

# Module 1: Introduction to Stroke Recovery Program, Life After Stroke

Life After Stroke Education Series



**Stroke Network**  
Southwestern Ontario

# Disclaimer

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- SWOSN has created the following PowerPoint to support the delivery of stroke education for providers working in the Life After Stroke Programs. SWOSN would like to acknowledge the Community Stroke Rehab Teams for providing the initial iteration of this resource.
- Every effort has been made to ensure that the following information provided is accurate, up-to-date, and complete, but no guarantee is made to that effect. This is a reference resource designed as a supplement to, and not a substitute for, the expertise, skill, knowledge, and judgment of healthcare practitioners. For the most current recommendations always refer to the Canadian Best Practice Recommendations for Stroke Care at: [www.strokebestpractices.ca](http://www.strokebestpractices.ca)
- Images used in this presentation are for educational purposes only and are not to be duplicated

# Table of Contents

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Title	Module	Estimated Time to Complete
Introduction to Stroke Recovery Program, Life After Stroke	Module 1	15 minutes
Stroke Education	Module 2	60 minutes
Communication and Dysphagia Support	Module 3	60 minutes
Cognition, Vision, Perception and Upper Extremity Function	Module 4	60 minutes
Mobility and Exercise	Module 5	75 minutes
Coping and Adjustment	Module 6	60 minutes
Social Recreation Activities	Module 7	30 minutes

# What is the Life After Stroke Program?

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Life After Stroke is a recovery focused, goal directed, transitional program for Stroke Survivors.

- Program staff are supported by specialized stroke teams with knowledge of best practice care.

## **Program includes...**

- Physical exercise
- Health and wellness education
- Thinking and memory stimulation
- Social/recreation activities

# Who is involved?

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## **Target Population: Stroke Survivors**

- Participants have or are completing active outpatient or community-based stroke rehabilitation and would benefit from additional ongoing support, rehabilitation and a supervised exercise program
- Participants must be able - and motivated - to actively participate in the program
- Participants can identify personal goals for their continued stroke recovery

# Who is involved?

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## **Life After Stroke Staff**

- Responsibilities

## **Community Stroke Rehabilitation Team**

- Interdisciplinary team who provide stroke rehabilitation within the local communities. Team includes regulated and unregulated healthcare professionals.

# Why is it important?

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- Activities as well as the emotional and social support provided by peers allows clients to adjust to their changed condition.
- Provides a transition strategy for stroke survivors being discharged from community-based and outpatient rehabilitation programs.
- Supports system flow, ensuring more stroke survivors are achieving their maximal level of independence while remaining at home in their own communities

# Why is it important?

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- An opportunity for stroke survivors to continue to receive support during their recovery journey
- Individual and group goal-based programming based on informed by stroke best practice recommendations
- Provides access to specialized equipment (e.g. NuStep) and secondary stroke prevention education
- Warm referrals and ongoing relationship between LAS and Community Stroke Rehab Team (CSRT) staff ensures continuity of care .The CSRT is a cross discipline team that supports stroke care in the community setting.
- Partnership with the CSRT ensures consultation and support is available to inform programming and client care



# How do individuals access LAS?

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- CSRT staff complete referral in partnership with the prospective participant. Referral is sent to Life After Stroke program coordinator and reviewed in collaboration with program facilitators.
- CSRT staff may set up tour/trial of the Life After Stroke Program where they accompany the prospective participant to the program to assess fit and review general program information.
- CSRT and Life After Stroke facilitators determine the individual's eligibility based on referral, visit and the ability of the program to manage prospective participant's level of care.
- Individuals are informed of their eligibility and information related to a start date or wait list status by the LAS program staff.

# Thank You

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You have now completed **Module 1: Introduction to Stroke Recovery Program, Life After Stroke**. For any questions, please contact [SWOSN@lhsc.on.ca](mailto:SWOSN@lhsc.on.ca) and/or contact your designated Community Stroke Rehabilitation Team Representative.



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