

Return to Work, Income, and Access to Social Services and Resources for Low-Income Stroke Survivors

Provincial Stroke Rounds
June 1, 2022

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Evaluation

For the **Provincial Stroke Rounds Planning Committee**:

- To plan future programs
- For quality assurance and improvement

For **You**: Reflecting on what you've learned and how you plan to apply it can help you enact change as you return to your professional duties

For **Speakers**: The responses help understand participant learning needs, teaching outcomes and opportunities for improvement.

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either online or in the room.


Thank you!

Mitigating Potential Bias (Provincial Stroke Rounds Committee)


The Provincial Stroke Rounds Committee mitigated bias by ensuring there was no industry involvement in planning or education content. For profit and not for profit affiliations have been disclosed by speaker.

The West GTA Stroke Network Presents:

Provincial Stroke Rounds



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Return to Work, Income, and Access to Social Services & Resources for Low Income Stroke Survivors

June 1st, 2022 0800-0900h

Objectives: Upon completion, participants will be able to:

1. Explain challenges related to return to work after stroke in Ontario.
2. Identify opportunities for supporting stroke survivors, who are facing barriers with return to work, to access social services and community resources.


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Evaluation





WEST GTA
Stroke Network



OREG
ONTARIO REGIONAL
EDUCATION GROUP
Stroke Knowledge Translation Operations

Disclosure of Affiliations & Financial Support

Speaker Name: Katrine Sauvé-Schenk

Affiliations:

Katrine is the Chair of the Community and Long Term Care committee with the Champlain Regional Stroke Network and a member of the Steering Committee for the CRSN

Financial Support:

She received a grant from the Social Sciences and Humanities Research Council of Canada for a research project that uses the results from the project mentioned in the presentation

Speaker Name: Patrick Duong

Affiliations:

No relationships with for-profit or not-for-profit organizations

Financial Support:

This session/program has not received financial or in-kind support

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Objectives

1) Explain challenges related to return to work after stroke in Ontario

2) Identify opportunities for supporting people who have experienced a stroke, who are facing barriers with return to work, to access social services and community resources.

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Why is work important?

- Financial reasons
- Community reintegration
- Social interaction
- Psychological wellbeing, productivity, and life satisfaction



(Corr et al., 2003), (O'Keefe et al., 2019), (Radford, 2008)

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Who wants to return to work?

Brief research report

Intention to Return to Work after Stroke Following Rehabilitation in Ontario

Patrick K Duong, MSc, OT Reg. (Ont.), PhD Candidate®, Mary Y Egan, PhD, OT Reg. (Ont.), Matthew J Meyer, PhD, and Tricia L Morrison, PhD, OT Reg. (Ont.)

Canadian Journal of Occupational Therapy
1-6
DOI: 10.1177/0008417420905706

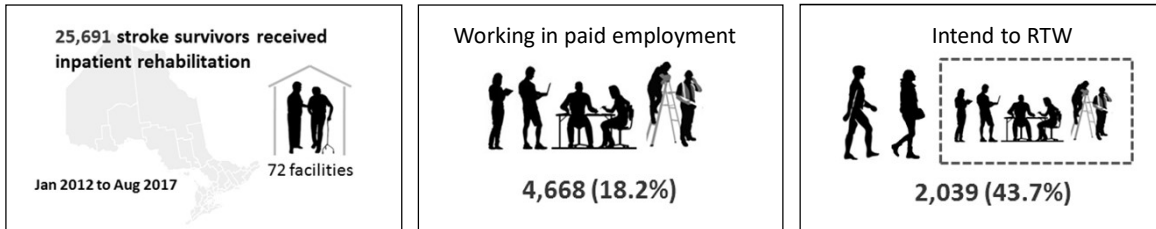
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SAGE



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Who wants to return to work?



Gender	Similar between women (43.9%) and men (43.6%)
Age	Higher among people 35-54 years *36.2% over the age of 65 intend to return to work
Level of disability	Higher among people with mild disability (Total FIM >80) compared to moderate-severe disability (Total FIM ≤80) *24.2% with moderate-severe disability intend to return to work

(Duong et al., 2020)

