

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.