

2023-24



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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, 2023 – March 31, 2024***).

The Stroke Network of Southeastern Ontario partners with Community Stroke Support Services 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.



Key Accomplishments in 2023-24

- Completed Community Consultation
- Community Reintegration Leadership Team (Patient and Family Advisory Team) set network priorities for improvement based on the Consultation
- Sustained large volumes of referrals and participation
- Continued to build connections between hospital and community settings
- Sustained region-wide Aphasia Supportive Conversation Groups with increased volumes
- Established region-wide Stroke Adult Day Programs

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SOUTHEASTERN ONTARIO COMMUNITY STROKE SUPPORT SERVICES

ANNUAL EVALUATION REPORT 2023-24

200 New referrals to Stroke Support Services



"When you first get home, you don't know what services are available"

- Warm hand offs from hospital to community
- **"Ask a Survivor"** group connecting the hospital to community
- Peer volunteers in hospitals

288 Participants in Stroke Support Groups



"Being able to talk to a group of people that have been through something similar makes one feel not alone"

- **Stroke support and caregiver groups**
- Younger stroke survivor groups
- Evening group to support local needs

Key Highlights and Innovations

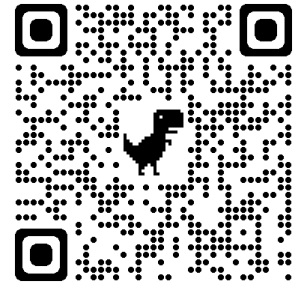
- ❖ **Adapting programs to meet local needs**
- ❖ Region-wide Stroke-focused Adult Day Program
- ❖ Regional Stroke Education Program
- ❖ Evening groups and Younger Stroke Survivor group
- ❖ Stroke-specific exercise groups (virtual and in-person) in KFLA and HPE

73 Participants in Aphasia Conversation Groups



"You gave them a VOICE"

- Aphasia Supportive Conversation Groups running across the region
- Advocacy for aphasia accessibility in the community occurring locally



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There has been a steady INCREASE in referrals and participation since 2021-22 Fiscal Year

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



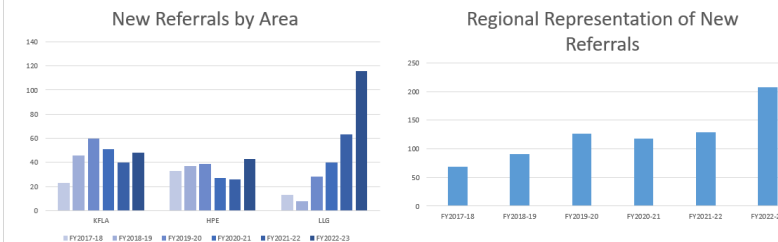
Table of Contents



Individual pages: Utilize the “forward” and “back” buttons to advance through the selected section. You will return to the home page when you have completed the section



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



Table of Contents

Background

2023 Consultation
Report

Summary of
Services

2023-24 Data

Recommendations
And Next Steps

References and
Appendix

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



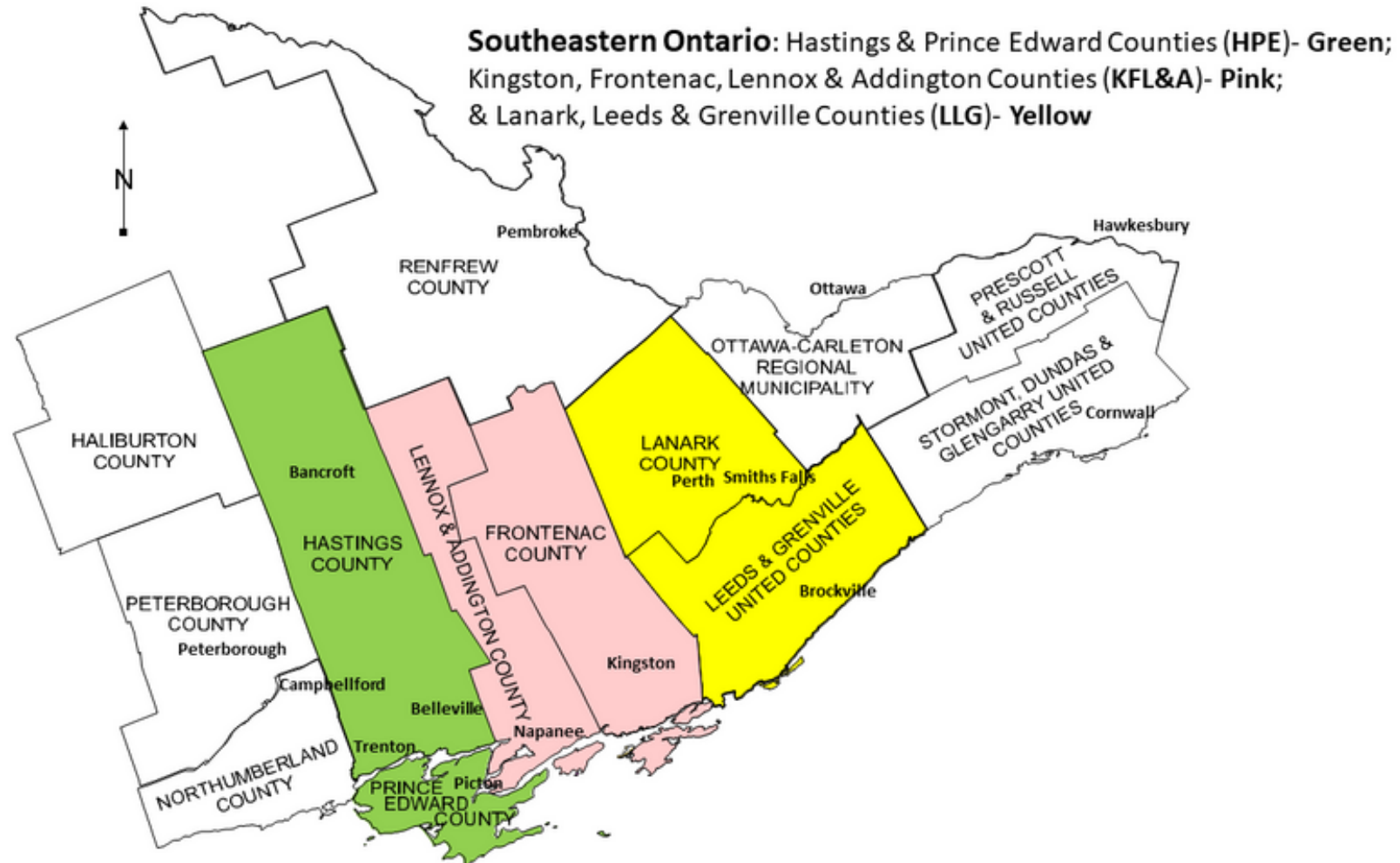
This report provides data on stroke support groups in Southeastern Ontario for 2023-24

