

# Recreation and Leisure after Stroke:

## Resources for Persons with Stroke and their Caregivers

The resources listed below provide information and strategies that can help address recreation and leisure after stroke.

The first resource is the video [Recreation & Leisure 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

- [Recreation & Leisure After Stroke](#)

**Source:** Heart and Stroke Foundation Canadian Partnership for Stroke Recovery

### Supporting Resources

#### General Information

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

This booklet provides information on stroke and its effects. It features tips and strategies on how to get the most from leisure activities.

**Source:** Heart and Stroke Foundation of Canada

- [Leisure](#)

This webpage discusses adapting leisure activities and where to get support.

**Source:** Heart and Stroke Foundation of Canada

- [Leisure & Participation](#)

This webpage provides information on the importance of leisure, risks to participating and steps to finding pleasing activities.

**Source:** Stroke Engine

- [Hobbies and Leisure Activities after Stroke](#)

This webpage discusses the importance of hobbies and leisure activities to life after stroke and provides some ideas for activities.

**Source:** Stroke Association - United Kingdom

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## Exercise

- [Community Exercise Programs](#)

This website contains information on evidence-based exercise programs that might be offered in your community.

**Source:** Heart and Stroke Foundation of Canada

- [Exercise & Wellness Videos for People with Mobility Challenges](#)

This document contains several links to videos on exercises as well as mindfulness and relaxation.

**Source:** Toronto Rehab, University Health Network

- [Stroke Specific Exercise Programme](#)

A series of 12 videos to help you be more active at home. There are different levels of exercises, which you can follow at your pace.

**Source:** Stroke Association – United Kingdom

- [Being Active](#)

This webpage provides tips on becoming more active, including getting started, moving forward and keeping going.

**Source:** Self Help 4 Stroke

- [Aerobic Exercise after Stroke](#)

This resource provides aerobic activity recommendations for people at any point in their recovery from stroke.

**Source:** Heart and Stroke Foundation Canadian Partnership for Stroke Recovery

## Travel

- [Accessible Travel Services](#)

Group vacations for those with specialized accessibility needs.

**Source:** March of Dimes Canada

- [Travel & Leisure](#)

This webpage provides tips on getting back to travelling and has links to several related resources such as getting medical clearance and maps to public toilets.

**Source:** Stroke Foundation- Australia

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## Recreation Associations, Resources and Activities

- [Leisure Activities – ideas, resources and tips](#)

The News and Events section on this website features resources and tips for leisure activities.

**Source:** Therapeutic Recreation Ontario

- [Recreation and Integration Services](#)

This service assists individuals with physical disabilities overcome barriers to recreation.

**Source:** March of Dimes Canada

- [45 Fun Activities for Stroke Patients to Try at Home](#)

**Source:** Flint Rehab

- [Post Stroke Hobbies Exhibition](#)

This booklet features individuals from around the world participating in hobbies and leisure activities after stroke. It is a great source for both ideas and inspiration.

**Source:** World Stroke Association

- [Access2card](#)

This card provides free or discounted admissions for support persons of individuals with disabilities to participating venues. There is a cost to purchase the card.

**Source:** Easter Seals

- **Virtual Tours**

Many venues offer online virtual tours




- [Parks Canada](#)
- [Canadian Museum of History](#)
- [Royal Ontario Museum](#)
- [Cultural Landmarks from around the world](#)
- [Other Zoos, Museums, Theme Parks](#)
  - Includes:
    - Museums – The Louvre, Guggenheim, Smithsonian (Natural History)
    - Theme Parks- Disney World
    - Zoos – San Diego, Atlanta, National Aquarium

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• **Additional Activity Ideas**

The following activities can help you identify recreation and leisure activities. Speak with your Recreation Therapist and health care team about your interests!

<b>Cook and Bake Together</b>	
<ul style="list-style-type: none"> <li>• Try new recipes or old family favourites</li> <li>• Hold a cooking competition</li> <li>• Have an indoor (or outdoor) picnic</li> <li>• Do a blindfold taste test</li> </ul>	
<b>Play a Musical Instrument</b>	
<ul style="list-style-type: none"> <li>• Learn a new instrument or brush up on skills of one you already play. There are many free on-line lessons and tutorials</li> <li>• Turn household objects in to instruments. Play the spoons!</li> <li>• Start a family band</li> </ul>	
<b>Get Creative –Arts and Crafts Ideas</b>	
<ul style="list-style-type: none"> <li>• Make a bird house, model or craft. Craft stores often have building kits</li> <li>• Start a new hobby or pick up an old one like origami, woodworking photography, knitting, sewing, crocheting, quilting, pottery/ceramics</li> </ul>	<ul style="list-style-type: none"> <li>• Learn to draw or paint</li> <li>• Write a story, poem, song or blog</li> </ul>
<b>Exercise Your Brain</b>	
<ul style="list-style-type: none"> <li>• Listen to music, a podcast or an audio book</li> <li>• Puzzles! Crossword, word search, jig saw, suduko</li> <li>• Try some memory games or brain teasers</li> <li>• Read a book, newspaper, magazine</li> </ul>	

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<b>Games</b>	
<ul style="list-style-type: none"> <li>• Card Games (Solitaire, Cribbage, Etc.)</li> <li>• Skill games (billiards, darts, bowling, etc.)</li> <li>• Computer Games (Online Cards, Word Search, Suduko, Chess, Checkers, trivia, etc.)</li> <li>• Board Games (Chess, Checkers, Crokinole, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>• Video games (wii fit, wii sports, etc.)</li> <li>• Play X &amp; O's or hangman</li> <li>• Create a scavenger hunt – inside or outside</li> </ul>
<b>Be Active</b>	
<ul style="list-style-type: none"> <li>• Exercise – use an exercise video or an on-line class</li> <li>• Make exercise a game. Invite a friend to join you.</li> <li>• Try tai chi/yoga or pole walking</li> <li>• Use a treadmill/stationary bike</li> <li>• Outdoor Activities (fishing, walking, etc.)</li> </ul>	
<b>Get Outside</b>	
<ul style="list-style-type: none"> <li>• Enjoy nature. Visit parks and hiking trails. Go birding or look for signs of animal life</li> <li>• Plant a garden – either flowers or vegetables. Can use planter boxes for small spaces</li> <li>• Play bocce ball, pickle ball, catch</li> <li>• Watch a sunrise or sunset, go star gazing Go fly a kite.....literally</li> </ul>	
<b>Other pursuits</b>	
<ul style="list-style-type: none"> <li>• Watch documentaries – check out Netflix, Prime, Crave or TV channels like A &amp; E, or the History Channel or your local library</li> <li>• Volunteer with a local agency or help a neighbour with some yard work</li> <li>• Virtual tours (museums, countries, zoos, etc.)</li> <li>• Practice random acts of kindness – many ideas are available online.</li> </ul>	<ul style="list-style-type: none"> <li>• Visit your local library – many programs are available online</li> <li>• Research and record your family history</li> <li>• Have a karaoke night</li> </ul>

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## Local Resources

Search [www.thehealthline.ca](http://www.thehealthline.ca) or **Call 211** to find local programs and services to find recreation and leisure activities. Suggested search terms- Recreation Therapy, Recreational and Social Programs for People with Disabilities, Seniors Centres, Fitness Centres and Programs, Libraries and Resource Centres.

### NOTES:

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## 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: Recreation and Leisure after Stroke, which was developed by the Calgary Stroke Program's Early Supported Discharge Program/Alberta Health Services, Heart and Stroke Foundation of Canada, and Heart and Stroke Foundation Canadian Partnership for Stroke Recovery. Modifications have been made with permission.

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