



“Ask A Survivor”

Quinte Health - Melissa Roblin

CCSH -Lorraine Pyle

Who Knows Better Than Another Stroke Survivor ?

- Allowing an opportunity for in-hospital stroke patients to connect and ask questions of other post stroke survivors who are doing well in recovery, this consists of an in-person stroke survivor, and a Zoom panel of two stroke survivors, (one with aphasia), and a caregiver
- Quinte Health Integrated Stroke Unit stroke education group
- This group meets once a week for one half hour

Hope, Encouragement, Information, and Connection to Community

- Post stroke survivors are able to offer insight and encouragement to recent stroke patients that their recovery is improved by the amount of effort they put into it, and that the process of recovery takes time. This provides hope and realistic expectations based on their self management of rehabilitative therapies. We assist in celebrating their successes with them.
- This group also provides an early reassurance that support, resources, and peer connections are available beyond discharge

Success

- **This innovative program has proven to be so successful in connecting recent stroke survivors and their caregivers to community supports that it has now been adopted in all three areas throughout the South East region**
- **Individual programs may vary slightly in each area; but remains the primary pathway to connection to community supports**

To Learn More About This Program

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S H A R I N G
H O P E

