

2022-23



StrokeUnderstood

Community Stroke Support Services: Southeastern Ontario Annual Report

“Extraordinary Services for Extraordinary People”

www.strokenetworkseo.ca



Summary

This **annual report** provides an overview of Stroke Support Services in the Community and reflects the most recent fiscal year (FY) data (**April 1, 2022 – March 31, 2023**).

The Stroke Network of Southeastern Ontario partners with **Community Support Agencies** to monitor and evaluate **Community Stroke Support Services**. This report reviews the **outstanding and innovative work** demonstrated by these agencies over the past year.



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Key Findings in 2022-23

- Participation in community consultation
- Significant growth in referrals and participation
- Return to in-person groups
- Innovative collaboration between the community and hospital setting: "Ask A Survivor"
- Aphasia Supportive Conversation Groups running across the region


Need additional information? Please contact:
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SOUTHEASTERN ONTARIO COMMUNITY STROKE SERVICES

ANNUAL EVALUATION REPORT 2022-23


207 *New referrals to Stroke Support Services* →  **58%** Increase



“Extraordinary Services for Extraordinary People”

- Warm hand offs from hospital to community
- **“Ask a Survivor”** group connecting the hospital to community

270 *Participants in Stroke Support Groups* →  **54%** Increase




- **Stroke support and caregiver groups**
- Introductory, social/recreational and younger stroke survivor groups
- Growth of In-person and virtual groups
- Evening group added to support local needs

Key Highlights and Innovations

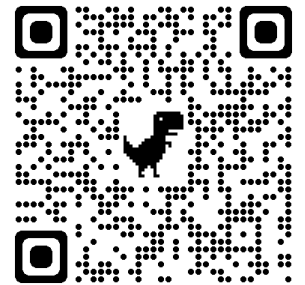
- ❖ **Adapting programs to meet local needs**
- ❖ Participation in community consultation
- ❖ Stroke-specific Adult Day Programs in two parts of the region
- ❖ Regional Stroke Education Program
- ❖ Evening groups and younger stroke survivor group
- ❖ Stroke-specific exercise groups

65 *Participants in Aphasia Conversation Groups* → 



“You gave them a VOICE”

- Aphasia Supportive Conversation Groups up and running across the region
- **“The Right to Accessible Communication”** Regional Aphasia Advocacy event



Navigating the Report

- Navigating this report can be done through the use of **buttons** on each page, allowing the reader to choose the content they would like to review

Home page: Allows reader to choose topic (section) of interest; includes 5 sections related to Community Stroke Services in Southeastern Ontario



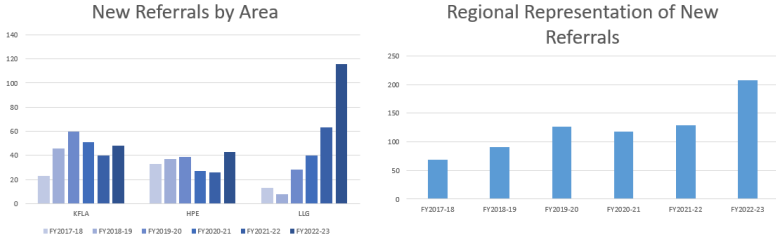
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Number of Referrals



This graph demonstrates the number of referrals by area annually over the past 6 fiscal years

❖ Noted increase in number of new referrals for the region



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Background



Base Funding provided in 2014-15 for community stroke support services in Southeastern Ontario



