

MOST and Living With Stroke™:

A guide for health care providers and organizations to facilitate client referral to community-based programs post stroke

The purpose of this flyer is to promote MOST and LWS, help providers and organizations who work with stroke survivors understand the similarities and differences between the two programs and as a result, enhance the program accessibility and participation. For further details, see the specific program brochures.

The Moving On after STroke (MOST) and Living with Stroke™ (LWS) programs focus on helping stroke survivors and their partners, family and friends to adjust to life after stroke. MOST was developed at Baycrest in Toronto and LWS was developed through the Heart and Stroke Foundation. Both programs offer facilitator training and program resources and are available for delivery in other organizations. Both programs:

- Are based on a self-management approach
- Utilize adult learning principles
- Encourage active interaction between participants
- Provide the opportunity for participants to learn from each other
- Provide information about stroke and its impact on life
- Are facilitated by health care providers

Moving On
after STroke



Heart & Stroke
LIVING
with **STROKE**

Baycrest

Enriching Care
Enhancing Knowledge
Enlightening Minds

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MOST	Living with Stroke™
<p>Program goals</p> <p>To learn and practice a self-management approach to life after a stroke, in order to:</p> <ul style="list-style-type: none"> • Make health behaviour changes • Learn to better manage the daily challenges of living with stroke • Understand more about stroke and its impact • Learn and practice safe ways of engaging in exercise and physical activity • Learn and practice goal setting (utilizing SMART principles) and learn how to develop individual goal attainment action plans • Discuss and share common concerns with other people with stroke and their care partners • Learn about and how to access a wide variety of community resources 	<p>Program goals</p> <p>To provide participants with introductory information, tools and support to:</p> <ul style="list-style-type: none"> • Enable re-engagement in the community • Increase life participation • Enhance quality of life • Reduce the risk of another stroke • Participate in recovery • Find the help needed to adjust to life after stroke
<p>The program</p> <p>Each session consists of interactive discussions, problem solving, goal setting, and exercise practice in an exercise room and/or in water. Sessions may also include videos, activities, suggestions for additional reading, and brainstorming about specific community resources. Facilitated by two health professionals.</p>	<p>The program</p> <p>Interactive program including discussion, videos and activities to help learn more about stroke, sharing experiences, asking questions and hearing other people's stories in order to learn how to deal with the impact of stroke.</p> <p>Facilitated by health care professionals.</p>
<p>Target audience</p> <p>Adults who have completed their active stroke rehabilitation program, are living in the community and who want to take an active role in managing their condition.</p> <p>Partners (family and friends) are encouraged to participate.</p>	<p>Target audience</p> <p>Adults who have completed their initial inpatient and outpatient rehabilitation and are living in the community. Caregivers (family or friends) are invited and encouraged to participate.</p>
<p>Referral</p> <p>Self-referral, doctor's approval required for exercise component</p>	<p>Referral</p> <p>Self referral</p>
<p>Length of program</p> <p>17- 2 hour sessions, 2 sessions a week over a period of 9 weeks (optional 18th booster session).</p> <p>Each session is 2 hours in length (including the exercise).</p> <p>Total of 34 or 36 hours</p>	<p>Length of program</p> <p>8- 2 hour sessions over an 8 week period.</p> <p>Total of 16 hours</p>
<p>Cost to participants:</p> <p>There is a fee for the program. Your private health insurance may cover this cost.</p>	<p>Cost to participants:</p> <p>There is no cost for this program.</p>
<p>For more information</p> <p>Call (416) 785-2500 ext 2683 or visit www.baycrest.org/MOSTprogram</p>	<p>For more information</p> <p>Call 1-888-HSF-INFO (1-888-473-4636) to find your closest Living with Stroke™ program or visit www.heartandstroke.ca</p>