

# Health PEI

## PEI ORGANIZED STROKE CARE MODEL CAREGIVER HANDBOOK



ONE ISLAND FUTURE

ONE ISLAND HEALTH SYSTEM

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Please note: There are many aspects to the Caregiver role. We recognize there are additional areas which may be important to support the Caregiver. If you have suggestions for additional information to be included they can be directed to Valerie Warren at [vwarren@gov.pe.ca](mailto:vwarren@gov.pe.ca)



ONE ISLAND FUTURE

ONE ISLAND HEALTH SYSTEM

## THE CAREGIVER ROLE: YOU ARE NOT ALONE

A caregiver is any person who has agreed to take on the responsibility of attending to the needs of a child or dependent adult. Your role as a caregiver is important to the well being and ongoing recovery of the stroke survivor. As a caregiver, you may find the experience rewarding and satisfying. It can also be challenging and frustrating.

It is important to recognize the value of the caregiver role and its impact on a stroke survivor's care and comfort. You may take on new responsibilities when the person you care about becomes ill and relies on you for support. Don't be afraid to ask for and accept help from others who are willing to assist you in your new role as a caregiver.

Health care professionals can help you in the management of the stroke survivor's care. It will also be a great help to you if you put together a support system of others who can support you and help you both through the stroke journey. This can be a very challenging time for both you and the stroke survivor and the more support and help you can access will make a big difference in the outcome of your journey.

As a new caregiver, you must be made aware of the number one rule of care giving: **You need to look after yourself.** Those who make a point of attending to their own needs in addition to the needs of others will be healthier and happier. You will also be a more effective caregiver.

This handbook is written to provide some ideas about caring for a stroke survivor. We hope that you will refer to it often.

## THE PERSPECTIVE OF THE STROKE SURVIVOR

Both caregivers and stroke survivors experience a wide range of emotions due to the changes brought about by having to manage the daily challenges of life after stroke and their new reality. These feelings very often come in the form of confusion, fear, anxiety, anger, denial, sadness, isolation, a general sense of losing control and possibly depression.

The caregiver may not always know how to respond to these emotions. These feelings are quite common with stroke survivors and is discussed in the publication “**Let’s Talk About Stroke**” in sections 16 and 17.

**As a normal adjustment to a new health situation, the stroke survivor may be concerned about:**

How to regain a measure of control in their life, positive self image, sense of positive self worth, positive social life and friendship relationships, day to day positive attitude, overcome a sense of isolation and attain acceptance of their new reality.

**As a caregiver you can provide assistance to the stroke survivor in the following ways:**

**First** - read sections 16 and 17 of the publication “**Let’s Talk About Stroke**” with the stroke survivor and your family. Then talk about how to use the suggestions contained there to manage the areas of concern.

**Second** - reinforce the fact that thoughts and feelings that bother the survivor will become more powerful if left unchecked. Work with the survivor to focus on the positive (what he/she has) rather than the negative (what he/she has lost). Encourage the survivor to practice this technique until it becomes second nature.

These exercises if used can also prove beneficial in order to assist the caregiver to cope with the day to day challenges of caregiving (caregiving is challenging to the point that the caregiver actually can feel like a survivor too).

With time and support, most survivors adjust to their new situation. Encourage them to get involved in activities outside the home such as walking, a day program, support group, leisure activity or volunteering. This can provide a positive outlet for emotions and help to instill a sense of purpose for the survivor. To help you find what is available in your community please refer to the “**Community Resources**” section.

## PREPARING YOURSELF AS A CAREGIVER

One of the most effective ways to prepare yourself as a caregiver is to understand your responsibilities. It is important to understand stroke care. Ask to sit in on meetings with health care providers about the care plan. This can be an excellent way to gain information on the stroke survivor's progress and the treatment plans of the professionals involved in his or her care.

### The type of information that is important to know includes:

- What type of stroke is it?
- What are the common effects of the stroke?
- How is the stroke survivor progressing?
- What are the potential long term changes, physical, emotional or behavioral?
- What will the stroke survivor need when they go home?
- What services are available to help you both?
- Who can you contact with questions and concerns down the road?
- What other resources are available?