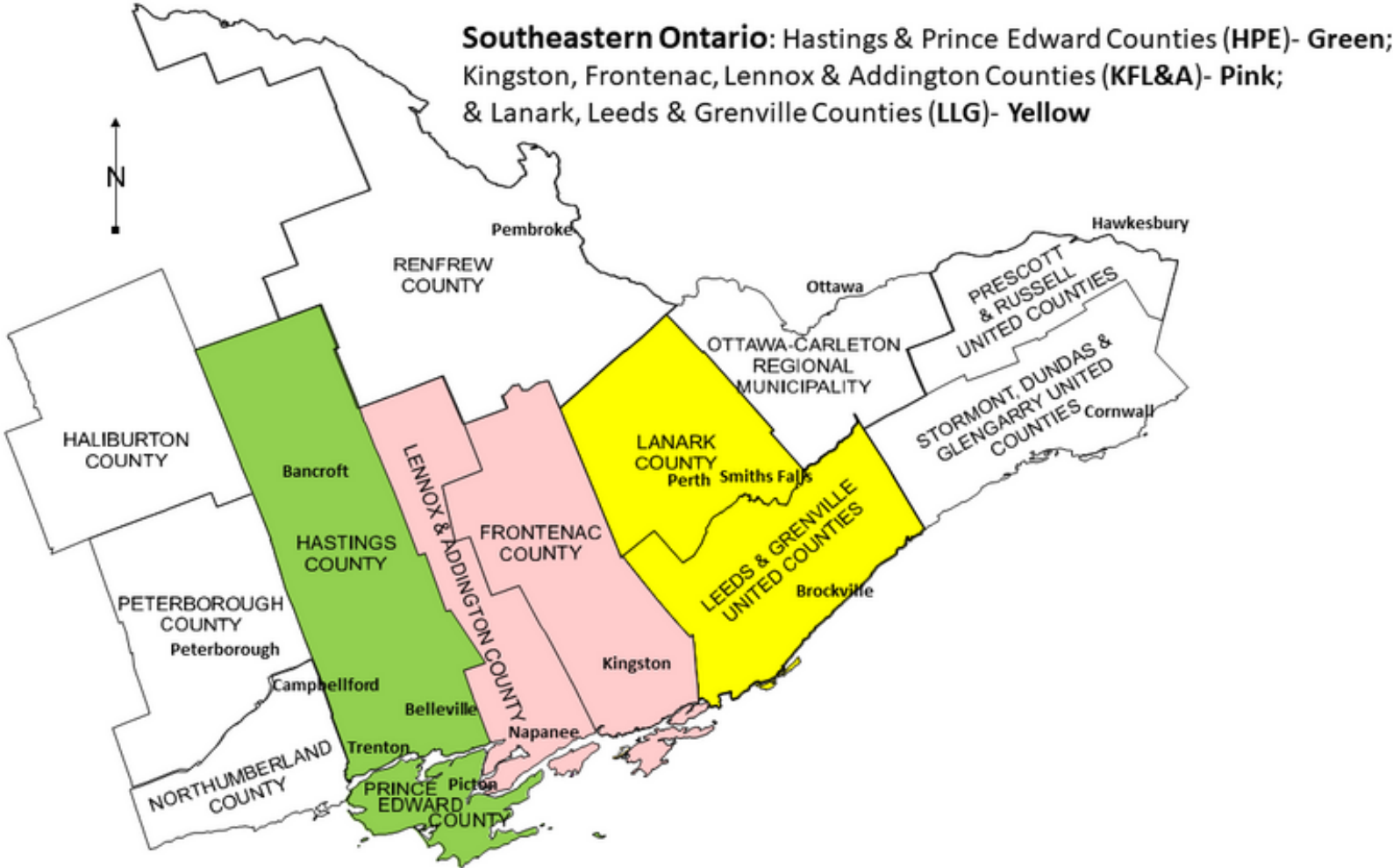
Evaluation reports submitted annually to outline demographics, services offered, and participant satisfaction