Background

- **Over 2000** individuals sustain a new stroke across Southeastern Ontario annually and volumes are **increasing** at a rate of an average of **5% per year**.
- Stroke can lead to social, physical and psychological challenges for individuals and their family members. It **abruptly** changes lives and can impact **quality of life** and **independence**.
- It is estimated that **70%** of individuals who experience stroke are discharged to the home setting (Magwood et al., 2020).
- **Inadequate support** and care in the community can leave stroke survivors and their caregivers **feeling lost** and **abandoned** following discharge from hospital (Hartford et al., 2019).
- Given the level of disability experienced by stroke survivors and the added stress on their caregivers, **stroke support in the community is an essential part of the healthcare system.**

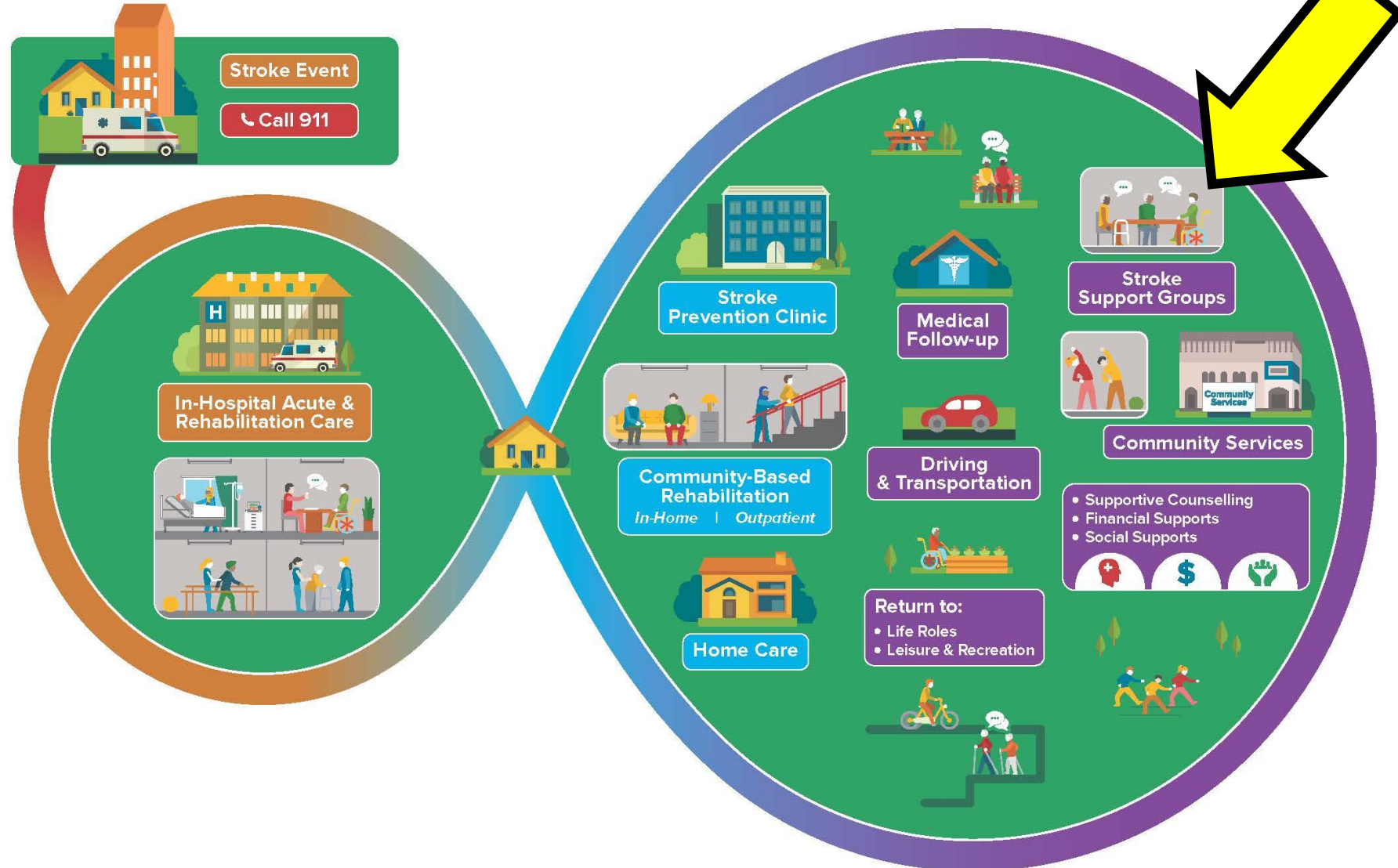


Southeastern Ontario



YOUR RECOVERY JOURNEY AFTER STROKE

STROKE NETWORK
of Southeastern Ontario



Community Stroke Support Services

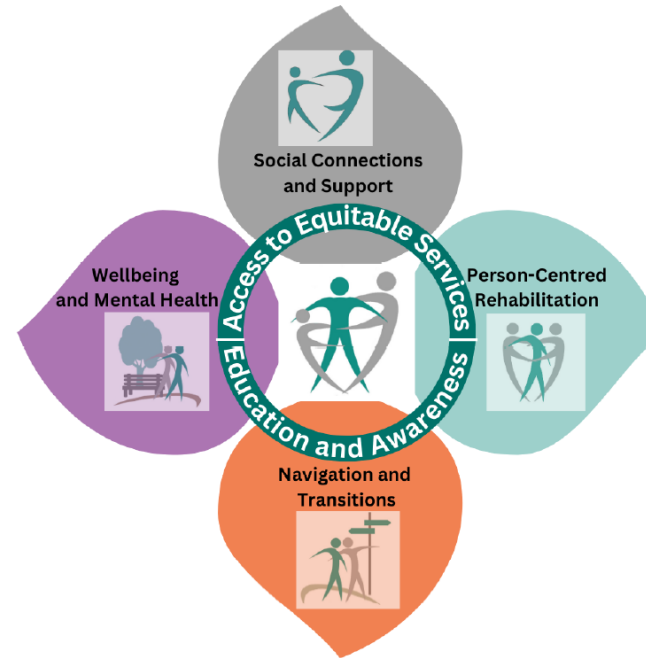
Stroke Support Groups:

- ➡ 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”

