memory Impairments after Stroke

Once you have watched the video on Managing Memory Impairments after Stroke, please check out these useful websites and resource documents.

Client & Caregiver Resources

▶ Depression, Energy, Thinking and Perception
   https://www.heartandstroke.ca/stroke/recovery-and-support/emotions

▶ Saebo Resource Library
   https://www.saebo.com/blog/thinking-memory-stroke/


▶ https://www.strokebestpractices.ca/

▶ Your Stroke Journey: A Guide for People Living with Stroke
Stroke Engine
http://strokengine.ca/

Stroke Recovery and Support
https://www.heartandstroke.ca/stroke/recovery-and-support

Academic Resources


The Stroke Self-Management video series was produced as a collaboration among the following partners:

1. **Calgary Stroke Program**
2. **Alberta Health Services**
3. **Heart & Stroke Foundation**
   - **Canadian Partnership for Stroke Recovery**

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