

My Grandpa had a Stroke by Dori Hillestad Butler.
Washington, DC: Magination Press, 2007

This beautifully illustrated book is a resource for families with young children. The story of Ryan and his Grandpa offers age-appropriate information about strokes, and helps children understand and maintain special family bonds.

Availability for loan:

FM 350 B88 JUV 2007 Health Information & Wellness Centre, both locations

COMMUNITY RESOURCES

Heart and Stroke Foundation Toronto

2300 Yonge Street Ste. 1300
Toronto, ON M4P 1E4
Tel: 416-489-7111

Heart and Stroke Foundation Peel Region

201 County Court Boulevard Ste. 306
Brampton, ON L6W 4L2
Tel: 905-451-0021

<http://www.heartandstroke.ca>

Ontario March of Dimes Stroke Recovery Network Warm Line

Tel: 1-888-540-6666
A peer support toll-free line for those affected by stroke.

Trillium Health Centre, Mississauga

Regional Secondary Stroke Prevention Clinic
Fax: (905) 848-7669

Provides assessments, appropriate interventions and education for patients with TIA or minor stroke. Must be referred by an Emergency department or a family physician in West GTA region.

CONTACT

Health Information & Wellness Centres

Trillium Health Centre - Mississauga

100 Queensway West
Mississauga L5B 1B8
(905) 848-7511

Trillium Health Centre - West Toronto

150 Sherway Drive
Toronto M9C 1A5
(416) 521-4187

Email: hiwc@thc.on.ca
<http://www.trilliumhealthcentre.org/health>

Mississauga Library System

(905) 615-3500 (for book locations)
<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library

(416) 393-7131 (for book locations)
<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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Life. We're in it together.

Stroke



INTERNET SITES

Heart and Stroke Foundation of Canada

<http://ww2.heartandstroke.ca>

Heart and Stroke Foundation of Canada plays a leadership role in the study, prevention and reduction of disability and death from heart disease and stroke in Canada. Click on the link for Stroke in the left hand column to find sections devoted to prevention, treatment, rehabilitation, and many other aspects of this often disabling event. There are also many practical ideas for stroke survivors on how to cope with daily activities and to get the most out of life.

Stroke Recovery Network

<http://tinyurl.com/yulmtw>

The Stroke Recovery Network is part of the Ontario March of Dimes, and it provides post-recovery support, education and research to stroke survivors and their families. The web site offers a list of SRN support groups in Ontario, an events calendar, and an online discussion forum.

National Stroke Association

<http://www.stroke.org>

This is a clearly laid out U.S. site which provides guidance on prevention, treatment and rehabilitation. It makes available a series of clearly written fact sheets on a variety of relevant topics, as well as a free bi-monthly magazine, *Stroke Smart*. Overall the site is a good resource for learning about stroke and its after effects in straightforward language.

American Stroke Association

<http://www.strokeassociation.org>

Another easy-to-follow U.S. site with some very useful features. In addition to information about causes, warning signs and treatment, there is a heart and stroke encyclopaedia which gives definitions of hundreds of terms. There is also a facility for ordering the American Stroke Association's many helpful brochures and other publications.

BOOKS

Stroke by Louis R. Caplan. New York: Demos & American Academy of Neurology Press, 2006

Written by a leading expert and professor at Harvard Medical School, this clear, jargon-free guide offers useful information for stroke survivors and their families. Topics covered include types of stroke and their causes, prevention, risk factors, treatments, and the recovery process.

Availability for loan:

FM 340 C27 2006 Health Information & Wellness Centre, both locations

The Stroke Book: a Guide to Life After Stroke for Survivors and Those Who Care for Them by June Biermann and Barbara Toohey. New York: Penguin 2005

This is an essential resource for those recovering from a stroke and their caregivers. It offers analyses of new developments in stroke therapy, advice on coping with rehabilitation needs, suggestions for preventing future strokes, and help for caregivers on managing their own stresses.

Availability for loan:

FM 350 B43 2005 Health Information & Wellness Centre, both locations
616.8103 BIE Toronto Public Library System

Stroke: a Comprehensive Guide to "Brain Attacks" by Vladimir and Larissa Hachinski. Toronto: Key Porter, 2003

This guide provides information on one of the leading causes of death and disability in Canada. Topics covered include, prevention, how to recognize symptoms of a stroke, and the importance of immediate treatment in preventing serious disability. There is also a section on how survivors and their families can rebuild their lives.

Availability for loan:

FM 340 H22 2003 Health Information & Wellness Centre, West Toronto
616.81 HAC Mississauga Library System
616.81 HAC Toronto Public Library System

Brain Attack: the Journey Back ed. by Liz Pearl. Toronto: Kope Associates, 2005

The inspirational book features 33 essays written by stroke survivors that focus on hope, courage and determination in the challenging process of their recovery.

Availability for loan:

FM 357 P72 2005 Health Information & Wellness Centre, both locations

Tips and Tools for Everyday Living: a Guide for Stroke Caregivers Toronto: Heart and Stroke Foundation of Ontario, 2002

This guide is designed to provide the practical knowledge and skills needed by the people. Topics covered include communication, leisure activities, mobility, skin care, continence, cognitive problems, meal assistance, and the routine activities of living.

Availability for loan:

FM 340 G84 2002 Health Information & Wellness Centre, both locations.