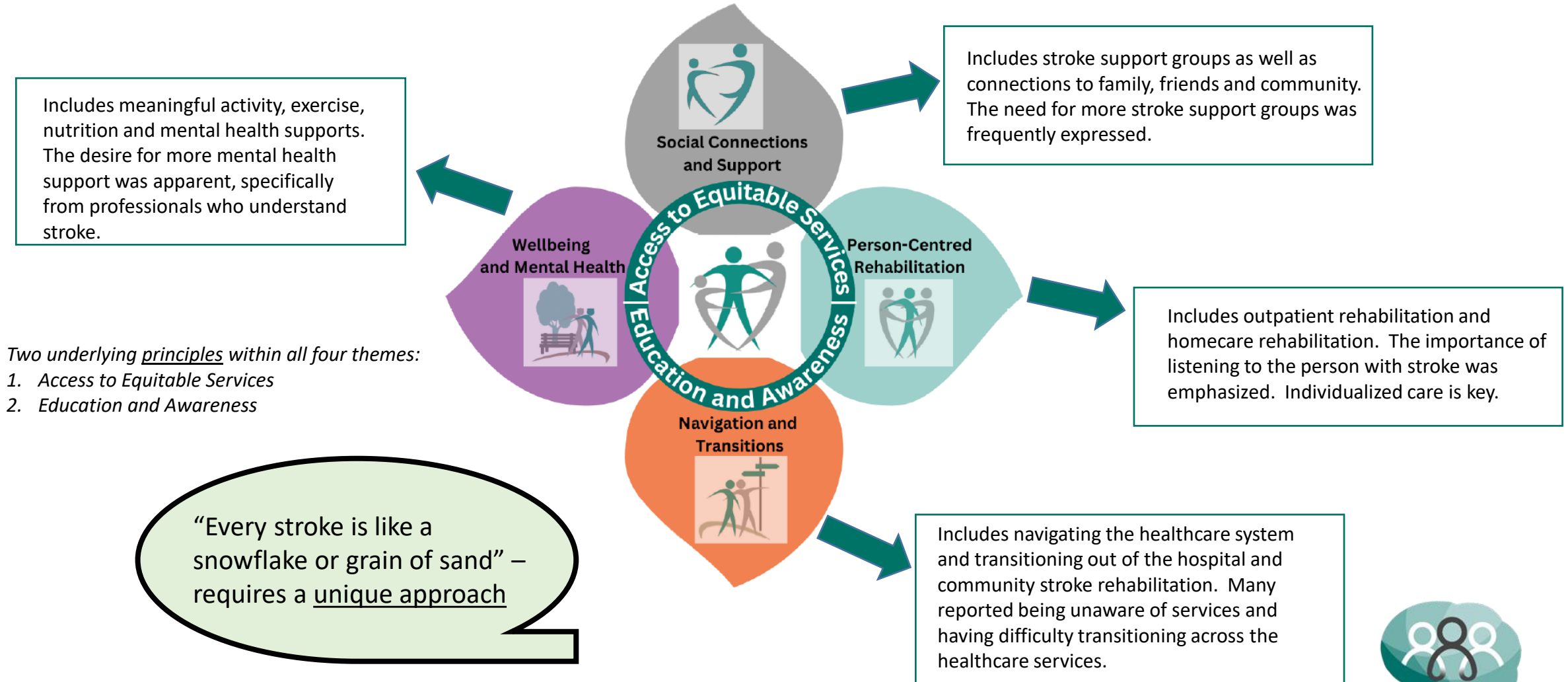
2023 Consultation Report

WHAT WE HEARD: ENHANCING INDIVIDUALIZED COMMUNITY STROKE SERVICES



Four themes that emerged from the consultation-

Although the results have been divided into themes, it is evident that the themes are interrelated and overlapping



****Community Stroke Support Services Agency (VON, CCSH and CPHC) Facilitators, Stroke Survivors and their Caregivers were critical in the creation of this report****

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Priorities

*A **poll** was completed at a **Community Reintegration Leadership Team Meeting (CRLT)** and these **priority actions** for moving forward were **identified**:*

1. Secure funding for stroke services
2. Improved supports for mental health
3. Equitable access to rehabilitation
4. Stroke prevention, living well and follow-up*
5. Tool and/or supports to navigate the system*
6. Improve resources for return to driving

*Number 4 and 5 were tied in terms of level of importance



Summary of Stroke Services

- Current Stroke Support Groups include stroke survivor, caregiver, introductory, young survivor, social/recreational, educational, aphasia supportive 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): Senior Support
Services (CPHC)

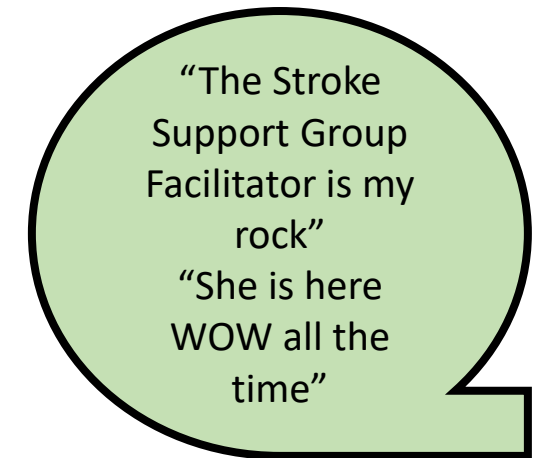


Stroke Support Group Facilitator



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
- ✓ Promote awareness of community stroke support services
- ✓ Collaborate with the hospital and other community agencies
- ✓ Deliver system navigation/case management/advocacy
- ✓ Trained in Supported Conversation for Adults with Aphasia™



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

new

- **Aphasia Supports**

- Aphasia Supportive Conversation Groups
- Aphasia Buddies and Aphasia Support Groups

- **Hospital to Community Connection**

- Hospital and Community Support Group at Providence Care Hospital

- **Stroke-Specific Exercise**

- Virtual program

- **Stroke-Specific Day Program**

- **Community Partnerships**

- Queen's University and St. Lawrence College



Hastings Prince Edward

- **Stroke Support Groups**

- Information groups
- Caregiver groups
- Peers to Peers Stroke Talk
- Evening groups
- Younger stroke survivor groups
- Social Recreational, BINGO
- Music and Art Therapy groups

- **Aphasia Supports**

- Aphasia Supportive Conversation Group

- **Hospital to Community Connection**

- “Ask a Survivor” group weekly at Quinte Health Belleville

- **Stroke-Specific Exercise**

- Virtual and In-person (Belleville and Trenton)

new → **Stroke-Specific Day Program**

- In partnership with Pathways to Independence

- **Community Partnerships**

- Loyalist College OTA/PTA Program to offer virtual and in-person seated exercise and cognitive stimulation groups



Lanark, Leeds and Grenville



- **Stroke Support Groups**

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

- **Aphasia Supports**

new

- Weekly Aphasia Supportive Conversation Groups

- **Hospital to Community Connection**

- Warm hand-offs with hospitals
- ***“Ask a Survivor”*** at Brockville General Hospital and at Perth and Smiths Falls District Hospital

- **Stroke-Specific Exercise**

- Currently on hold

- **Stroke-Specific Day Program**

- Well-established (with wait-list)



