

## SUPPORTING STROKE SURVIVORS IN COMMUNITY RE-ENGAGEMENT: COMPONENTS & QUESTIONS TRIGGER TOOL

The purpose of this tool is to guide your practice in a reflective process to engage your client in their stroke recovery journey towards successful community re-engagement.

Community re-engagement has been defined as 'The reorganization of physical, psychological and social characteristics so that an individual can resume well adjusted living after incapacitating illness - stroke.' (*Wood-Dauphinee and Williams, 1987*)

The following are components of community re-engagement and seek to maximize life participation, independence and meaning:

**HEALTH MANAGEMENT**  
**SOCIAL NETWORK**  
**COMMUNICATION**  
**CAREGIVER SUPPORT**

**LIFE ROLES**  
**ENVIRONMENT**  
**MOBILITY**  
**FINANCIAL MANAGEMENT**

(Extract from the Heart and Stroke Best Practice Guidelines for Stroke Care  
Page 68, Heart and Stroke Foundation of Ontario, 2003)

### HEALTH MANAGEMENT

- Does the client have access to the necessary health care services for purposes of stroke prevention and risk factor management of their health and personal care needs?
- Is the client or his/her family aware of potential risks of depression? How is their mood?
- Have you performed a depression scale with your client?
- Is the client taking their prescriptions as ordered? Do they know what they are taking?
- Is the client eating well and able to prepare their meals and aware of his/her dietary needs?

### LIFE ROLES

- Is the client able to articulate preferred life goals and develop a plan to reach these life goals?
- Is the client satisfied with current life roles and able to optimally participate in these roles?
- Does the client plan to return to work?

### SOCIAL NETWORK

- Does the client have a coordinated range of contacts, agencies and individuals, as resources to support and assist in successful self-management of goals and decisions?
- How are the client's relationship with their family members and friends?

#### Recreational Programs

- Prior to the stroke, was the client involved in any social, recreational or fitness programs?
- Is the client currently attending any social groups or programs?
- Is the client interested in learning new skills or participating in group activities?
- Is the client still involved in any of their former volunteer and/or recreation activities?

## ENVIRONMENT

- Does the client's environment support maximum independence in life roles and routines within his/her abilities? E.g. equipment needs, home modification, housekeeping services.
- Does the client require alternate housing to support and maximize independence?

## COMMUNICATION

- Is the client able to communicate at an optimal level to express needs, goals and desires?
- Can the client participate in desired social interactions?
- Do the client and family have access to strategies to assist with communication?

## CAREGIVER SUPPORT

- Is the caregiver able to physically and emotionally manage the stroke survivor's care needs?
- How is the caregiver coping, be it child, spouse or friend?
- Does the caregiver have access to resources to maintain his/her physical health, emotional and social well-being? E.g. respite, education.

## MOBILITY

- Is the client able to access desired leisure and self care activities, places and roles?
- Does the client have the necessary mobility aids and equipment in place to meet their needs?
- Has the client's transportation needs been addressed? Is the client able to drive?

## FINANCIAL MANAGEMENT

- How is the client managing the financial strain?
- Does the client have access to the necessary funding sources to support his or her health, psychosocial, physical and environmental needs?
- Is the client able to manage his or her financial affairs independently?

Note. The Toronto West and South East Toronto Stroke Networks developed this tool in conjunction with their regional partners.