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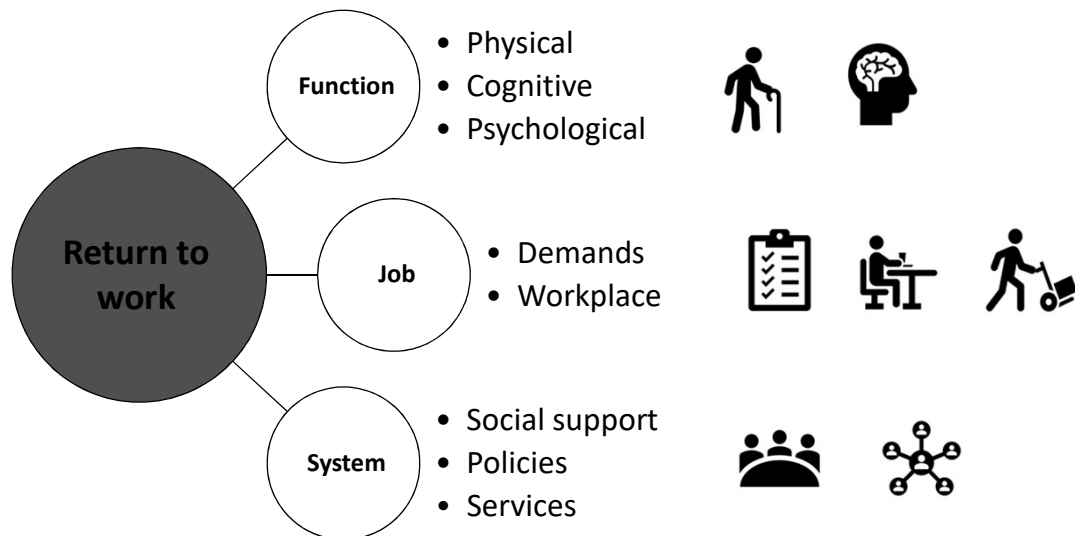
Who actually returns to work? When?



Return to work - pooled estimates

Time after stroke	RTW %	95% CI
6 months	53.2%	46.2% - 60.3%
1 year	55.7%	51.3% - 60.0%
2 years	67.4%	60.4% - 74.4%

What do we know about return to work?



(Brannigan et al., 2016), (Edwards et al., 2017), (Roth et al., 2014), (Schwarz et al., 2018), (Scott, 2010), (Wang et al., 2014)

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How can we support return to work?

Section 4: Recommendations



These recommendations should be considered as part of all comprehensive rehabilitation, recovery, and community participation planning following stroke.

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).

(CSBPR 6th edition - Mountain, et al., 2020)

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How can we support return to work?



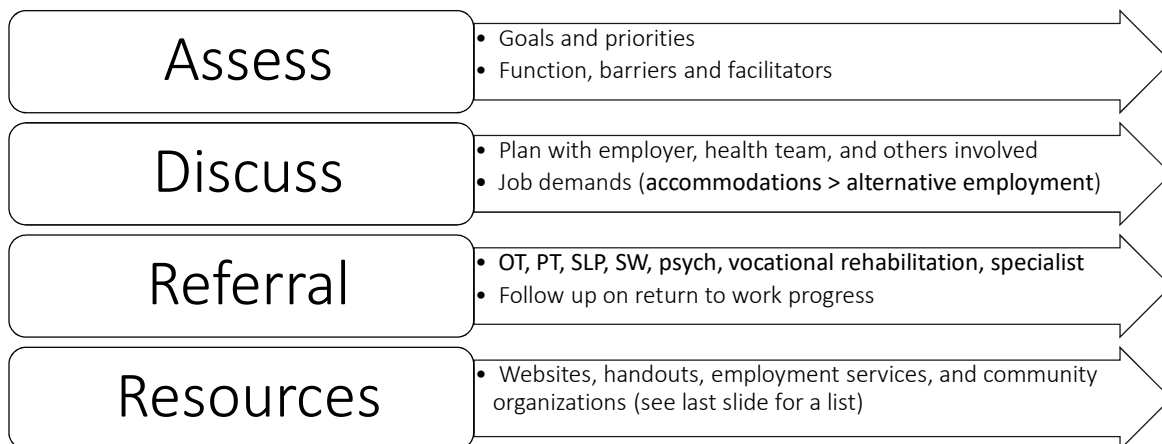
4.4 Participation in Social and Life Roles Following Stroke: Vocational Roles

- i. Following stroke, people may be considered for assessment of vocational interests (i.e., work, school, volunteering) and for their potential to return to their vocations [Evidence Level C].
 - a. This initial screening may take place early in the rehabilitation phase and should be reassessed at transitions as appropriate [Evidence Level C].
 - b. Findings can be included as part of the person's individualized goal setting and planning for early and ongoing rehabilitation [Evidence Level C].
- ii. Encourage resumption of vocational interests where possible. A gradual resumption could occur when appropriate [Evidence Level C].
- iii. Initiation of referrals and or counselling may be considered as appropriate (such as to vocational services) to assist with re-engagement in vocational activities as part of transitions to the community [Evidence Level C].
- iv. A detailed cognitive assessment including a neuropsychological evaluation or occupational therapy evaluation, where appropriate and available, can be considered to assist with determining the person's ability to meet the needs of their current or potential employment requirements and contribute to vocational planning [Evidence Level C].
- v. Referral to vocational rehabilitation services may be considered, as appropriate [Evidence Level C].
 - a. A designated member of the care team may provide counseling and information on employment benefits and legal rights to people who have had a stroke [Evidence Level C].