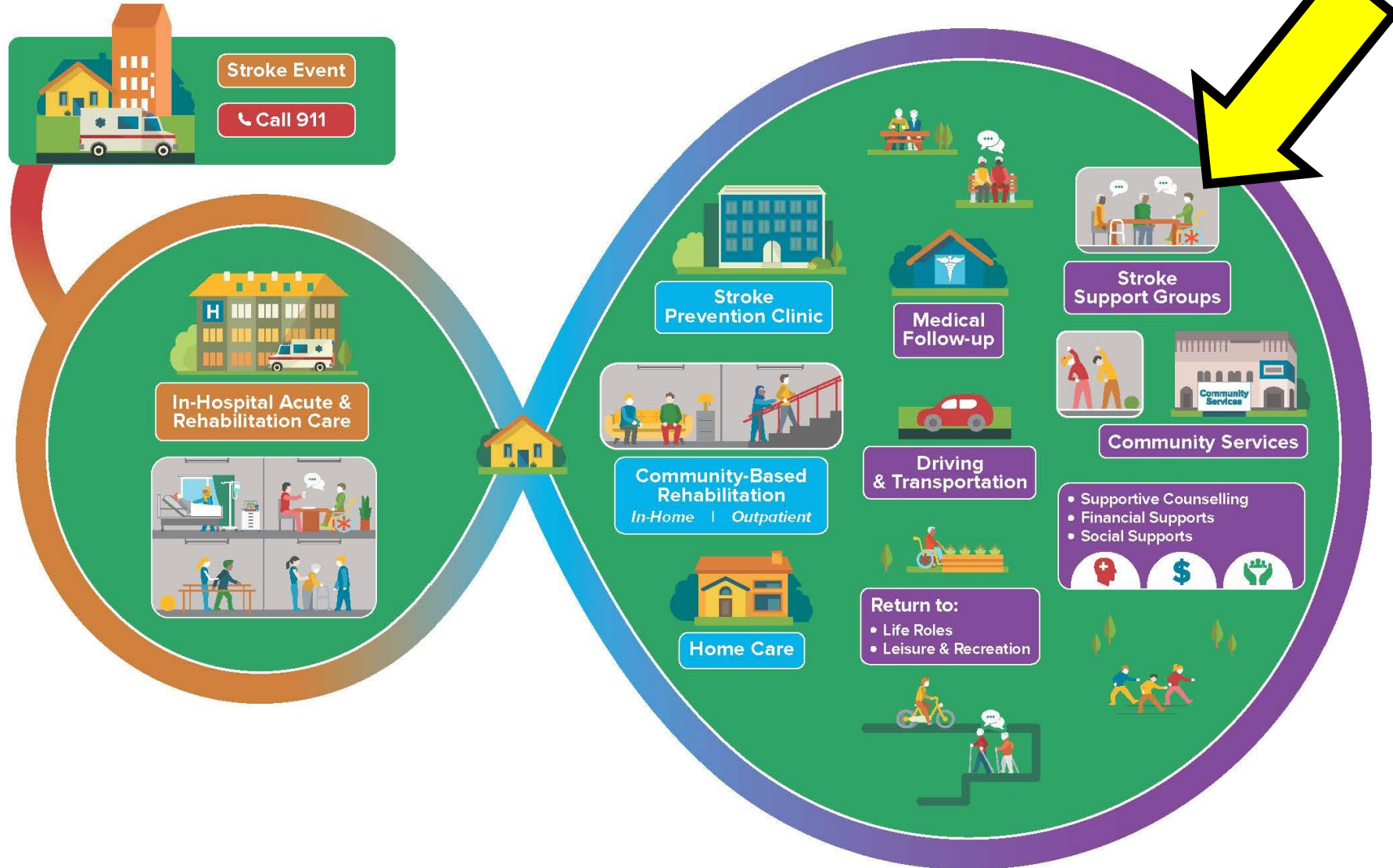
This report provides data on stroke support groups in Southeastern Ontario for 2022-23



Southeastern Ontario



YOUR RECOVERY JOURNEY AFTER STROKE



Community Stroke Support Services

Stroke Support Groups:

- ➔ Allow participants to gain knowledge, skills, and psychosocial support from a skilled facilitator
- ➔ Enable connections with peers in the community on a similar recovery journey to expand knowledge, support and self-efficacy
- ➔ Help gain skills necessary to become a successful peer mentor and community advocate
- ➔ Support the healthcare system by keeping individuals well in the community