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 (quarterly)
- *Regional Stroke Education Program* (virtual and in-person)
- Stroke-Specific Adult Day Programs (now across the region)
- Art and Music Therapy Programs
- Evening groups and Younger Stroke Survivor groups
- Connections with local Colleges and Universities
- ***Stroke and Aphasia Awareness Month*** Activities:
 - *Advocacy via Accessibility Committee Meetings*
 - 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



2023-24 Data

Quarterly data collected by Community Stroke Support Agencies:

Number of Referrals

Number of Stroke Support Group Participants

Number of Aphasia Supportive Conversation Group Participants

2023-24 Regional Data

200 New Referrals

**Continued
High
Volumes**

288 Stroke Support Group Participants

*Total unique participants



**Continued
Growth**

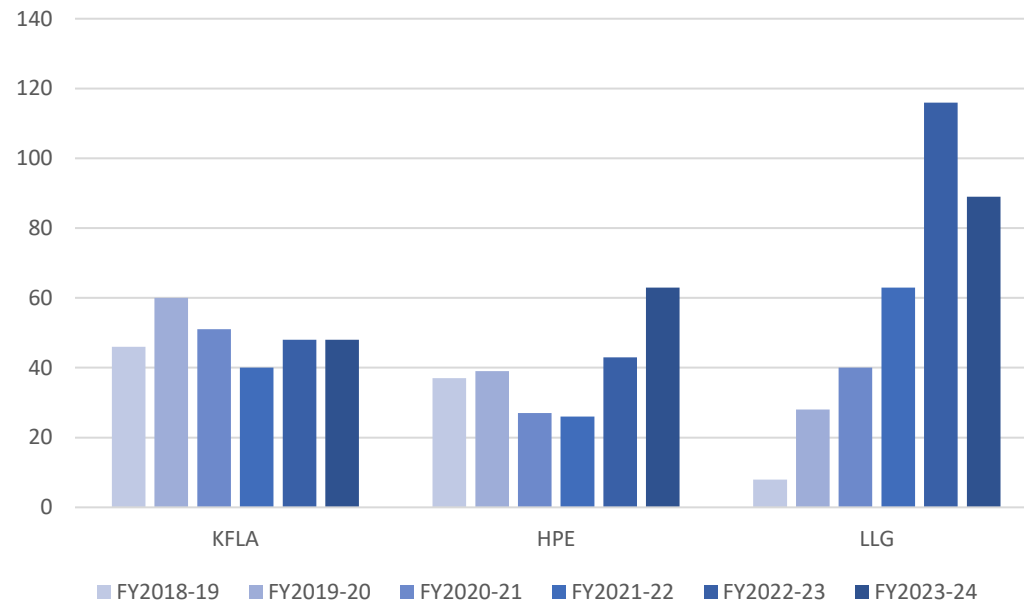
**73 Aphasia Supportive Conversation Group
Participants**



