

Managing Memory Impairments after Stroke

Resources for Persons with Stroke and their Caregivers

The resources listed below provide information and strategies that can help with memory impairments after a stroke.

The first resource is the video [Managing Memory Impairments after Stroke](#) (see below). Once you have watched this video, more information on this topic can be found by clicking on the links below. To access the links, click the underlined titles.

Video

- [Managing Memory Impairments after Stroke](#)

Source: Heart and Stroke Foundation Canadian Partnership for Stroke Recovery

Supporting Resources

General Information

- [Thinking Challenges](#)

This webpage provides tips and strategies to address challenges related to attention, orientation, memory, sequencing, problem solving, insight and judgment impairments.

Source: Heart and Stroke Foundation of Canada

- [Your Stroke Journey: A Guide for People Living with Stroke](#)

This booklet provides information on stroke and its effects. It features tips and strategies to address challenges related to memory impairments after stroke. Available to download or in hardcopy format.

Source: Heart and Stroke Foundation of Canada

- [Executive Function](#)

This webpage provides information about attention (including memory) and strategies to address this impairment.

Source: Stroke Engine

January 2021

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- [Cognitive Rehabilitation](#)

This webpage provides information about cognitive rehabilitation strategies, which can improve memory, attention and concentration after stroke.

Source: Stroke Engine

- [Getting On With the Rest Of Your Life After Stroke](#)

This booklet contains activities and projects to promote recovery. It includes personal stories and examples of cognitive activities.

Source: Canadian Stroke Network

- [7 Steps to Stroke Recovery](#)

This program provides practical tips for addressing stroke related challenges.

Source: March of Dimes Canada

- [Guide for Stroke Recovery](#)

This interactive website provides tips on managing common activities and needs after stroke, including cognitive issues such as memory.

Source: Toronto Stroke Networks

- [Cognition and Perceptual Impacts of Stroke](#)

This handout was developed for long-term care, however the information is applicable to caregivers in other settings. It provides general information and practical tips to address changes in cognition after stroke.

Source: Stroke Network of Southeastern Ontario

- [A Complete Guide to Cognitive Problems after Stroke](#)

This detailed guide explains various cognitive problems such as memory loss and what you can do about them. It is available to download or in large print, braille (by request) and audio formats via this link

Source: Stroke Association-United Kingdom

- [18 Ways to Improve Cognitive Problems after Stroke](#)

This webpage provides a brief overview of cognitive problems and lists 18 strategies that may be helpful.

Source: Stroke Alliance for Europe

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- [Problems with Memory and Thinking](#)

This guide reviews common challenges associated with memory and thinking and what you can do about them. It can be downloaded and is available in large print, braille (by request) and audio formats via this link

Source: Stroke Association-United Kingdom

- [Lived Experience of Stroke Report](#)

Chapter 1 of this report explores the hidden effects of stroke including cognitive changes (starting on page 14). The report combines data from the United Kingdom with the perspective of individuals who are living with cognitive effects of stroke.

Source: Stroke Association-United Kingdom

- [Thinking and Perception](#)

This webpage features several resources about thinking and perception after stroke. It includes links to fact sheets, podcasts and information video and other resources. The webpage can be displayed in standard English, aphasia-friendly or other accessible formats.

Source: Stroke Foundation-Australia

Young Adults

- [Stroke in Young Adults](#)

This resource guide provides insight into the unique challenges faced by young adults, ages 18 to 55 that are living with stroke.

Source: Heart and Stroke Foundation Canadian Partnership for Stroke Recovery

Videos

- [7 Steps to Stroke Recovery](#)

This video provides practical tips for addressing stroke related challenges.

Source: March of Dimes Canada

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Mobile Apps

- [Mobile phone/device apps](#)

See page 75 of the Community Resources Book for a list of mobile phone/device apps to be used in addition to medical therapy to improve abilities. Some apps may have an associated cost. Disclaimer: These applications are meant to be used in addition to therapy to help develop skills, NOT as an alternative to medical advice or treatments.

Source: West GTA Stroke Network

- [Thinking and Memory Loss after Stroke](#)

This webpage provides general information on thinking and memory after stroke. Includes links to apps. Disclaimer: These applications are meant to be used in addition to therapy to help develop skills, NOT as an alternative to medical advice or treatments. There may be associated costs.

Source: Saebo Resource Library

Caregiver Resources

- [A Caregiver's Guide to Stroke Recovery](#)

This guide provides useful information for caregivers and includes an overview of how a stroke can affect your loved one. The guide is also available in [French](#).

Source: March of Dimes Canada

- [Stroke4Carers](#)

This e-learning website is designed for caregivers but can be helpful to persons with stroke. The practical advice and tips section includes memory strategies.

Source: National Health Service – Scotland

Local Resources

Search www.thehealthline.ca to find local programs and services to address memory challenges after a stroke. Suggested search terms - Rehabilitative Care, Acquired Brain Injury, Occupational Therapy, Alzheimer’s Disease and Related Dementias.

NOTES:

Acknowledgement

This information was compiled by the Ontario Regional Stroke Networks’ Community and Long-Term Care Group. It is based on the Stroke Self-Management Video Series Resource Worksheet: Managing Memory Impairment after Stroke, which was developed by the Calgary Stroke Program’s Early Supported Discharge Program/Alberta Health Service, Heart and Stroke Foundation of Canada, and Heart and Stroke Foundation.

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