

# MARCH OF DIMES CANADA AFTER STROKE

## Virtual Programs



## MARCH OF DIMES CANADA & AFTER STROKE

- Our vision for After Stroke is to have a world where everyone impacted by stroke can recover and live life with renewed purpose and optimism, and inspire others to do the same.
- Our mission for After Stroke is to deliver person-to-person support, educational opportunities and innovative community-based programs that provide a connection to humanity, hope and life after stroke. We believe everyone deserves to live the best life they can after stroke.

## VIRTUAL ACTIVITIES AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday
Ask an Expert 1:00 pm	Chair Exercises for Stroke Recovery 12:00 pm	Caregiver Special Interest Topics 2:00 pm (Sept)	After Stroke Virtual Conversation 10:00 am	Special Interest Topics 2:00 pm
Aphasia Connect Virtual Group 2:00 pm	After Stroke Virtual Conversation 1:00 pm		Virtual Stroke Recovery Program 4:00 pm	Chair Exercises for Stroke Recovery 12:00 pm
		Aphasia Connect Virtual Group 2:00 pm		
		Caregiver Connections 2:00 pm (Sept)		

## VIRTUAL ACTIVITIES – PROGRAM DESCRIPTIONS

### Ask an Expert & Special Interest Topics

Learn about different topics related to stroke recovery and interact with experts in the field.

### Aphasia Connect Virtual Group

Join people with aphasia and other communication disorders in a communicatively accessible conversation. An opportunity to meet new people and stay connected.

## VIRTUAL ACTIVITIES – PROGRAM DESCRIPTIONS

### **Chair Exercises for Stroke Recovery**

Led by a certified fitness trainer. All you need is a chair that doesn't move and doesn't have armrests, or a wheelchair with the brakes on and armrests removed, room to stretch out your arms and legs, water and a pillow.

### **After Stroke Virtual Conversation**

Join survivors and caregivers to meet, share knowledge and resources.

### **Virtual Stroke Recovery Program**

Connect with other stroke survivors for a discussion, exercise session and cognitive games.

## VIRTUAL ACTIVITIES – INDIVIDUAL SUPPORT

### **Stroke Survivors and Caregiver Peer Support**

Trained March of Dimes Canada volunteers who are stroke survivors or caregivers of stroke survivors can provide one on one Zoom or telephone calls, as requested.

A part of Peers Fostering Hope referrals for stroke survivors and Caregiver Project funded by an Ontario Trillium Grant

## APHASIA & COMMUNICATION DISABILITIES (ACD) PROGRAM

- ACDP is an adult day program that supports people with an acquired communication disorder as a result of stroke, brain injury or brain illness
- Focus on building upon a client's abilities/strengths, increasing communication skills and enhancing life participation
- Program locations:
  - Newmarket
  - Maple
  - Vaughan
  - Stouffville
  - Whitby
  - Peterborough

## ACD PROGRAM CONT..

- All of the ACD Programs have shifted to virtual platforms
- Intake assessments are also being completed virtually
- Referrals
  - Anyone can refer!
  - Referral applications can be found on our website [marchofdimes.ca/acdp](http://marchofdimes.ca/acdp)
  - Submitted via email to [jthurston@marchofdimes.ca](mailto:jthurston@marchofdimes.ca)

## FOR MORE INFORMATION

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[marchofdimes.ca](http://marchofdimes.ca)

[afterstroke.marchofdimes.ca](http://afterstroke.marchofdimes.ca)

& [facebook.com/groups/modcafterstroke](https://facebook.com/groups/modcafterstroke)

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