(CSBPR 6th edition - Mountain, et al., 2020)

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How can we support return to work?



(Brouns et al., 2019), (Donker-Cools et al., 2016), (O'Keefe, 2019), (Scott, 2010)

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Resources – links for return to work

Champlainhealthline.ca

SUBMIT CONTENT | FRANÇAIS | HELP

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HEALTH SERVICES | HEALTH CAREERS | HEALTH NEWS | HEALTH EVENTS | HEALTH RESOURCES

Stroke Resources

COVID-19 Resources | Stroke Category | Back | Home

Volunteering or Returning to Work

Employment Assistance | Volunteer Referral Networks
 Employment Assistance for Aboriginal Peoples | Employment Assistance for People with Disabilities
 Government Services Information

Additional Resources (external sites)

South West Stroke Network - Return to Work Toolkit
 South West Stroke Network - Volunteering After Stroke
 Heart & Stroke Canada - Back to Work
 Heart & Stroke Canada - Your Stroke Journey
 March of Dimes Canada - Employment Services
 Toronto Stroke Networks My Guide for Stroke Recovery - Work and money

<https://www.champlainhealthline.ca/libraryContent.aspx?id=21565>

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Resources - Organizations that help with return to work



Ontario

The Ontario Disability Employment Network: A professional body of employment service providers united to increase employment opportunities for people who have a disability.

PATH Employment Services: PATH is a non-profit agency that's been helping people with any kind of disability get and keep jobs since 1972. They focus on the skills, talents, qualifications and abilities of the individual.


Ontario Works Program: This program offers financial assistance, employment assistance, and emergency financial assistance for those eligible.

The Healthline: Enter your community name or a postal code to find health and community services in Ontario.

https://www.strokenetworkseo.ca/sites/default/files/files/return_to_work_resources_final.pdf

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Resources - March of Dimes Canada



Champion Equity. Empower Ability.
March of Dimes Canada provides a wide range of services to people with disabilities throughout the country.

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Employment Services

Stroke - After Stroke Program



Our After Stroke coordinators work one-on-one with stroke survivors and their families to connect them with:

- a personalized recovery plan,
- resources in their community,
- and a network of support to help navigate the journey ahead.

<https://www.marchofdimes.ca/en-ca/programs/es>

<https://www.marchofdimes.ca/en-ca/programs/afterstroke>

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Resources - Return to work self-assessment guide

Are YOU Ready To Return To Work?

A SELF ASSESSMENT GUIDE FOR PEOPLE WITH STROKE.

This Guide was developed for people recovering from stroke who are considering part-time, full-time, self-employment or volunteer opportunities. It is designed to support you as you consider all the important parts of a successful return to work plan.



The Guide is to be completed by you, with input from family members, physicians, health care providers and your employer, as needed.

Example: The stroke that Sally experienced resulted in her having very limited use of her right arm. Sally's job was a data entry clerk for the government. Her ratings would likely be:

USE OF ARMS:

- A) Consider activities including: reaching, lifting, grasping, strength, coordination, writing, keyboarding and fine motor skills.

My Current Abilities



Expected Job Demands



<https://www.swostroke.ca/Uploads/ContentDocuments/SA%20Fillable%20PDF.pdf>

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Resources - Return to work readiness checklist



Stroke

Returning to work

Readiness Checklist

There may come a time in your recovery when you consider returning to work. You may be asking yourself if you are able to do the job you used to do. Or you may be considering changing jobs or volunteering.

An occupational therapist and vocational counsellor can help you decide if you are ready to get back to work and help you plan for it.

Looking at your abilities

Here are five key areas to consider when looking at your ability to do a job:

<https://www.heartandstroke.ca/stroke/recovery-and-support/back-to-work>

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Resources - Return to work planning



HOME TOPICS ABOUT WHAT IS A STROKE THE STROKE JOURNEY CONTACT

How to plan for your return to work

How do I know if I am ready to return to work?

Your readiness depends on:


- How you feel
- How the stroke has affected you
- The type of work you do

Give your body enough time to heal.


When you feel ready, talk to your healthcare team about going back to work. Together you can decide if you are ready to go back to work. They can also help talk to your workplace about what supports you need to return.


<http://strokerecovery.guide/how-to-plan-for-your-return-to-work>


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Return to Vocations Toolkit








**COMING
SOON!**

 Audience - Providers

 Web-based with printing capability




Available early to mid June on the West GTA and Central East Stroke Network websites:

- <https://westgtastroke.ca/community-and-ltc-care/>
- <https://cesnstroke.ca/>

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What are the gaps in knowledge with return to work?