“Very helpful to meet others who’ve survived stroke experience – a wonderful feeling of community”

Summary of Services

- Current stroke Support Groups include stroke survivor, caregiver, introductory, young survivor, social/recreational, educational, aphasia conversation and aphasia peer support
- ***These groups are delivered in the three areas through Community Support Services Agencies:***



Kingston, Frontenac Lennox and Addington Counties (KFLA):
Victorian Order of Nurses (VON) - Greater Kingston area



Hastings and Prince Edwards Counties (HPE): Community Care for South Hastings (CCSH)



Lanark, Leeds and Grenville Counties (LLG): Community Primary Health Care (CPHC)



Stroke Support Group Facilitator



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The Role of the Stroke Support Group Facilitator:

- ✓ Conduct intake assessments
- ✓ Provide one-on-one support as needed
- ✓ Coordinate and facilitate group sessions; adapt to local needs
- ✓ Offer education; self-management sessions
- ✓ Collaborate with the hospital and other community agencies
- ✓ System navigation/case management/advocacy
- ✓ Trained in Supported Conversation for Adults with Aphasia™

“The Stroke Support Group Facilitator is my rock”
“She is here WOW all the time”

Stroke survivors are to be referred to community-resources for ***“engagement and self-management for ongoing physical, social, emotional, intellectual and spiritual activities and participation in the community”*** Canadian Stroke Best Practices, 2019



Kingston, Frontenac, Lennox and Addington



- **Stroke Support Groups**
 - Stroke survivor and caregiver groups
 - In-person groups (Sydenham, Kingston and Napanee)
 - Virtual groups
 - Evening groups
- **Aphasia Supports**
 - Aphasia Supportive Conversation Groups
 - Aphasia Buddies and aphasia support groups
- **Hospital to Community Connection**
 - Connection with group at Providence Care Hospital
- **Stroke-Specific Exercise**
 - Virtual program
- **Stroke Survivor Day Program**



Hastings Prince Edward

- **Stroke Support Groups**
 - Information groups
 - Social Recreational, BINGO
 - Caregiver groups
 - Peers to Peers Stroke Talk
 - Evening groups and Younger stroke survivor groups
- **Aphasia Supports**
 - Aphasia Supportive Conversation Group
- **Hospital to Community Connection**
 - “Ask a Survivor” group weekly at Quinte Health
- **Stroke-Specific Exercise**
 - Virtual and In-person (Belleville and Trenton)
- **Art Rehabilitation Program**



Lanark, Leeds and Grenville



- **Stroke Support Groups**

- Stroke Survivor and Caregiver groups
- In-person (Brockville and Perth)
- Hybrid option



- **Aphasia Supports**

- Aphasia Supportive Conversation Groups (weekly)

- **Hospital to Community Connection**

- Warm hand-offs with hospital
- *“Ask a Survivor”* at Brockville General Hospital

- **Stroke-Specific Exercise**

- Promoting awareness of service to increase referrals/participation

- **Stroke Focused Day Program**

- Established



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Innovative Programs

****The Stroke Support Group Facilitators continue to develop innovative ways to connect and support persons with stroke and their caregivers****

- **“Ask a Survivor”** group connecting hospital to community
- Regional Meet and Greet (held quarterly)
- **Regional Stroke Education Program** (virtual)
- Stroke-Specific Adult Day Program (Brockville and Bath)
- Art Rehabilitation Program
- Evening groups and Younger Stroke Survivor groups
- **Stroke and Aphasia Awareness Month** Activities:
 - **“The Right to Accessible Communication”** event
 - Local news interviews/awareness
 - Illumination/proclamation
 - T-shirts/FAST cards/BBQ



**The Right to Accessible
Communication with Aphasia
Its a Basic Human Right**

Regional events allow stroke survivors and caregivers to connect and learn from peers throughout Southeastern Ontario

