



MARCH
OF DIMES
CANADA

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March of Dimes Canada

Purpose

Champion equity. Empower ability.

Vision

An inclusive, barrier-free society for people with disabilities.

Mission

To be Canada's leading service provider, resource and advocate, empowering people with disabilities to live and thrive in communities nationwide.



Leading the Way in..

- Funding for Home & Vehicle Modifications
- Supportive Housing
- Disability Advocacy
- Technology Training
- Employment Services
- Brain Injury Services
- Attendant Care



After Stroke

Bringing
Health, Hope and Humanity
to Stroke Survivors & their Families



After Stroke

- A personalized approach to supporting individuals and families
- Evidence informed programs
- Driving positive outcomes that are measurable & demonstrate impact



Together, we dare to believe in a brighter future for every stroke survivor

Vision

A world where everyone impacted by stroke can recover and live life with renewed purpose and optimism and inspire others to do the same

Mission

We deliver person-to-person support, educational opportunities and innovative community-based programs that provide a connection to humanity, hope and life after stroke

After Stroke Programming

Personalized Support - Provided by skilled, competent and caring Community Stroke Navigator with a focus on community reintegration



Needs Assessment and Goal Setting

- Evidence informed
- Studied with stroke population
- Identifies strategies to build confidence in returning to previous and new roles and social activities



Goal Setting and Action Plan



Goals are important for stroke recovery.

Your After Stroke Coordinator _____ will help you with your goals throughout your journey.



What is my goal?	Why is this goal important to me?	How will I make this happen?	What or who will help me?	By when?	Notes

After Stroke Programming

Exercise and Movement - Exercise and mobility are important to maintaining good health after a stroke

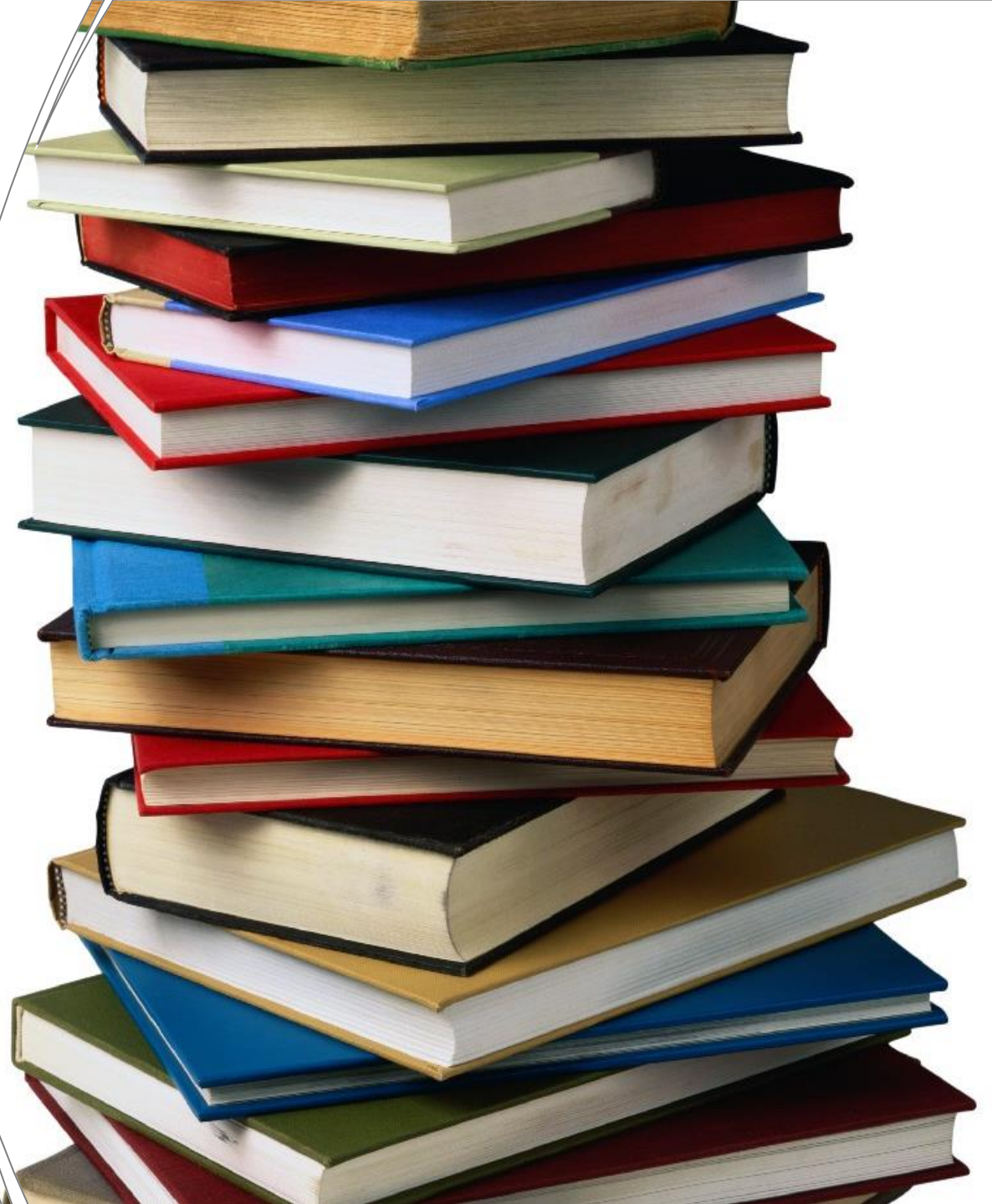
- Virtual Exercise
- GRASP



After Stroke Programming

Education - The more one knows about stroke, the more confident and empowered they feel to manage their recovery

- Ask An Expert
- Life After Stroke: An Education & Self Management Program



Life After Stroke: An Education & Self-Management Program



March of Dimes Canada, in collaboration with the Toronto Stroke Networks, is proud to introduce *Life After Stroke*—a stroke education and self-management program designed to empower individuals in their stroke recovery journey.