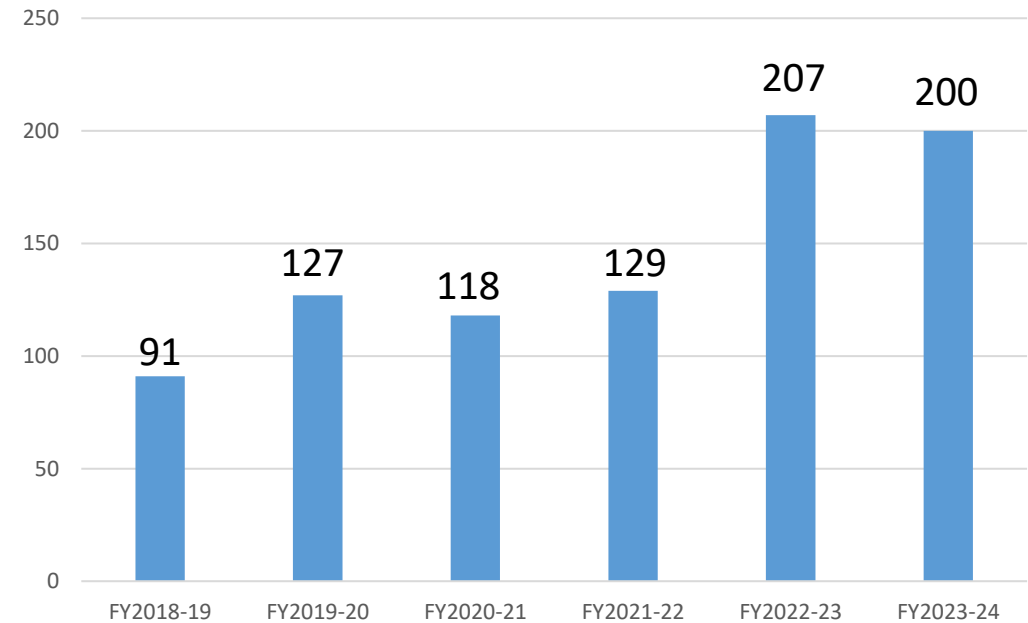
**Continued
Growth**

Number of Referrals

New Referrals by Local Area



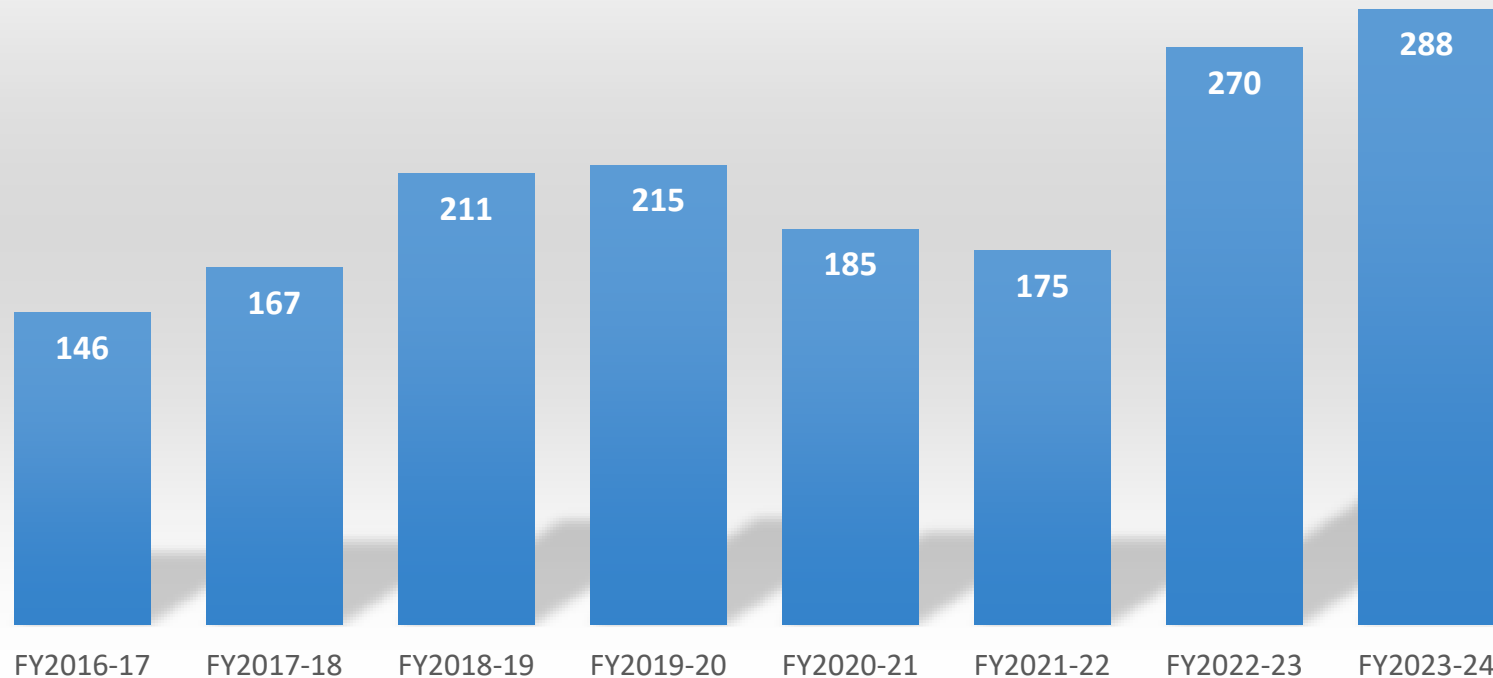
New Referrals - Southeast Region



This graph demonstrates the number of referrals by area