2022-23 Data

- Quarterly data is collected by Community Stroke Support Agencies
- ***Data collected:***

Number of Referrals

Number of Stroke Support Group Participants

Number of Aphasia Supportive Conversation Group Participants



2022-23 Regional Data

207 New Referrals

↑ By 58%

270 Stroke Support Group Participants

*Total unique participants

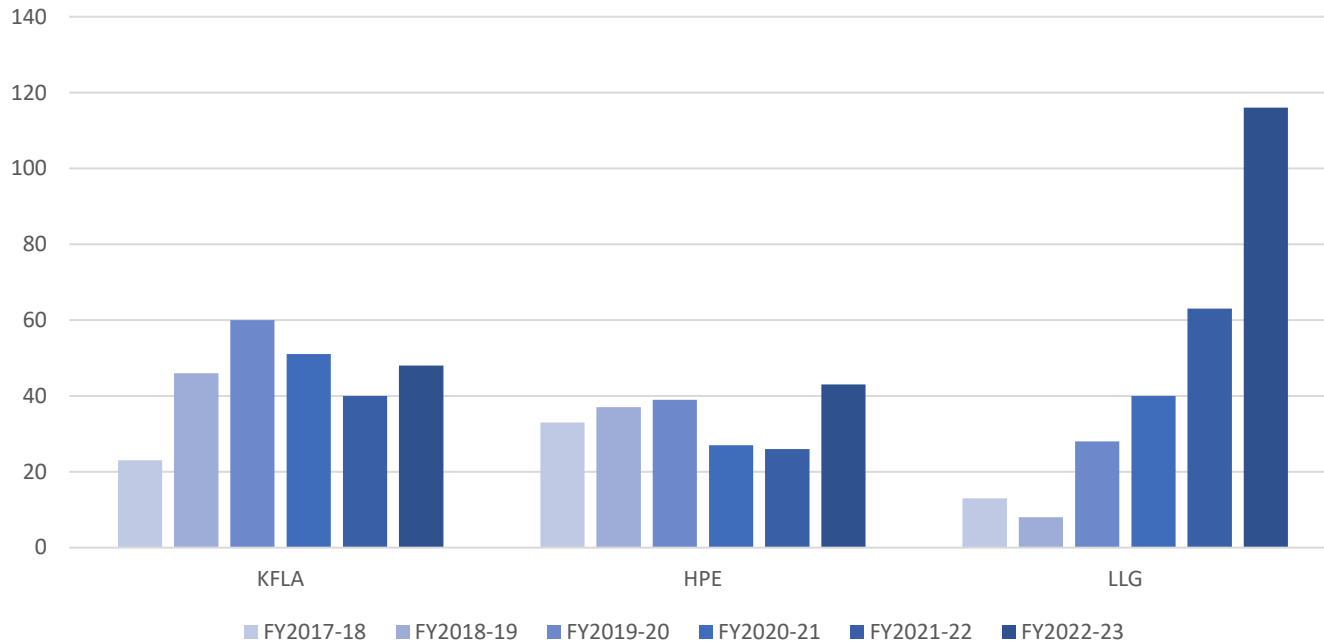
↑ By 54%

