



## STROKE INFORMATION PACKAGE FOR PATIENTS & FAMILIES

The **Stroke Information Package** was developed in response to feedback from stroke survivors and families who emphasized the value of receiving key information on available supports and services. Ideally, the package is provided early in the hospital stay and subsequently referred to along the continuum of care. Embedded links to access the recommended resources can be found in the chart below.

RESOURCE	DESCRIPTION	WHERE TO ACCESS
Patient Journey Map	This map can be used by clinicians to provide the stroke survivor and family with a better understanding (and record) of the supports and services they will be receiving as they move along the care continuum. The front of the map is a visual representation of the recovery journey and the reverse includes a listing of potential resources.	Stroke Network of Southeastern Ontario under <i>Patient Education – Information on Stroke for Patients and Families</i> <a href="#">Patient Journey Map</a>
Your Stroke Journey	<b>Your Stroke Journey</b> is a free book designed to help stroke survivors and caregivers understand stroke & recovery. It is available through Heart & Stroke. For some clients, it may be appropriate to also include the <b>Stroke in Young Adults</b> book available at a cost in hard copy or accessed on-line free of charge through Heart & Stroke.	Heart & Stroke <a href="https://www.heartandstroke.ca/what-we-do/publications">https://www.heartandstroke.ca/what-we-do/publications</a> Scroll to bottom of page for How to Order
Healthline – Stroke Resources	This web-based resource provides a wide range of information on supports and services for stroke survivors and their families/caregivers in ten different domains. Information on the Healthline may be provided through a bookmark or a one-page flyer.	Stroke Network of Southeastern Ontario under <i>Patient Education – Information on Stroke for Patients and Families</i> <a href="#">Healthline - Information Sheet</a>
Stroke Support Groups - Regional	Information on stroke survivor and caregiver support groups available in the southeast. This information may be provided through a one-page flyer listing all regional groups or an area-specific brochure. All groups are free, are facilitated by a professional and meet monthly.	Stroke Network of Southeastern Ontario under <i>Community Supports</i> <a href="#">Stroke Support Groups</a>
Stroke Specific Exercise Programs	Information on community-based stroke-specific exercise programs that are adapted to the needs of stroke survivors may be provided through a one-page flyer or an area-specific brochure. All programs are free.	Stroke Network of Southeastern Ontario under <i>Community Supports</i> <a href="#">Stroke Specific Exercise Programs</a>
Caregiver Support	Heart & Stroke Foundation and March of Dimes provide a variety of on-line, virtual and hard copy resources for caregivers of individuals living with the effects of a stroke. The Ontario Caregiver Organization provides a wide range of non-stroke specific supports.	<a href="#">Heart &amp; Stroke Foundation</a> <a href="#">March of Dimes</a> <a href="#">Ontario Caregiver Organization</a>
<p><b>For stroke survivors with aphasia</b>, please consider including a flyer on <a href="#">Aphasia Supportive Conversation Groups</a> available in the southeast. Additionally, free downloadable resources are available through The Aphasia Institute <a href="https://www.aphasia.ca/shop/">https://www.aphasia.ca/shop/</a>. Navigate to box <i>If you work or live in Ontario you may be eligible for free downloads of our products</i>. Complete the form and instructions will be emailed. <a href="#">The Aphasia Centre</a> (Ottawa) also has excellent on-line resources.</p> <p><b>For more information on exercise</b>, the Canadian Stroke Community-based Exercise Recommendations can be found at <a href="https://kite-uhn.com/can-stroke-community-based-exercise-recommendations">https://kite-uhn.com/can-stroke-community-based-exercise-recommendations</a></p>		

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### IMPLEMENTATION TIPS

When implementing the *Stroke Information Package*, the following considerations may be of use:

- Who will print the contents and collate the contents into a package
- Who will distribute the package (including on weekends and holidays)
- How will the distribution be documented
- When will the package be distributed
- What will be the format of the package (e.g. folder, envelope)

If you have any questions re the listed resources, please contact Kayla Purdon, Regional Community & LTC Coordinator, [kayla.purdon@kingstonhsc.ca](mailto:kayla.purdon@kingstonhsc.ca)



Sample Folder - KHSC

### TIPS FOR SUCCESSFUL ADULT EDUCATION

*“Education for people with stroke, their families and caregivers, is an integral part of stroke care that should be included as a part of all healthcare encounters, and during transitions.”*

- Canadian Stroke Best Practices – Transitions and Community Participation Following Stroke – Section 2

- Assess education needs – inquire about previous information received, information retention and new and ongoing learning needs.
- Tailor education resources to each individual. Think about literacy level, language needs, cultural and ethnic diversity, cognitive/perceptual impairments, communication impairments and readiness to learn.
- Establish an individualized learning plan. Establish a process to support continuity of education between providers and across settings.
- Use a consistent, standard education package that can then be augmented according to patient/client and family need. Establish who provides the package and when.
- Education should be goal-oriented and facilitate decision-making regarding care and recovery.
- Use various methodologies to support learning including visual, auditory and tactile approaches.
- Provide an opportunity for the client/family to ask questions, request additional information.
- Use ‘teach-back’ to assess learning.
- Consider an interactive workbook, DVDs, apps and/or websites.
- Document education – what has been learned, resources shared, ongoing needs.