annually over the past 6 fiscal years
❖ Noted is the steady large volume of new referrals

Regional Participation

Regional Community Stroke Support Group Participation



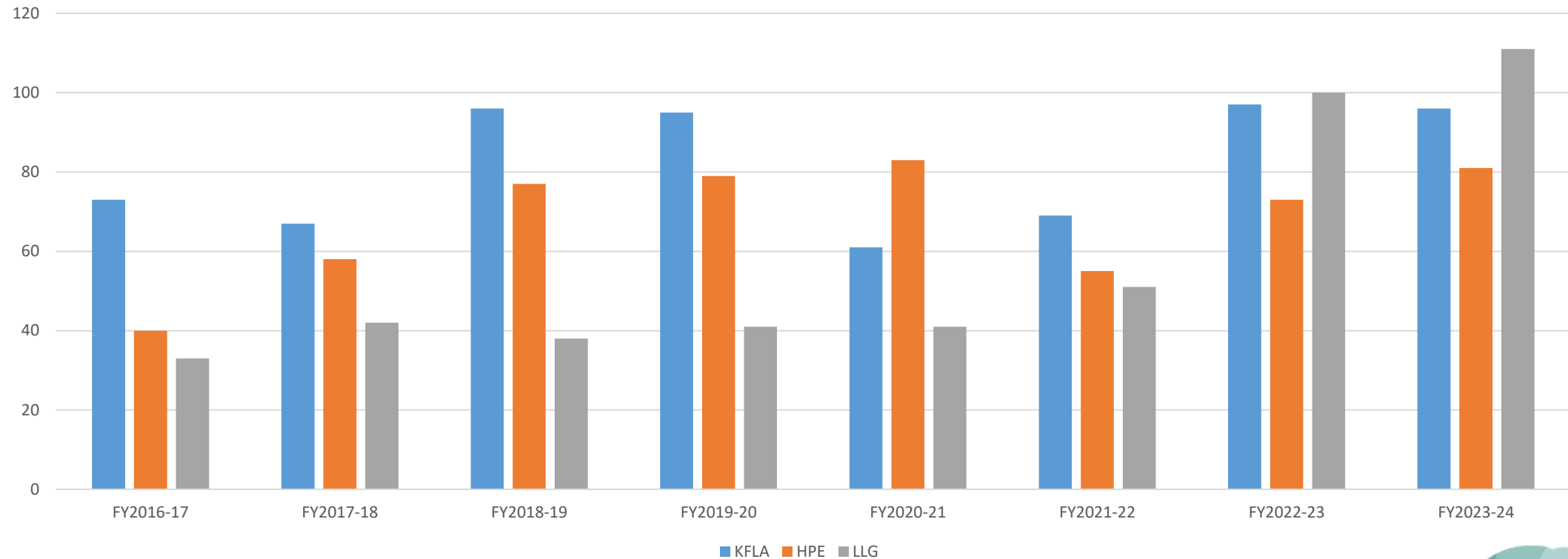
Interpretation Considerations:

