

## Life after Stroke: Online Resources

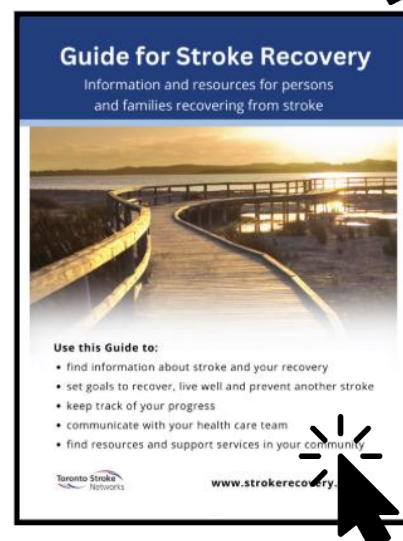
Access Sinai Health's **video series** by clicking on the picture to the right. → →

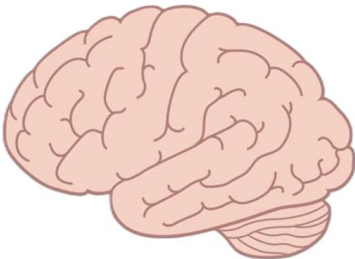









Access the online version of the **Guide for Stroke Recovery** by:

- 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.



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