

Heart&Stroke LIVING with STROKE

The *Living with Stroke*TM program was designed by the Heart and Stroke Foundation of Canada and is intended to help survivors and their caregivers cope with the challenges stroke has brought to their lives. With the help of trained facilitators, *Living with Stroke*TM is designed to:

- provide information to stroke survivors and their caregivers on the causes, effects, treatments, and recovery strategies for stroke.
- allow survivors and their caregivers to communicate with others who are in a similar situation through sharing past experiences and discussing strategies that have worked in their own lives and those that have not.
- foster a comfortable environment where this learning can take place.

The Living With StrokeTM program is not intended to replace therapy or treatment. It will provide you with information and support to help you cope. The program is intended as a supplement to the stroke treatment and recovery programs already in place. Survivors and caregivers should always consult their doctor for medical advice.

During each session, the Heart and Stroke Foundation-trained facilitator emphasizes important points and assists participants in understanding the attitudes, behaviors and skills necessary to help with recovery and to bring about needed lifestyle changes. The facilitator is not expected to be able to answer every question, but rather to help participants to find the information and uncover the resources available to them in their community. Facilitators are encouraged to recruit other health care professionals such as pharmacists, dietitians, and social workers as guest speakers to provide more information. Because the groups are small, participants can talk to each other comfortably and openly and often discover that the concerns they have are shared by others. Session topics include: *Understanding Stroke, Physical Changes and Challenges, Swallowing and Nutrition, Cognition, Perception and Communication, Emotions: Focus on Depression, Activities and Relationships, Reducing the Risk of Stroke, and Moving Forward.*

*Living With Stroke*TM provides three important components of stroke rehabilitation: education, risk factor assessment and group support. By learning about stroke, survivors can help slow the progression of stroke and help prevent further stroke and/or heart events from occurring.

In Saskatchewan, facilitator training is available at minimal cost to the participant. Individuals attending the workshop will learn about planning, promoting and marketing Living With StrokeTM as well as the practice of group facilitation.



For more information about *Living with Stroke*TM, please contact:
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