- ❖ 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



Participation By Local Area

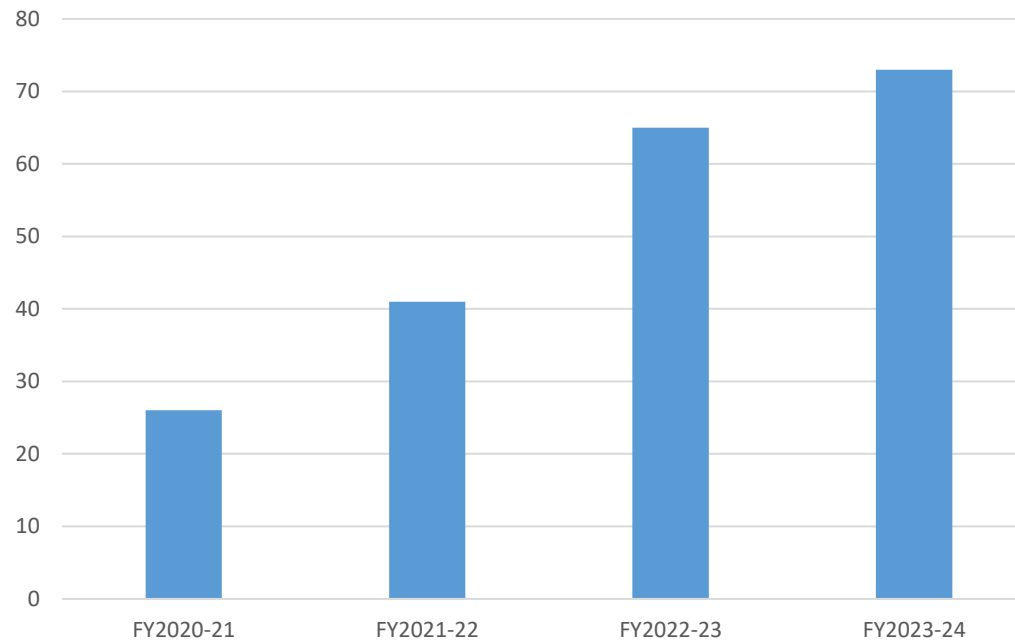
Annual Participation in Community Stroke Support Services



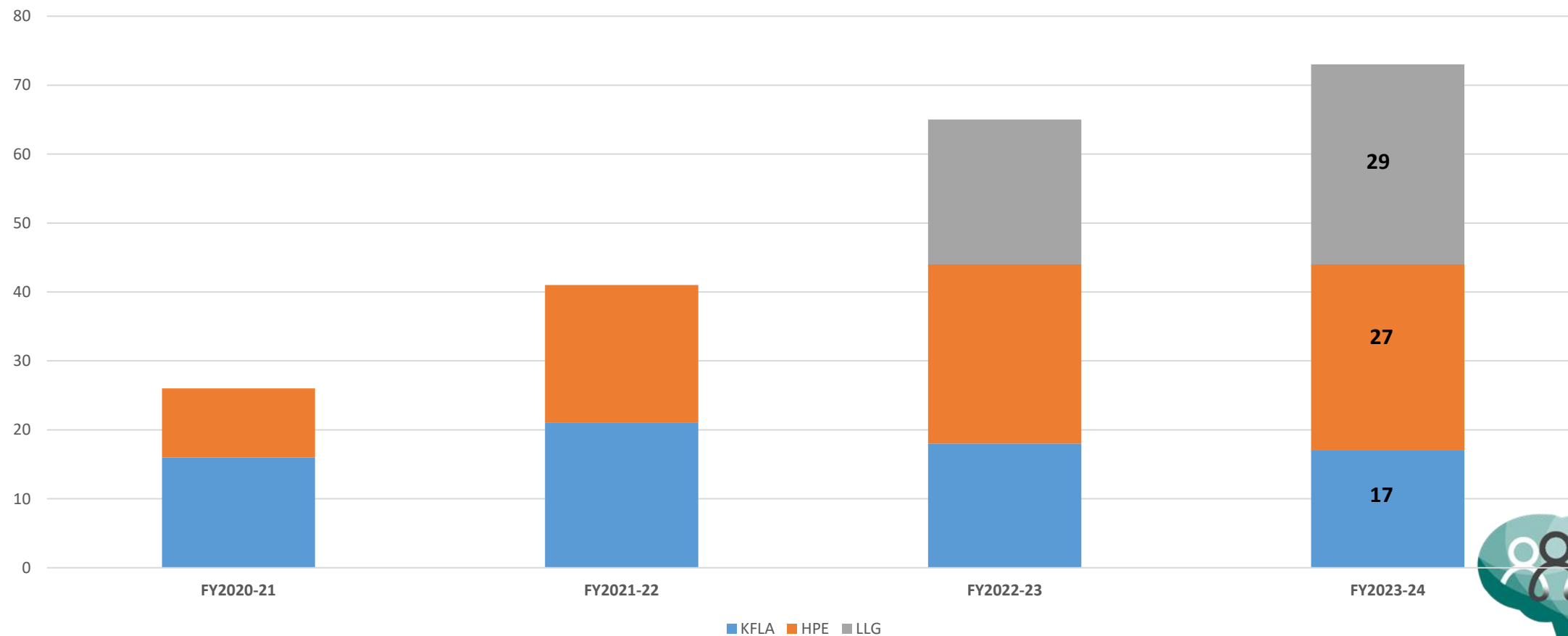
Region-wide Participation in Aphasia Supportive Conversation Groups