65 Aphasia Supportive Conversation Group Participants

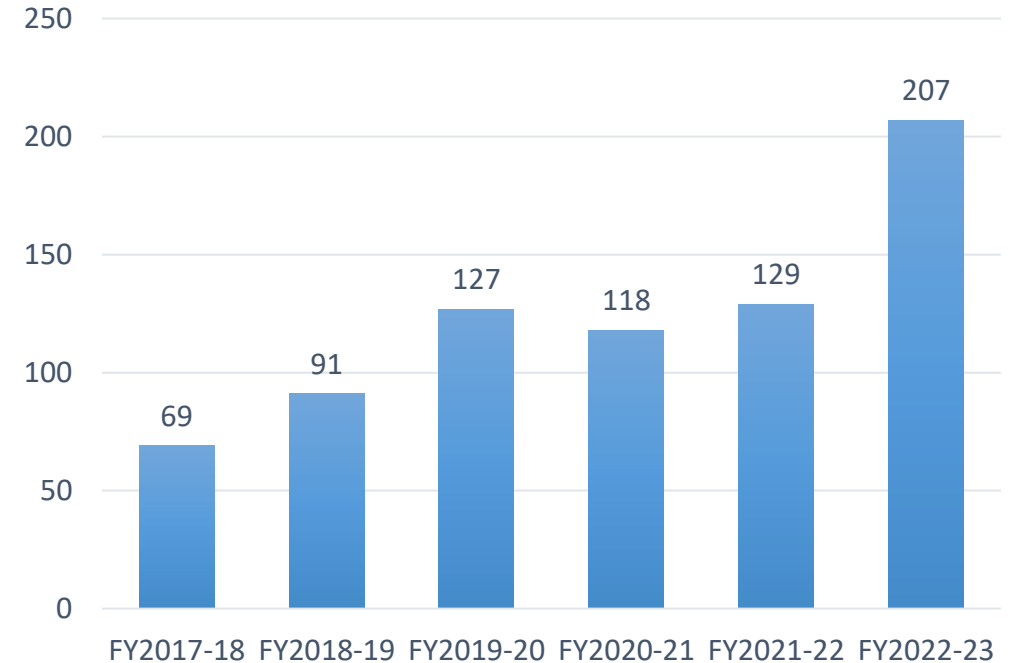


Number of Referrals

New Referrals by Area



New Referrals by Region

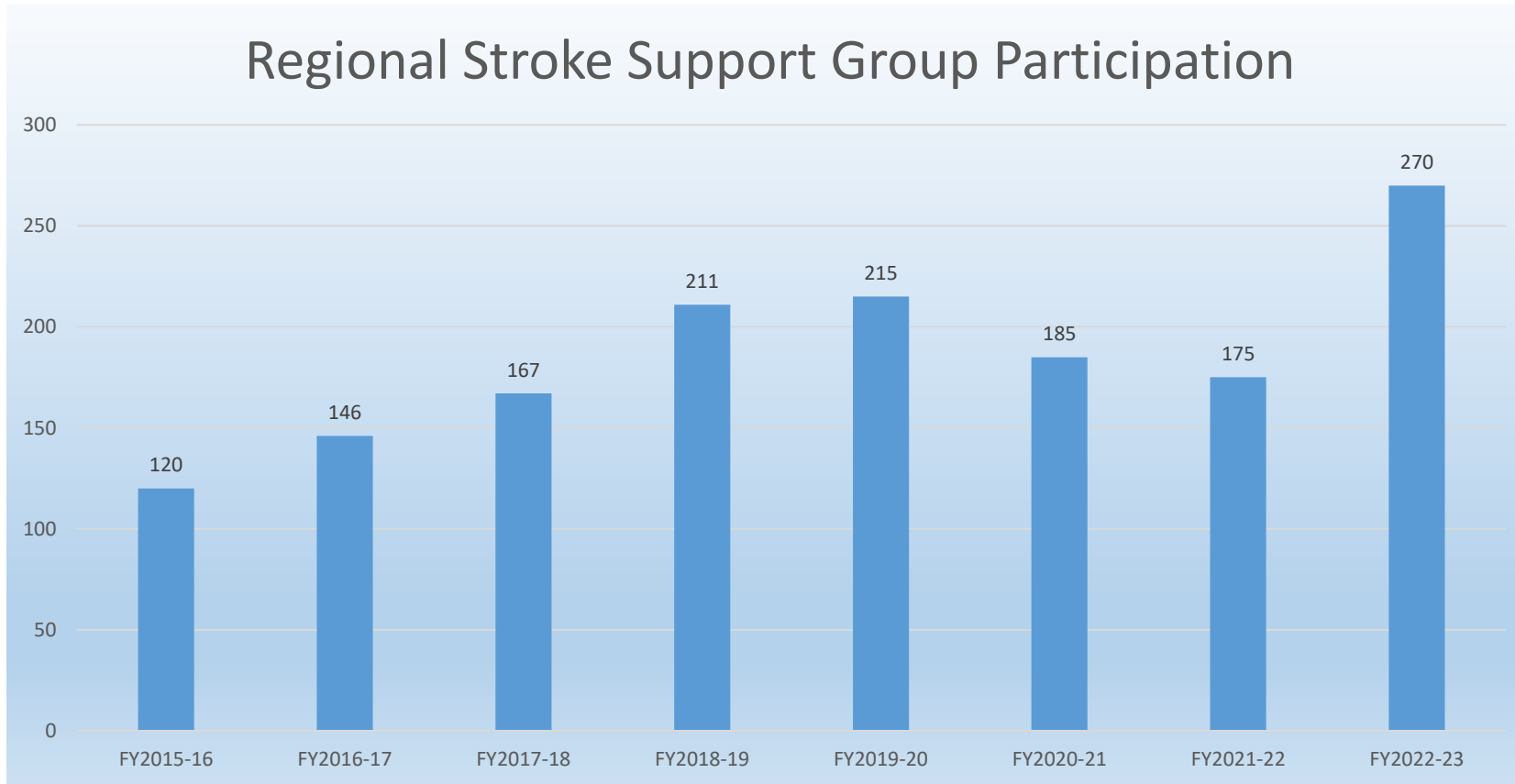


This graph demonstrates the number of referrals by area annually over the past 6 fiscal years

❖ Noted **increase** in number of new referrals for the region



Regional Participation



Interpretation Considerations:

