

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	Virtual Stroke Recovery Program 4:00 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
 - Submitted via HPG, ABI network or via email to jthurston@marchofdimes.ca

FOR MORE INFORMATION

marchofdimes.ca

afterstroke.marchofdimes.ca

& facebook.com/groups/modcafterstroke

Raney Jansma
Coordinator, Stroke Services
705-300-0572
rjansma@marchofdimes.ca



March of Dimes Canada