Interpretation Considerations:

- ❖ **Notable increase in participation**
- ❖ Service running across the region



Participation by Local Area - Aphasia Supportive Conversation Groups



2023-24 Key Achievements



Comments:

Stroke Awareness and Aphasia Advocacy Work



Hospital and Community Collaboration



Aphasia Supportive Conversation Groups



Stroke-Specific Day Program



Regional Initiatives



Establishing Partnerships



- ❖ Adapting to meet local needs
- ❖ Increasing growth in referrals and participation
- ❖ Connecting hospital to community groups
- ❖ Resuming In-person groups
- ❖ Aphasia Supportive Conversation Groups running across the region
- ❖ Stroke-Specific Day Program running across the region
- ❖ Partnerships with other community agencies, Colleges and Universities



Annual Report Recommendations

Recommendation 1	Sustain and enhance services in response to the Community Consultation priorities. *Funding to support full-time positions, expand groups and offer a therapeutic group size
Recommendation 2	Advocate and promote linkages to resources that promote well-being (e.g. stroke-specific exercise groups, interest groups, mental health resources)
Recommendation 3	Promote linkages to services in the community with a focus on navigation supports.
Recommendation 4	Promote inclusiveness in stroke support groups (e.g. Indigenous populations, young caregivers, aphasia).



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Next Steps

- Continue to move forward priorities for action from the results of **Community Consultation**
- Continue to seek out **funding** opportunities for stroke support services and building partnerships
- Develop a **mental health and well-being** resource document
- **Return** to including qualitative information regarding participant sense of health and well-being in **regional evaluation**
- Collaborate with **community partners** to enhance community stroke services via navigation supports



Next Steps



- Continue to **build connections** between hospital and community settings to help with **navigation** and **transitions**
- Review **Return to Driving Resources**
- Support the **inclusiveness** in stroke support groups (e.g. Indigenous populations, young caregivers, aphasia)
- Support establishing and sustaining stroke-specific exercise groups
- Include **stroke-specific exercise** group **data** in annual evaluation



References

- Canadian Stroke Best Practices. (2019). *Recommendations: Transitions and Community Participation Following Stroke, 6th Edition – 2019 Updated*.
<https://www.strokebestpractices.ca/recommendations/managing-stroke-transitions-of-care>
- Christensen, E. R., Golden, S. L., & Gesell, S. B. (2019). Perceived Benefits of Peer Support Groups for Stroke Survivors and Caregivers in Rural North Carolina. *North Carolina medical journal*, 80(3), 143–148.
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- Government of Canada (2022). *Stroke in Canada*. <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/stroke-in-canada.html>
- Hartford, W., Lear, S., & Nimmon, L. (2019). Stroke survivors' experiences of team support along their recovery continuum. *BMC health services research*. 19(1), 723. <https://doi.org/10.1186/s12913-019-4533-z>
- Krueger, H., Koot, J., Hall, R.E., O'Callaghan, C., Bayley, M. & Corbett, D. (2015). Prevalence of individuals experiencing the effects of stroke in Canada: Trends and projections. *Stroke*, 46(8), 2226-31.
- Magwood, G. S., Nichols, M., Jenkins, C., Logan, A., Qanungo, S., Zigbuo-Wenzler, E., & Ellis, C., Jr (2020). Community-Based Interventions for Stroke Provided by Nurses and Community Health Workers: A Review of the Literature. *The Journal of neuroscience nursing : journal of the American Association of Neuroscience Nurses*, 52(4), 152–159. <https://doi.org/10.1097/JNN.0000000000000512>



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