

Life after Stroke: Online Resources

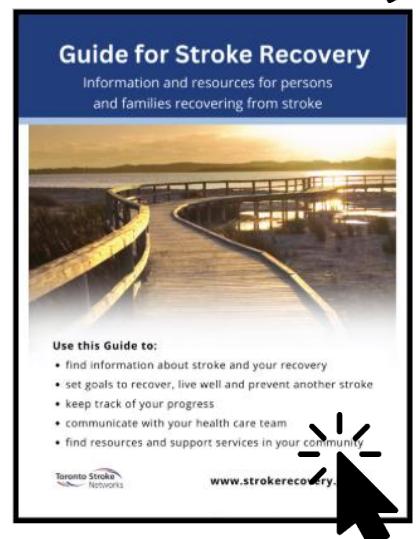
Access Sinai Health's **video series** by clicking on the picture to the right. → →



Access the online version of the **Guide for Stroke Recovery** by:

- Clicking on the picture to the right →
- Or typing strokerecovery.guide into any web browser

Here are some of the topics we discussed today. **Click** on the text or image for the related website.



Effects of a Stroke 	Thinking Strategies 	Managing Tiredness
Getting Around 	Managing Emotions 	Self-Care
Talking to Others 	Financial Supports 	Joining Groups

Video series credit: Sinai Health's Recovery from Stroke