

# Managing Communication after Stroke: Resources for Persons with Stroke and their Caregivers

The resources listed below provide information and strategies that can help with post stroke communication challenges.

The first resource is the video [Practical Communication Skills 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

- [Practical Communication Skills After Stroke](#)

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

## Supporting Resources

### General Information

- [Communication](#)

This webpage provides an overview of aphasia and communication strategies.

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

- [Understanding Aphasia](#)

This guide explains aphasia and provides communication strategies.

**Source:** March of Dimes Canada

- [Aphasia Resources for Persons with Stroke](#)

This site includes a variety of resources for persons with aphasia.

**Source:** West GTA Stroke Network

- [Aphasia](#)

An overview of aphasia, treatment approaches and recovery.

**Source:** Stroke Engine

- [Guide for Stroke Recovery](#)

This interactive website provides tips on managing common activities and needs after stroke, including how to communicate if you have aphasia.

**Source:** Toronto Stroke Networks

- [The Aphasia Institute](#)

This website has information about aphasia and resources for people living with aphasia and their caregivers. It includes strategies, programs and training to support communication. Some key resources include:

- Handout: [Does Your Family Member Have Aphasia](#)
- Webpage: [Living with Aphasia](#)

**Source:** The Aphasia Institute

- [Making Communication a Success](#)

This handout was developed for long term care; however the information is applicable to caregivers in other settings. Provides general information and practical tips to address communication impairments after stroke

**Source:** Stroke Network of Southeastern Ontario

- [National Aphasia Association](#)

This website provides information and numerous resources for individuals with aphasia and their caregivers. The resources include apps, therapy guides, picture communication books, fact sheets, online communities and videos.

- [One Aphasia Action](#): daily tasks that can be done at home to help keep up speech therapy progress

**Source:** National Aphasia Association-United States

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

This detailed guide explains various communication problems such as concentration 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.

- [Aphasia Recovery](#): Webpage with common aphasia questions answered

**Source:** Stroke Association-United Kingdom

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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.

- [Speech and Language](#)

This webpage features several resources about speech and language 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

- [Tactus Therapy](#)

This website provides information and strategies for various communication challenges associated with stroke. Includes downloadable fact sheets and a searchable app finder. Disclaimer: These apps 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:** Tactus Therapy-United States

## 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

## On-line & Virtual Groups

- [Aphasia Connect](#)

Virtual group - Join people with aphasia and other communication disorders in a guided conversation. An opportunity to meet new people and stay connected.

**Source:** March of Dimes Canada

- [Aphasia Recovery Connection](#)

An online community for people with aphasia

**Source:** Aphasia Recovery Connection-United States

- **[National Aphasia Association](#)**

This website provides information and numerous resources for individuals with aphasia and their caregivers. The resources include apps, therapy guides, picture communication books, fact sheets, online communities and videos.

- **[Aphasia Café](#)**: Monthly video chat for people with aphasia

**Source:** National Aphasia Association-United States

- **[Using Virtual Meetups for People with Aphasia](#)**

This video discusses using virtual meetups as a means for people with aphasia to stay connected.

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

## **Webinars & Videos**

- **Aphasia Webinar Series**

A series of webinars exploring communication supports and strategies.

**Source:** Heart and Stroke Foundation

- **[Introduction - Communicating with Someone with Aphasia](#)**
- **[Using Key Words to Aid Communication](#)**
- **[How to Use a Wallet as a Communication Aid](#)**
- **[Creating a Communication Binder and Life Story Book](#)**

- **[Keeping the Conversation Going: Managing Aphasia During COVID 19 to Reduce Social Isolation](#)**

A webinar series providing information on managing aphasia during COVID 19.

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

- **[Swallowing and Communication after Stroke](#)**

This video provides information on both swallowing and communication challenges following a stroke.

**Source:** Sinai Health

- **[7 Steps to Stroke Recovery: Communication and Language](#)**

This brief video discusses language and communication after stroke. It provides strategies to address these challenges.

**Source:** March of Dimes Canada

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- [National Aphasia Association](#)

This website provides information and numerous resources for individuals with aphasia and their caregivers. The resources include apps, therapy guides, picture communication books, fact sheets, online communities and videos.

- [What is Aphasia](#): short video explaining aphasia

**Source:** National Aphasia Association-United States

## Mobile Apps

- [Tactus Therapy](#)

This website provides information and strategies for various communication challenges associated with stroke. Includes downloadable fact sheets and a searchable app finder. Disclaimer: These apps 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:** Tactus Therapy (United States)

- [Constant Therapy](#)

This website provides activities and apps for various communication challenges associated with stroke. Disclaimer: These apps are meant to be used in addition to therapy to help develop skills, NOT as an alternative to medical advice or treatments. This is a subscription based service and there are associated costs.

**Source:** Constant Therapy (United States)

## Aphasia-Friendly News

- [News in Levels](#)

News articles with simplified language.

**Source:** News in Levels

## Music Therapy

- [Music Therapy – Patient/Family Information](#)

This webpage provides an overview of music therapy and its use in stroke rehabilitation.

**Source:** Stroke Engine

## Caregiver Resources

- [\*\*A Caregivers 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: Communication Strategies\*\*](#)

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

**Source:** National Health Service-Scotland

- [\*\*The Aphasia Institute\*\*](#)

This website has information about aphasia and resources for people living with aphasia and their caregivers. It includes strategies, programs and training to support communication. Some key resources include:

- Handout: [\*\*Does Your Family Member Have Aphasia\*\*](#)

**Source:** The Aphasia Institute

- [\*\*Helping Someone with Communication Problems\*\*](#)

This guide explains how stroke can affect communication and what you can do to support someone to communicate.

**Source:** Therapy Focus-Australia

## Local Resources

Search [www.thehealthline.ca](http://www.thehealthline.ca) or **Call 211** to find local programs, services and equipment to address manage communication after stroke. Suggested search terms - Aphasia, Rehabilitative Care, Speech Language Pathology.

### 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: Managing Communication after Stroke 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.