This evidence-informed program offers a series of topic-specific, interactive modules. Developed by a codesign working group, the content includes expert-led video segments and opportunities for peer-to-peer discussion within a co-facilitation model.

Session Details

- 2 hours/week for 10 weeks
- Flexible curriculum of 20 modules, grounded in the TSN Guide for Stroke Recovery
- Led by trained facilitators and persons with lived experience of stroke
- Offered to individuals affected by stroke across Canada

Guide for Stroke Recovery

Information and resources for persons
and families recovering from stroke



Use this Guide to:

- find information about stroke and your recovery
- set goals to recover, live well and prevent another stroke
- keep track of your progress
- communicate with your health care team
- find resources and support services in your community

Toronto Stroke
Networks

www.strokerecovery.guide



What
participants
can expect
from the
program



Gain knowledge, skills
and confidence



Manage health through
goal setting



Build a community
of support



Life After Stroke So Far

Total of 50 participants
nationally

Participants self-reported a
meaningful increase in
confidence after the program

Facilitator guide and session
modules are available for
download

After Stroke Programming

Skill Development - Re-learning and practicing skills empowers survivors and gives them a greater sense of freedom and independence

- Living Life to the Full



After Stroke Programming

Peer Support - Connecting with other survivors and caregivers for emotional support, firsthand advice, and friendship

- Stroke Community Conversation
- Life Partners of Stroke Survivors
- Caregivers of Stroke Survivors
- Young Adults Living with Stroke
- Aphasia Peer Connect
- 1:1 Peer Support
- In-Community Peer Support Groups



Peer Support Network

March of Dimes Canada hosts the Peer Support Network, welcoming peer support groups across Canada to:

- Enable people impacted by stroke to find supportive communities that meet their needs.
- Connect group leaders to each other, best practices and resources.





Contact Us

Donate

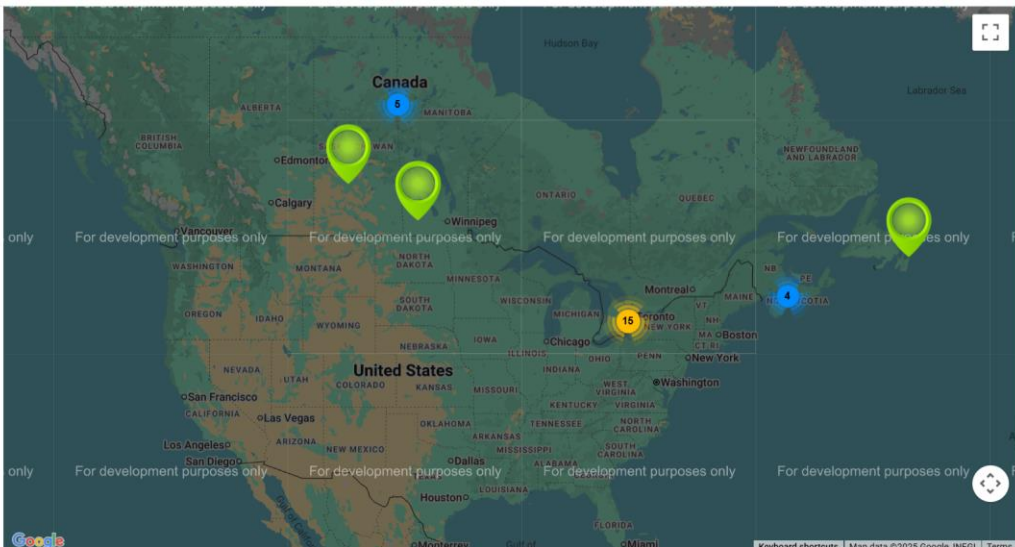
About Stroke Get Support Resources Get Involved About Us For Healthcare Providers



Peer Support Network Directory

Find your community of support using the search fields and filters below.

Please note: Map locations are approximate – you will be provided with exact meeting locations when you register or get connected with the group.



You can filter by in-person or online meetings, or select both options

Select category

Select Filters

Select locations

Postal Codes

Search locations closest to me

Search

20 Km



Toronto Central Stroke Recovery Group



March Of Dimes Canada

Description

Dates & Times:

Third Wednesday of each month, from 12 noon – 2 pm.

Who would benefit from this group?

Anyone in Toronto and the west end of the city who has been impacted by stroke.

Description of the group:

This peer support group, led by a volunteer team including people impacted by stroke, provides a safe and welcoming space for members to support one another based on shared experiences of stroke. Meetings are casual gatherings where members may share resources and gain a sense of hope and community.

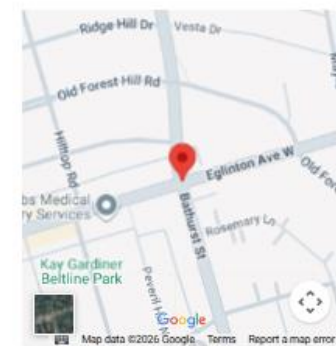
Participation Format

In-person

Locations

Ontario

Map locations are approximate



If no address is indicated below, map location is approximate.

- Toronto, Ontario (Map locations are approximate)
- Phone : 1-888-540-6666
- Email : afterstroke@marchofdimes.ca

Register

Share this



Criteria for Involvement

- Stroke survivor, caregiver or family member
- Can join at any point in the stroke journey
- Support available by phone or online



After Stroke Pathway



How to Contact Us



Call us on our
stroke support line
1-888-540-6666



Check out our website
www.afterstroke.ca



Email us
afterstroke@marchofdimes.ca

Questions?

