

TOPIC:

# Meaningful Activity After Stroke



# Meaningful Activity After Stroke



Smart Tips  
for Stroke Care

- Meaningful activities can provide enjoyment, a sense of purpose and define who a person is
- Activities may include engagement in leisure, social, cultural and/or spiritual activities
- Impairments can make it challenging to engage in meaningful activities
- Participation can help with recovery and build a sense of belonging

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## What you should know:

- ✓ An individual will participate if activity is meaningful/interesting
- ✓ Days without meaningful experiences can lead to social isolation, loneliness and depression
- ✓ Meaningful activities can contribute to improved recovery



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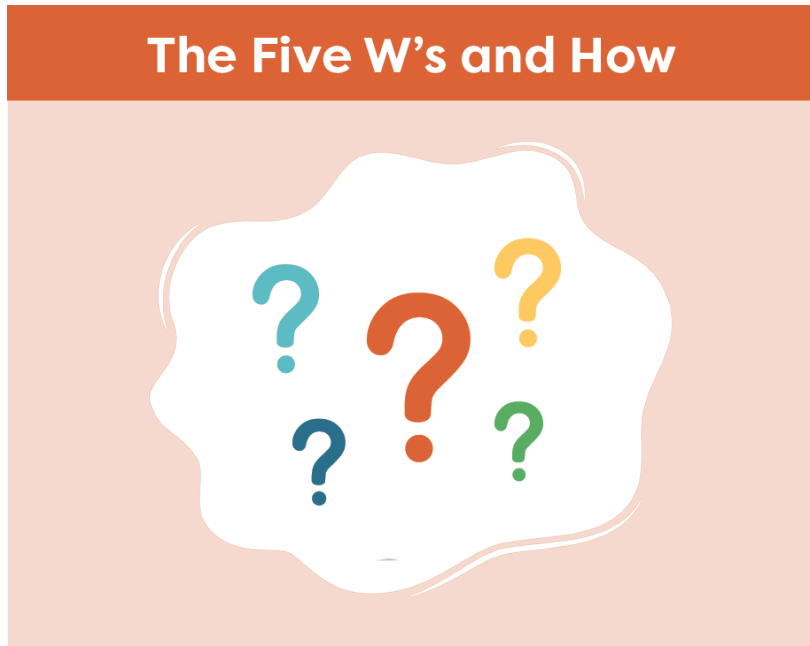
**Engaging in meaningful experiences can provide opportunities for:**

- socializing and meeting new people
- a feeling of belonging
- physical activity
- a sense of control over one's life
- a creative outlet
- stress relief
- a sense of accomplishment
- cultural experience
- improved self-confidence
- adjustment to a disability
- structuring a person's day
- enhanced quality of life

# Meaningful Activity After Stroke



## Smart Tips:



Who?

What?

Where?

When?

Why?

How?

