

SUPPORTING RECOVERY FROM STROKE: SELF-MANAGEMENT

A newsletter for people living with the effects of stroke

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Learning to manage your risk factors and the many impacts of stroke on your life is an important part of recovery. When people have the skills, information and confidence to manage their condition, they tend to feel better and have greater quality of life. Self-management programs are designed to help you:

- improve understanding of your condition
- teach you practical skills
- improve communication with your health care team
- give you the confidence to manage your own health

Did you know...

FREE self-management programs are available online and in your community. These 6 week workshops help you develop self-management knowledge and skills. Find a program near you via these links:

- Online Chronic Disease Self- Management Program
<http://www.ontarioselfmanagement.ca/>
- Local Chronic Disease Self-Management Programs:
 - Durham, Haliburton, Kawartha and Pine Ridge
<https://www.ceselfmanagement.ca/>
 - South Simcoe and York Region
<http://www.healthy-living-now.ca/>
 - North Simcoe and Muskoka
<http://www.nsmselfmanagement.ca/>
- Powerful Tools for Caregivers Program
 - Durham, Haliburton, Kawartha & Pine Ridge:
<https://www.ceselfmanagement.ca/supportforcaregiversoverview>
- Living with Stroke Program - find a local program:
<http://www.heartandstroke.ca/stroke/recovery-and-support/living-with-stroke/living-with-stroke-ontario>



Are you looking for local programs & services to support your recovery?

Visit the Stroke Resources page on your local healthline

Durham, Haliburton, Kawartha & Pine Ridge
www.stroke.centraleastthehealthline.ca

South Simcoe & York
www.stroke.centralhealthline.ca

North Simcoe & Muskoka
www.stroke.nsmhealthline.ca