There are many excellent resources available to increase your understanding of stroke. Read the “**Let’s Talk about Stroke**” booklet and/or other books about stroke. There are also helpful websites and videos about caregiving that may be recommended to you. A list of suggested books and websites is included at the end of this booklet.

Find out what services and supports are available in your community and within the health care system. Your health care team can assist you with identifying available resources. Seek the help you will need to prevent caregiver burnout.

Contact the Heart and Stroke Foundation of Prince Edward Island, at (902) 892-7441 or toll free at 1-888-473-4636 to find out if there are local support groups for caregivers where you can get further information and learn from the experiences of others.

## TIPS FOR THE CAREGIVER TO SUPPORT STROKE SURVIVORS

It is important that stroke survivors are active participants in their healthcare to ensure that the care is meeting their needs. As a caregiver you can help encourage the stroke survivor to actively participate in decisions that affect their health and quality of life. This includes helping them prepare for medical appointments, asking questions or ensuring that the survivor asks questions to make certain that they have the information they need to make informed decisions, and knowing what to do when they get home. Here are some tips to encourage the active involvement of the survivor in their health care.

- **Accompany the Stroke Survivor at their Health Care Appointments.**

It is often helpful for caregivers to attend the health care appointments with the stroke survivor. Attendance at these appointments is important to help you understand as much as you can about the stroke survivor's diagnosis and condition, treatments or procedures being performed and how to administer any prescribed medications that they will need. Discuss this with the stroke survivor.

- **Encourage the Stroke Survivor to Ask Questions.**

Encourage the stroke survivor to ask questions when they are meeting with health care providers. Asking questions is important to increase your and the stroke survivor's knowledge and understanding of their condition and to help them to make informed decisions. Writing questions down before they meet with the health care provider can help to ensure that all of their concerns are addressed. The survivor may need your assistance in asking the questions or writing the questions down. Some common questions that stroke survivors may have are:

- Can you tell me more about my stroke?
- What is the purpose of this test or treatment?
- What does this test involve?
- Can you explain it in a different way?
- Are there any other options?
- What should I do to get ready to go home?
- What arrangements have been made for equipment (e.g. ramps, walker, wheelchair, bath seat or commode)?
- What kind of transportation do I need to get home?
- What will I need when I get home?
- Is there a plan for home care?
- What should I tell my family about my care?
- Can I eat the same foods that I used to eat?
- When can I drive?
- When can I go back to work?
- What medications need to be picked up?
- What does this medicine do?
- How many pills do I take and how often?
- What are the side effects? When do they appear?

Encourage the survivor to ask more questions if they do not understand what has been said. For example, “I am not sure I understand what you said. Can you explain that to me again?” Also ask where you can find more information.

- **Encourage the Stroke Survivor to Let the Health Provider Know About their Current Condition and About Any Past Illnesses.**

Encourage them to tell the health care provider if they:

- are not feeling well or have been sick lately
- are taking medications
- have had surgery or a recent visit to the hospital
- have seen another doctor or gone somewhere else for health care
- have an ongoing illness like diabetes or heart disease
- have an illness that runs in the family, such as high blood pressure, asthma, cancer or any blood disorders such as blood clots etc.
- have an addiction such as smoking, alcohol or drugs

- **Ensure that the stroke survivor brings all of their medications or a list of their medications to the hospital or their health care appointment.**

The health care provider must know what medications the stroke survivor is taking to avoid adverse reactions with other drugs and to inform the health care provider in case of a medical emergency. This includes all types of medications including any prescription and non-prescription drugs and any supplements that they may be taking such as vitamins, herbs and herbal remedies or food supplements.

When going to the hospital or a health care appointment, remind or assist the stroke survivor to put all medicines in a bag and to take them to their appointment. The medications should always be kept in the original bottle. If the survivor cannot take all of their medications with them, it is important to bring a list of these medications to the appointment. You can assist the survivor in making this list. The doctor and pharmacist can also help with the list. The stroke survivor should let the health care provider know if they get prescriptions from more than one doctor.

It is a good idea to keep a list of all current medications that the stroke survivor is taking in their wallet or purse, or in the vehicle in case of emergency.

- **Ensure that you tell the health care provider if the stroke survivor has ever had an allergic reaction or bad reaction to any drug or food in the past.**

If the stroke survivor gets sick, the health care team may have to act quickly. Before they give any medication, they need to know if the survivor has an allergy or has had a bad reaction to the medication in the past. Reactions to medications and food can include rashes, headaches, breathing trouble, and feeling sick. Tell the health care provider right away if a new medication makes the stroke survivor feel unwell. Some people have reactions to anesthetics- the drugs used to put patients to sleep or stop pain during surgery. Tell the health care provider if the survivor has had such a reaction in case surgery is needed. Because some medicines have food in them (such as eggs used in flu shots), be sure to make the health care provider aware of any food allergies too.

Don't wait until the stroke survivor gets sick to tell people about his or her allergies. Encourage the stroke survivor to wear an ID bracelet such as MedicAlert. For further information contact Medic Alert at 1-800- 668-1507. This ensures that the health care provider knows about allergies when you or the stroke survivor is not able to tell them.

If you do not know if the stroke survivor has allergies, they can be tested. Contact the family doctor.

In order for you to help keep track of information about the stroke survivor's recovery you can refer to section 25 of the publication "**Let's Talk About Stroke**" entitled My Stroke Diary.

There are five parts of my stroke diary where you can record information about the survivor and the stroke, names and telephone numbers of the stroke care team and other stroke care providers, information about the stroke survivors care and recovery, the stroke survivors goals and the progress in reaching those goals, the stroke survivors feelings and/or any other information that the stroke survivor would like to record.

### **The Health Care Team May Include:**

Doctors	Psychologist
Dietitians	Respiratory Therapists
Medical Laboratory Technologists	Social Worker
Nurses	Speech-Language Pathologist
Occupational Therapists	Spiritual Care
Eye Specialist- Ophthalmologist	Resident Care Worker/ Home Maker (Home Care)
Physiotherapist	



## LONG DISTANCE CAREGIVER

In many situations, caregivers may live some distance from the stroke survivor. There may be additional challenges for the caregiver in organizing and coordinating the stroke survivor's care on a daily basis. It may be more difficult for them to communicate and exchange information, and they may have feelings of guilt or anxiety about not being able to be with the stroke survivor. Caregivers may experience increased telephone and travel expenses or may have difficulty traveling frequently due to other family or work responsibilities.

### Long distance caregivers may have:

- Travel costs and long distance telephone bills
- Difficulty exchanging information
- Feelings of guilt and anxiety about not being able to be with the stroke survivor more often
- Difficulty traveling frequently due to other family or work responsibilities

### What you can do to cope:

1. Gather information and support from the health care team (if you have one) to help you coordinate care. Attention to detail is critical to successful long-distance care giving.
2. Plan for emergencies. Leave a key to the stroke survivor's home with a friend or neighbor for quick and easy access in the case of an emergency.
3. Consider an "emergency response system" so the stroke survivor can contact *local* emergency attention at the touch of a button. For further information contact Lifeline System at 1-800-543-3546.
4. Consult with your health care team regularly to discuss concerns and assist with relaying information to the other professionals involved. They can also help you learn about community and private services.
5. Attend team meetings whenever possible to meet the care providers, to discuss their role and to be brought up to date on the stroke survivor's progress.
6. Use a "Communication Book" where all team members can note concerns or questions for you. You can use this as a way to update yourself on the week's events and communicate back to the care providers.
7. Prioritize tasks that you want to accomplish with each visit. Keep a list of people to talk to and things to do. This will help you stay focused and avoid confusion.
8. Make sure all care providers know how and where to reach you. Leave your name and phone number with people who may not be directly involved. e.g. a bank manager. Make sure care providers know how to contact you when you are on vacation or will not be home for a length of time.

9. In some cases, the condition of the stroke survivor may lead *you* to move in or to move closer to provide care. This may be a temporary or permanent arrangement. Or you may decide that the stroke survivor needs to move in with you or another caregiver. Whatever the arrangement, there will be significant transitional issues for all concerned.

**For example:**

- Loss of privacy
- Loss of control
- Change in routine

**The following are some steps you can take to ensure the stroke survivor is receiving safe quality care:**

- Stay informed about the care the stroke survivor is receiving, who he or she is receiving it from and when they are receiving it
- Stay involved – communicate often with the stroke survivor, visit regularly
- Know the indicators of neglect and abuse: For example, changes in personality or behaviour such as excessively withdrawn or anxious about doing something wrong; frequent injuries or unexplained bruises; hygiene is consistently poor; sudden changes in their financial accounts; evidence of regular overmedication or undermedication.
- Suggest that the stroke survivor not keep valuable jewellery or large amounts of money in the house
- Advise the stroke survivor not to sign any documents he or she does not fully understand
- Arrange for automatic deposit of pension cheques and withdrawal for payment of monthly bills
- Instruct the stroke survivor to never give personal information to someone he or she does not know

## DEVELOPING A BACK-UP PLAN

A back-up plan takes effect if for some reason you are unable to care for the stroke survivor.

### A back up plan may be needed if:

- You become ill or injured
- Other responsibilities take your attention
- You need a break from your caregiving responsibilities
- You have a personal emergency
- You have difficulty managing
- You are unable to go to the stroke survivor due to unforeseen circumstances such as bad weather or car trouble

Making a back-up plan will help you think about what you can do when unexpected situations arise. A well thought out plan will help to decrease your stress and anxiety during a crisis and identify who your supports are and how they can be reached. Also it helps you consider details you may not have time to think of later.

Develop your back-up plan with the stroke survivor, emergency contacts and supports.

### Write down your plan including:

- Family doctor's name and phone number
- Emergency contacts, their names and phone numbers
- Have a back-up care giver in the early stages
- Important information for emergency supports e.g. medications, allergies, special needs
- A date to review the plan with your emergency support team members

Put the plan in a common location or make copies so it's available to those who will need it if an unexpected situation comes up.

### BACK-UP PLAN

Name of Family Doctor: \_\_\_\_\_ Phone# \_\_\_\_\_

Name of Team Contact: \_\_\_\_\_ Phone# \_\_\_\_\_

#### Emergency contacts and supports:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone#: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone#: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone#: \_\_\_\_\_

#### Important facts that key supports need to know:

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Date to review and update plan with key supports: \_\_\_\_\_



## COMMUNITY RESOURCES

There are many community services that you may access to assist you with your care giving responsibilities. Here is a list of places where you can find further information on the types of services/resources that may be available in your community. Knowing what kinds of services are available can ease the confusion and frustration many people experience.

### **PEI Seniors Guide 2008: Information about programs and services for seniors**

Copies are available from any Access PEI sites, Island Information Service (IIS) (Toll free: 1-800-236-5196) or by contacting the Seniors' Information Line at 1-866-770-0588; 902-569-0588 (Charlottetown area). Copies are also available online at: [www.gov.pe.ca/infopei/seniors](http://www.gov.pe.ca/infopei/seniors).

Access PEI Alberton 853-8622

Access PEI Souris 687-7000

Access PEI Charlottetown 368-5200

Access PEI Summerside 888-8000

Access PEI Montague 838-0600

Access PEI Tignish 882-7357

Access PEI O'Leary 859-8800

Access PEI Wellington 854-7250

### **The Heart and Stroke Foundation of Prince Edward Island**

180 Kent Street P.O. Box 279, Charlottetown, PE, C1A 7K4

Telephone: 902- 892-7441

Toll free: 1-888-473-4636

Fax: 902- 368-7068

[www.heartandstroke.pe.ca](http://www.heartandstroke.pe.ca)

### **The PEI Council of People with Disabilities**

Charlottetown – Head Office

5 Lower Malpeque Road, Unit #2, Landmark Plaza, Charlottetown, PE, C1E 1R4

Telephone: 902- 892-9149

Toll free: 1-888-473-4263

Fax: 902- 566-1919

[www.peicod.pe.ca](http://www.peicod.pe.ca)

Summerside – Prince County Office

11 Water Street, Unit 3, Summerside, PE, C1N 1A2

Telephone: 902- 436-9259 and 902- 436-1296

Fax: 902- 432-2659

Montague – Kings County Office

Brudenell Mini-Mall, 2 Crescent Lane, Unit C, P.O. Box 1500, Montague, PE, C0A 1R0

Telephone: 902- 838-5878 and 902-838-5879

Fax: 902- 838-5880

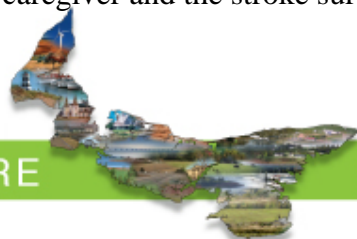
### **The Brain Injury Coalition of Prince Edward Island**

135 Kent Street, P.O. Box 1532, Charlottetown, Prince Edward Island C1A 7N3

email: [bicpei@gmail.com](mailto:bicpei@gmail.com)

Website: [www.bicpei.com](http://www.bicpei.com)

The Stroke Care Helping Tree on the next page provides a summary of some resources available that may be applicable to assist you the caregiver and the stroke survivor.



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**THE STROKE CARE  
HELPING TREE**

<p><b>Driver Refresher Course</b> 902-368-9008 1-877-368-9008</p>	<p><b>Healthy Eating Canada's Food Guide</b> www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php</p> <p><b>Department of Health and Wellness</b> 902-368-6171 gov.pe.ca/health</p> <p><b>Health Canada/ Healthy Eating</b> www.hc-sc.gc.ca/hl-vs/index-eng.php</p> <p><b>Living a Healthy Life Program</b> 1-888-854-7244</p>
<p><b>Designated Parking Permit Program</b> www.peicod.pe.ca <u>Charlottetown</u> 902-892-9149 <u>Montague</u> 902-838-5878 <u>Summerside</u> 902-888-8035 1-888-436-1296</p>	<p><b>Active Living Canada's Physical Activity Guide to Healthy Active Living</b> www.phac-aspc.gc.ca/hl-ps/hl-mvs/pag-gap/index-eng.php</p> <p><b>Recreation PEI</b> 1-902-892-6445 www.recreationpei.ca</p> <p><b>55+ Games</b> 1-800-247-6712 www.pei55plusga messociety</p> <p><b>Trails, Boardwalks and Parks</b> 1-800-236-5196 www.gov.pe.ca</p>
<p><b>Non Emergency Provincial</b> Pat and the Elephant 902-894-3339 Island Emergency Medical Services (non emergency) 1-877-660-6644 <u>Charlottetown</u> Charlottetown Transit www.triustransit.ca Neil's Ambulance 902-892-5311 <u>Summerside</u> Donna's Transport 902-436-3394 <u>West Prince</u> Transportation West 902-856-0081 or 856-0080</p>	<p><b>Meals on wheels</b> Note: May require referral <u>Alberton</u> 902-853-3227 <u>Charlottetown</u> 902-569-7700 <u>Hunter River</u> 902-964-2436 <u>Kensington</u> 902-836-3067 <u>Montague</u> 902-838-3228 <u>O'leary</u> 902-859-2978 <u>Souris</u> 902-687-7096 <u>Summerside</u> 902- 888-8335 or 436-9520 <u>Tyne Valley</u> 902-831-2975 <u>Prince County Real Meals</u> 902-892-0584</p>
<p><b>Emergency Call 911</b></p>	<p><b>Healthy Living</b></p>
<p><b>Transportation</b></p>	

<p><b>Friendly Visitors Program</b> 1-877-368-9008 www.peiseniorsfederati on.com</p>	<p><b>Smoking Cessation Programs</b> 1-888-299-8399 Smokers Helpline 1-877-513- 5333</p>	<p><b>Crime Stoppers</b> 1-800-222-8477</p>	<p><b>Counseling Services</b> Toll free: 1-866-892-2441 <u>Alberton</u> 902-853-8670 <u>Charlottetown</u> 902-894-3515 902-892-2441 902-368-4911 902-368-4430 <u>Souris</u> 902-687-7110 <u>Summerside</u> 902-888-8180</p>
<p><b>Home Equipment Loan</b> Note: Fees and 3 month limit may apply <u>Charlottetown</u> Canadian Red Cross 62 Prince Street 902-628-6262 <u>East Prince</u> 902-888-8440 <u>Montague</u> 409 MacIntyre Ave 902-838-0748 <u>Souris</u> Lower-Level Souris Hospital 17 Knights Avenue 902-687-7089 <u>Tignish</u> Tignish Medical Center 254 Phillip Street 902-882-2260 <u>Tyne Valley</u> Stewart Memorial 902-831-7900 <u>West Prince</u> 902-859-8650</p>	<p><b>Counseling Diabetes Program</b> <u>Charlottetown</u> 902-368-4959 <u>Montague</u> 902-838-0787 <u>O'Leary</u> 902-888-8368 <u>Souris</u> 902-687-7049 <u>Summerside</u> 902-888-8368</p>	<p><b>Adult Protection Services</b> <u>Charlottetown</u> 902-368-4790 <u>Montague</u> 902-838-0786 <u>O'Leary</u> 902-859-8730 <u>Souris</u> 902-687-7096 <u>Summerside</u> 902-888-8440 www.stopfamily violence.pe.ca</p>	<p><b>Poison Control</b> 1-800-565-8161</p>
<p><b>Meals on wheels</b> Note: May require referral <u>Alberton</u> 902-853-3227 <u>Charlottetown</u> 902-569-7700 <u>Hunter River</u> 902-964-2436 <u>Kensington</u> 902-836-3067 <u>Montague</u> 902-838-3228 <u>O'leary</u> 902-859-2978 <u>Souris</u> 902-687-7096 <u>Summerside</u> 902- 888-8335 or 436-9520 <u>Tyne Valley</u> 902-831-2975 <u>Prince County Real Meals</u> 902-892-0584</p>	<p><b>Stroke Caregiver Support Program</b> Heart and Stroke Foundation PEI 902 -892-7441 Toll free: 1-888-473-4636</p>	<p><b>Drug Assistance</b> 1-877-577-3737 <b>Canada Pension Plan and Old Age Security and Disability</b> 1-800-277-9914 www.servicecan ada.gc.ca</p>	<p><b>Hospital Services</b> <u>Alberton Western Hosp.</u> 902-853-8650 <u>Charlottetown QEH</u> 902-894-2111 <u>Montague KCMH</u> 902-838-0777 <u>O'Leary</u> 902-859-8700 <u>Souris</u> 902-687-7150 <u>Summerside PCH</u> 902-438-4200 <u>Tyne Valley</u> <u>Stewart Memorial</u> 831-7900</p>
	<p><b>Respite Support</b> Brecken House 902-368-4611 Alzheimer's Society 902-628-2257</p>	<p><b>Disability Support Program</b> <u>Charlottetown</u> 902-368-5996 <u>Summerside</u> 902-432-2740 <u>Montague</u> 902-838-0703 <u>Souris</u> 902-687-7016 <u>O'Leary</u> 902-859-8811 <b>Income Tax credits</b> 1-800-959-8281</p>	<p><b>Family Health Centres</b> <u>Charlottetown</u> 902-569-7772 <u>Hunter River</u> 902-621-3050 <u>North Rustico</u> 902-963-7835 <u>O'Leary</u> 902-859-3929 <u>Souris</u> 902-687-7033 <u>Summerside</u> 902-432-2600 <u>Wellington</u> 902-854-7259</p>
	<p><b>Provincial Home Care Services</b> <u>Charlottetown</u> 902-368-4790 <u>Montague</u> 902-838-0786 <u>O'Leary</u> 902-859-8730 <u>Souris</u> 902- 687-7096 <u>Summerside</u> 902-888-8440</p>	<p><b>Senior's Emergency Home Repair Program</b> 1-888-831-8880</p>	<p>Finding a Doctor 1-800-321-5492</p>
	<p><b>Provincial Adult Day Programs</b> <u>Alberton</u> 902-853-8610 <u>Charlottetown</u> 902-368-4611 <u>Montague</u> 902-838-0973 <u>Summerside</u> 902-888-8328</p>		

\*Note: Numbers are subject to change. Contact IIS 1-800-236-5196 for current listing.

<b>Support Programs</b>	<b>Health Services</b>
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## SPIRITUALITY

Spirituality is a life force promoting hope, healing and acceptance. It is expressed in attitudes, beliefs, and practices influencing people's lives. During times of crisis and uncertainty, one's spirituality can be a source of strength.

There are many reasons why, at this time, you may wish to review your spiritual resources. There are varying levels of emotional intensity from the initial stroke. As you progress through the different levels you may wish to reflect on your identity, connection to others and to the larger community. The following are a few questions that you may be asking yourself.

1. Is my faith important to me?
2. Who am I now that this has happened and where is God in all of this?
3. Is it important to me to develop or attend to my spirituality in order to find strength and hope?

**The following is a list of resources you may wish to contact.**

1. If in hospital, the hospital chaplain or spiritual care provider:  
Queen Elizabeth Hospital Spiritual Care Department Coordinator, Kimberly McCarville  
894-2053/2094 [kamccarville@ihis.org](mailto:kamccarville@ihis.org)

Prince County Hospital Chaplain, Paul Wilkie  
438-4374  
[epwilkie@ihis.org](mailto:epwilkie@ihis.org)

2. Your local clergy, church of choice or faith healer.  
Check your local Yellow Pages for a listing of the churches in your area.

Our spirituality practices and beliefs often give our life meaning and hope and remind us that we are not alone in the journey.

## BOOKS AND WEBSITES

See resources listed on pg. 70 of Let's Talk about Stroke

Heart and Stroke Foundation [www.heartandstroke.ca](http://www.heartandstroke.ca)

- Information on stroke causes, stroke treatment, blood pressure, nutrition, activity, smoking, diabetes, stroke statistics and research

PEI Government Website [www.gov.pe.ca](http://www.gov.pe.ca)

- Information on Community Programs and Services e.g. Addictions, Diabetes, Family Health Centres, Home Care, etc.

Sexuality after Stroke [http://stroke.about.com/od/caregiverresource/a/sex\\_and\\_stroke.htm](http://stroke.about.com/od/caregiverresource/a/sex_and_stroke.htm)

Children's Hemiplegia & Stroke Association [www.chasa.org](http://www.chasa.org)

Canadian Stroke Consortium [www.strokeconsortium.ca](http://www.strokeconsortium.ca)

Canadian Stroke Network [www.canadianstrokenetwork.ca](http://www.canadianstrokenetwork.ca)

Acquired Brain Injury [www.peicod.pe.ca](http://www.peicod.pe.ca)

Caregivers [www.mefmaction.net](http://www.mefmaction.net)

Health Canada [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

### **Books:**

1. Stroke. A Comprehensive Guide to "Brain Attacks" by Dr. Vladimir Hachinski and Larissa Hachinski, Canadian Medical Association; 2003 ISBN1-55263-125-7 GLB
2. Stroke and Family: A New Guide, 1<sup>st</sup> edition by Dr. Joel Stein, Harvard University Press; 2004 ISBN: 10:06740667X GBL
3. Stroke for Dummies, 1<sup>st</sup> edition by Dr. John Marler, Wiley Publishing; 2005 ISBN-10: 0764572016 GBL
4. Brain Attack. The Journey Back. An Unique Collection of Creative Writing about Stroke Recovery by Liz Pearl, KOPE Associates; 2005 ISBN 0-9738040-1-7
5. The Stroke Book: A Guide to Life after Stroke for Survivors and Those who Care for Them by June Bierman. 2005
6. What You Really Need to Know about Caring for someone After Stroke by Rob Buchman. 2000

