Stroke self-management video series

Managing Unilateral Spatial Neglect after Stroke

Once you have watched the video on Managing Unilateral Spatial Neglect Post-Stroke, please check out these useful websites and resource documents.

Client & Caregiver Resources

- [https://www.medbridgeeducation.com/blog/2016/05/four-basic-strategies-to-improve-hemispatial-neglect/](https://www.medbridgeeducation.com/blog/2016/05/four-basic-strategies-to-improve-hemispatial-neglect/)
- [https://tactustherapy.com/what-is-left-neglect/](https://tactustherapy.com/what-is-left-neglect/)
- Mirror Box
  - [https://www.sralab.org/sites/default/files/2017-05/Mirror%20Therapy.pdf](https://www.sralab.org/sites/default/files/2017-05/Mirror%20Therapy.pdf)
  - [https://mirrorthetry.com/make-your-own-mirror-box-for-therapy/](https://mirrorthetry.com/make-your-own-mirror-box-for-therapy/)
- Saebo (Mirror Box)
  - [https://www.saebo.com/blog/mirror-box-therapy-exercises-stroke-survivors/](https://www.saebo.com/blog/mirror-box-therapy-exercises-stroke-survivors/)
  - [https://www.youtube.com/watch?v=AlVVHSzrvPc](https://www.youtube.com/watch?v=AlVVHSzrvPc)
Stroke Engine

https://www.strokebestpractices.ca/

Your Stroke Journey: A Guide for People Living with Stroke

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

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

Academic Resources


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

**CALGARY STROKE PROGRAM**

**Alberta Health Services**

**HEART & STROKE FOUNDATION**

**Canadian Partnership for Stroke Recovery**

**Heart & Stroke**

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