- ❖ Comparison of participation levels over the last 8 fiscal years
- ❖ Represents total unique participants
- ❖ **Increase in participation levels**
- ❖ Participant volumes impacted due to COVID-19
- ❖ Gradual resumption of in-person groups



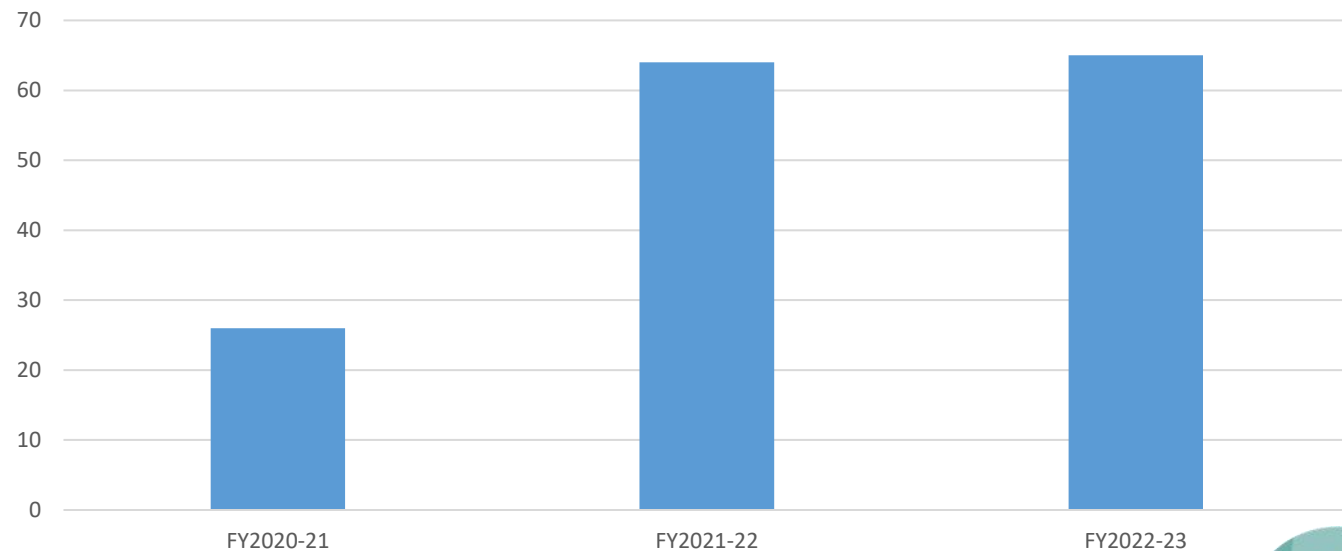
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Number of Participants in Aphasia Supportive Conversation Groups

