

Organizing, Planning & Processing after Stroke: Resources for Persons with Stroke and their Caregivers

The resources listed below provide information and strategies that can help with challenges with organizing, planning and processing after a stroke.

The first resource is the video [Organizing, Planning and Processing 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

- [Organizing, Planning and Processing after Stroke](#)

Source: Heart and Stroke Foundation Canadian Partnership for Stroke Recovery

Supporting Resources

General Information

- [YourStrokeJourney: 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 organizing, planning and processing. Available to download or in hardcopy format.

Source: Heart and Stroke Foundation of Canada

- [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

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Disclaimer: This list of resources is provided for informational purposes only and is not a substitute for professional advice. The authors do not assume responsibility for the accuracy of the information found on the websites. This list is by no means a complete listing of information available. The mention of products and services should not be assumed to be an endorsement of any kind.

- [Executive Function](#)

This webpage features an overview of executive function and treatments available. See the Patient/ Family Information section.

Source: Stroke Engine

- [Cognitive Rehabilitation](#)

This webpage provides information about cognitive rehabilitation strategies which can improve memory, attention and concentration after stroke. See the Patient/ Family Information section.

Source: Stroke Engine

- [Cognitive 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 many cognitive problems and provides helpful strategies. It is available to download or in large print, braille (by request) and audio formats.

Source: Stroke Association-United Kingdom

- [How to Manage Changes in Cognition \(thinking\)](#)

This webpage provides an overview of cognition changes after stroke including challenges in attention, sequencing and problem solving issues and includes helpful tips.

Source: Toronto Stroke Networks

- [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: Heart and Stroke Foundation Canadian Partnership for Stroke Recovery

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- [7 Steps to Recovery](#)

This program provides practical tips for addressing stroke related challenges.

Source: March of Dimes Canada

- [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.

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 after Stroke Fact Sheet](#)

This webpage a general overview of thinking and perception after stroke and identifies practical strategies. It can be displayed in standard English, aphasia-friendly or other accessible formats.

Source: Stroke Foundation-Australia

- [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

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

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Videos

- [7 Steps to Recovery](#)

This program provides practical tips for addressing stroke related challenges.

Source: March of Dimes Canada

Caregivers

- **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 provided in [English](#) and [French](#).

Source: March of Dimes Canada

- **Stroke4Carers: [Perceptual Problems](#)**

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

Source: National Health Service-Scotland

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

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Local Resources

Search www.thehealthline.ca or **Call 211** to find local programs, and services to address organization, planning and processing challenges after a stroke. Suggested search terms-Rehabilitative Care, Acquired Brain Injury, Occupational Therapy.

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 Worksheet: Organizing, Planning & Processing 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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