

Managing Unilateral Spatial Neglect after Stroke: Resources for Persons with Stroke and their Caregivers

The resources listed below provide information and strategies that can help with post stroke challenges such as unilateral spatial neglect (decreased awareness of one side of body).

The first resource is the video [Managing Unilateral Spatial Neglect 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 Unilateral Spatial Neglect 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 to address challenges related to changes in perception. Available to download or in hardcopy format.

Source: Heart and Stroke Foundation of Canada

- [Changes in Perception](#)

This webpage provides an overview of how perception can be affected by a stroke and some strategies for dealing with those effects.

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.

- [Unilateral Spatial Neglect](#)

This webpage features an overview of unilateral spatial neglect and treatments available. See the Patient/ Family Information section.

Source: Stroke Engine

- [How to Manage Perceptual Issues](#)

This webpage provides an overview of perceptual issues and includes helpful tips.

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 perception after stroke.

Source: Stroke Network of Southeastern Ontario

- [Thinking and Perception after Stroke Fact Sheet](#)

This webpage includes a general overview of perception and identifies practical strategies.

Source Stroke Foundation-Australia

- [Four Basic Strategies to Improve Hemispatial Neglect](#)

This blog post provides information on four strategies for unilateral neglect: anchors, guides, turns and lighthouse.

Source: Medbridge

- [What is Left Neglect?](#)

This webpage includes general information on left neglect, photos and treatment information. It has free downloadable information sheets and links to treatment apps, which might have an associated cost.

Source: Tactus Therapy

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

This detailed guide explains many cognitive problems including information on perception. It is available to download or in large print, braille (by request) and audio formats.

Source: Stroke Association-United Kingdom

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- [Vision Problems after a Stroke](#)

This guide includes information on neglect and general tips for coping with vision problems. It can be downloaded and is available in large print, braille (by request) and audio formats.

Source: Stroke Association- United Kingdom

Mirror Therapy Resources

- [Mirror Therapy - Patient/Family Information](#)

Source: Stroke Engine

- [MirrorBox Therapy Exercises](#)

Source: Abilitylab

- [Make Your Own Mirror Box for Therapy](#)

Source: Mirrortherapy.com

- [Mirror Box Therapy Exercises for Stroke Recovery](#)

Source: Saebo

Caregiver Resources

- **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

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Local Resources

Search www.thehealthline.ca or **Call 211** to find local programs, services and equipment to address unilateral spatial neglect. Suggested search terms- Occupational Therapy, Rehabilitative Care, Medical Equipment and Supplies.

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 Sheet: Managing Unilateral Spatial Neglect 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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