Stroke self-management video series

Organizing, Planning & Processing after Stroke

Once you have watched the video on Organizing, Planning & Processing 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

▶ 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: