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Stroke: When Minutes Matter
This turnkey kit offers senior center program directors and staff the instructions and tools needed to conduct a stroke education event. Includes reproducible sheets, a 10-minute video and 25 stroke warning signs bookmarks. Focuses on increasing older adults’ awareness of stroke signs and the need to dial 9-1-1 when they occur.

Cardiovascular Disease: Patient Education Tool Kit
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Active Partnership
This 102-page reader-friendly workbook offers information for regaining and maintaining heart health following a cardiac event. Covers heart disease, eating right, exercising, managing stress and avoiding smoking. Includes sample menus, exercise programs, interactive checklists, questionnaires, smoking cessation plans, medication trackers and more. Also includes a removable wall chart for tracking progress.

ShareGivers
ShareGivers is a peer visiting training program for stroke survivors, their family members, friends and others. The program takes participants through a series of classes designed to address the physical, mental and emotional changes stroke survivors may face after their stroke. After completing the program, peer visitors are equipped with skills and knowledge to help others move forward after a stroke.

Starting Now
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