

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 support 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 support 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> Patient Journey Map
Your Stroke Journey	Your Stroke Journey 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 Stroke in Young Adults book available at a cost in hard copy or accessed online free of charge through Heart & Stroke.	Heart & Stroke www.heartandstroke.com under Health Information Publications scroll to bottom of page for How to Order.
Healthline – Stroke Resources	This web-based resource provides a wide range of information on support and services for stroke survivors and their families/caregivers in ten different domains. Information on the Healthline may be provided through a one-page flyer.	Stroke Network of Southeastern Ontario under Patient Education – Stroke Information Package for Patients and Families
Southeast Stroke Support Group Services	Information on stroke survivors 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 at a variety of times depending on location.	Stroke Network of Southeastern Ontario under <i>Community Supports</i> Stroke Support Groups
Community-Based Exercise Programs for People with Stroke	Brochure designed for stroke survivors and families to assist them in determining if a community-based exercise program will meet their needs.	Stroke Network of Southeastern Ontario under <i>Patient Education</i> Exercise Brochure
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> Stroke Specific Exercise Programs
Support for Caregivers	Caregivers are an important part of stroke recovery. It is important for caregivers to have access to information about stroke and about their new role as a caregiver. This resource lists a variety of organizations and information that may help.	Stroke Network of Southeastern Ontario under <i>Community Supports –</i> Caregivers Are an Important Part of Stroke Recovery
For stroke survivors with aphasia , please consider including a flyer on Aphasia Conversation Groups available in the southeast. Additionally, free downloadable resources are available through The Aphasia Institute https://www.aphasia.ca/shop/ . 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. The Aphasia Centre (Ottawa) also has excellent on-line resources.		

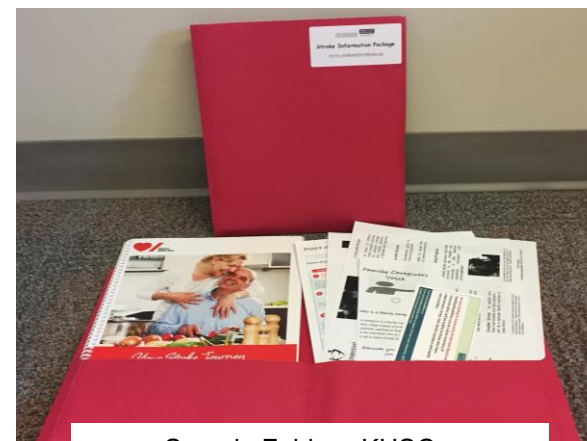
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IMPLEMENTATION TIPS

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 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, bag)

If you have any questions regarding the listed resources, please contact **Sandra Liu**, Regional Community & LTC Coordinator, Sandra.Liu@kingstonhsc.ca



Sample Folder - KHSC

TIPS FOR SUCCESSFUL ADULT EDUCATION

Stroke patient, family and informal caregiver education is an integral part of stroke care that must be addressed at all stages across the continuum and at all transition points of stroke care. Education about stroke facilitates better understanding and supports coping and self-management. It is most useful if repeated and reinforced across transitions of care.

- Canadian Best Practice Recommendations for Stroke Care – Stroke Education Framework for Individuals with Stroke, Family and Caregivers

- Be person-centred and respect values, needs, preferences. Individuals with stroke, their family and caregivers should be active participants in educational activities.
- Be provided in a learning environment that is inclusive, culturally sensitive, trauma-informed, and free from bias or discrimination.
- Be formal or informal, oral, and written and ideally a combination of multiple methods.
- Be presented in many forms, such as individual or group learning, in person or virtual, synchronous or asynchronous.
- Be individualized, adapted to the individual's abilities, readiness to learn, health status, health literacy, comprehension levels, and offered in a variety of languages.
- Minimize jargon and consider target reading level (i.e., grade 6), and complexity of educational materials provided.
- Use visual aids and apply 'teach-back' methods.
- Be routinely documented in the health record, including time of interaction, topics covered and level of understanding.
- Be goal-oriented, active, and practical to engage the learner – this approach will likely be more effective than passive information
- Repetition is important. Reinforce and build on content previously shared, check for comprehension, and allow time for questions to be asked and answered.

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