Interpretation Considerations:

- ❖ Data collection only goes back to 2020-21
- ❖ **Notable increase in participation**
- ❖ Service now up and running across the region
- ❖ Service in LLG resumed in 2021-22

Aphasia Supportive Conversation Group Participation



2022-23 Key Achievements



Comments:

- ❖ Adapting to meet local needs
- ❖ Significant growth in referrals and participation
- ❖ Participation in **community consultation**
- ❖ **“Ask a Survivor”** group connecting hospital to community
- ❖ In-person groups resuming
- ❖ Aphasia Supportive Conversation Groups running across the region

Stroke Awareness and Aphasia Advocacy Work



Hospital and Community Collaboration



Aphasia Supportive Conversation Groups



Adult Day Program



Regional Initiatives



Annual Report Recommendations

Recommendation 1	Secure added funding for Stroke Support Services. <ul style="list-style-type: none">• Funding to support full-time positions and therapeutic group size
Recommendation 2	Sustain and enhance services in response to the community consultation.
Recommendation 3	Ensure inclusiveness in stroke support groups (e.g. Indigenous populations, young caregivers).
Recommendation 4	Promote linkages to other services in the community (e.g. stroke-specific exercise).



Next Steps



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- Continue to seek out funding opportunities for stroke support services
- Utilize results of **community consultation** to identify priorities for action
- Support the development of **interest groups** across the region (e.g. music, art)
- Collaborate with **community organizations** to enhance community stroke services (e.g. YMCA)
- Support the establishment of stroke-specific **Adult Day Programs** across Southeastern Ontario
- Return to including participant satisfaction in **regional evaluation**



References

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Appendix A: Canadian Stroke Best Practice Recommendations

Canada Stroke Best Practice Recommendations: Transitions and Community Participation Following Stroke

- Persons with stroke, their families and caregivers, should be assessed and prepared for transitions between care stages and settings through information sharing, provision of education, skills training, psychosocial support, awareness of and assistance in accessing community services and resources [Evidence Level B]. Interventions must be person- and family-centered and tailored to their individual values and needs [Evidence Level C].
- People with stroke, their families and caregivers should be provided with information about peer support groups in their community where available, descriptions of the services and benefits they offer, and be encouraged to consider participation [Evidence Level C].
- Education for people with stroke, their families and caregivers, is an integral part of stroke care that should be included as part of all healthcare encounters, and during transitions [Evidence Level A]. Individualized educational needs change over time and may need reassessment and updating on an ongoing basis [Evidence Level B].
- People with stroke, their families, and caregivers should be provided with information, education, training, support and access to services throughout transitions to the community to optimize the return to life roles, activities and social participation [Evidence Level B].
- People with stroke may ideally be provided with information and/or referral to community-based resources for engagement and self-management for ongoing physical, social, emotional, intellectual and spiritual activities and participation in the community [Evidence Level C].



Appendix B: Abbreviations

Abbreviation	Meaning
BGH	Brockville General Hospital
CCSH	Community Care for South Hastings
CPHC	Community Primary Health Care, Senior Support Services
HPE	Hastings Prince Edward
KFLA	Kingston, Frontenac, Lennox and Addington
LLG	Lanark, Leeds and Grenville
PC	Providence Care
PSFDH	Perth and Smiths Falls District Hospital
OHT	Ontario Health Team
OT	Occupational Therapist
SLP	Speech Language Pathologist
VON	Victorian Order of Nurses