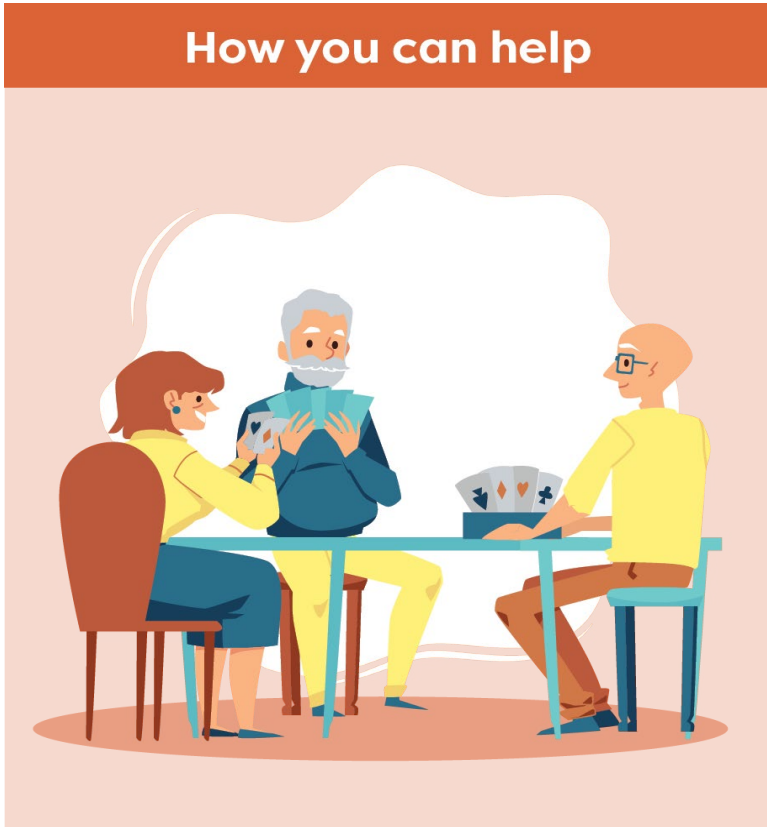
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## How you can help

- Choose activities that are meaningful
- Encourage participation
- Help prepare for their activity
- Think of ways to modify the activity
- Find others with similar interests

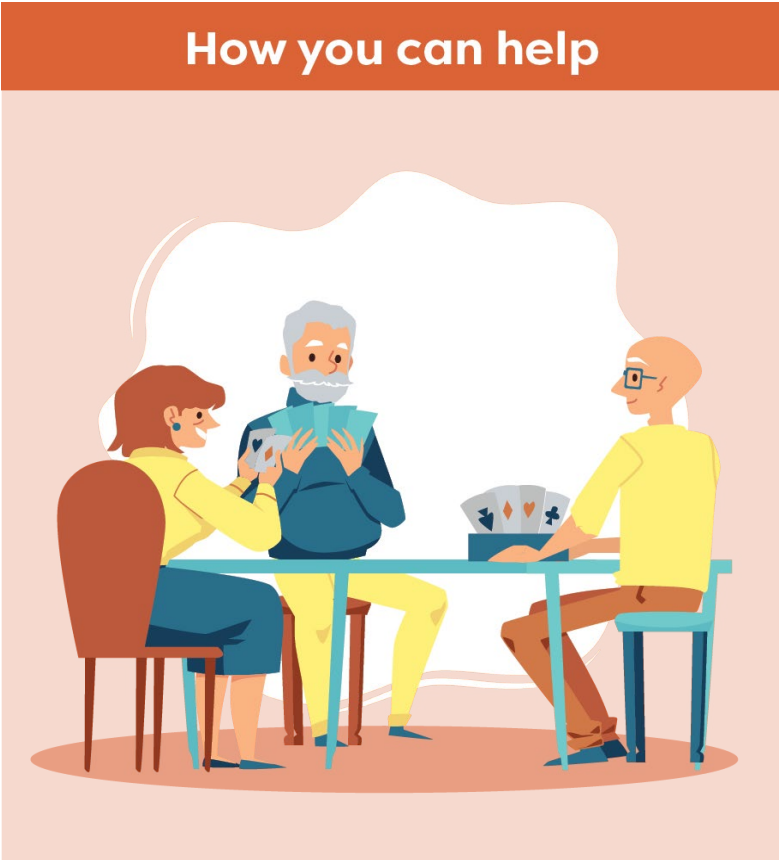


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## How you can help



- Use strategies to accommodate abilities
- Talk to family members, caregivers or friends about the person's interests
- Encourage family members, caregivers or friends to bring in some favourite items
- Adjust food activities if the person with stroke has swallowing difficulties to promote inclusion

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## Seek extra support

- ✓ Occupational Therapists and Recreation Therapists are skilled in supporting participation in meaningful activities
- ✓ It may be helpful to involve them in the person's care- especially if you notice the person is not participating or is becoming isolated

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