- Formal process for addressing return to work?
(Not usually a high priority)
- Difficult to measure return to work outcomes?
(Not a metric that is captured, lack of follow-up)
- Inconclusive evidence on the best interventions?

(Brouns et al., 2019), (Duong et al., 2019), (Green et al., 2021), (Wei et al., 2016)

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Take a moment to think about...



In your region, what is being done along the continuum of care to support those who want to return to work?

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What is an important possible consequence of not returning to work after stroke?

RESEARCH ■ VULNERABLE POPULATIONS

Effects of cardiovascular and cerebrovascular health events on work and earnings: a population-based retrospective cohort study

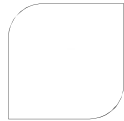
Allan Garland MD MA, Sung-Hee Jeon PhD, Michael Steptoe BA, Michelle Rotermann MA, Randy Fransoo PhD, Hannah Wunsch MD MSc, Damon C. Scales MD PhD, Theodore J. Iwashyna MD PhD, Claudia Sanmartin PhD

■ Cite as: *CMAJ* 2019 January 7;191:E3-10. doi: 10.1503/cmaj.181238

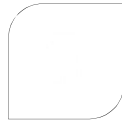
People three years after stroke had an average total income of \$28,818, which was \$13,278 (31.2%) less compared to people who did not have a stroke (control group of similar age, gender, region).

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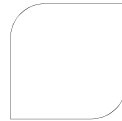
What difficulties might be encountered when living with financial barriers after a stroke?



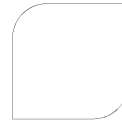
ACCESSING HEALTHY FOOD



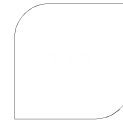
AFFORDING MEDICATION



OBTAINING SAFETY
EQUIPMENT



MAINTAINING HOUSING



RETURNING TO
PARTICIPATION IN
MEANINGFUL OCCUPATIONS

(Campbell et al., 2017), (Ganesh et al., 2017), (Sauvé-Schenk et al., 2019)

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Financial concerns related to return to work: what is our role?

4.4 Participation in Social and Life Roles Following Stroke: *Vocational Roles*

- vi. Review financial concerns, sustainability and benefit options during admission and/or prior to discharge, and later in follow-up assessments and transitions. [Evidence Level C].



Rehabilitation, Recovery and Community
Participation following Stroke
*Part Two: Transitions and Community Participation
Following Stroke*
Update 2019

4.7 Participation in Social and Life Roles Following Stroke: *Disability Supports in the Community*

- i. Healthcare professionals across settings may provide people with stroke, their families and caregivers with information and linkages regarding access to disability support services within their region [Evidence Level C].
- c. Timely completion of appropriate documentation and applications by healthcare team members as required in collaboration with people with stroke, their families and caregivers can help to minimize delays with accessing eligible services [Evidence level C].
- d. Collaboration between designated members of the healthcare team and persons with stroke, families and caregivers can help navigate systems and ensure appropriate services and equipment are accessed in a timely manner [Evidence Level C].

(CSBPR 6th edition - Mountain, et al., 2020)

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Are we doing enough to connect people to social services and community resources?

Research conducted in acute care and in/outpatient rehabilitation in one Ontario sub-region:

- Immediate care needs and discharge are the priority
- Services for those who are potentially or unable to return to work are rarely addressed

(Sauvé-Schenk et al., 2019)

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How can we support access to social services and community resources?

Discuss	financial concerns early on in admission and continue along the entire continuum of care
Tailor	information to the person/family's needs
Remember	people likely have limited knowledge about what will be needed

(Sauvé-Schenk et al., 2020)

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How can we support access to services and resources?

Consider RTW and income as a team

Ask about RTW, social services and community resources as early as possible

Create lists of resources

Learn about the system and its limitations

Clearly communicate income and employment findings with the next service

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Take a moment to think about...



In your region, what is being done along the continuum of care to support those who cannot or might not return to work?

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Conclusion

- Return to work after stroke is an important goal that can be difficult to address
- Income might soon become a problem for those who cannot return to work

All actions that connect people to services and resources can make a difference!



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Resources - Return to work after stroke

Champlain

<https://www.champlainhealthline.ca/libraryContent.aspx?id=21565>

Ontario and Canada-wide

https://www.strokenetworkseo.ca/sites/default/files/files/return_to_work_resources_final.pdf

Other provinces

<https://www.heartandstroke.ca/services-and-resources/employment>

Return to work self-assessment guide

<https://www.swostroke.ca/Uploads/ContentDocuments/SA%20File%20PDF.pdf>

Return to work readiness checklist

<https://www.heartandstroke.ca/stroke/recovery-and-support/back-to-work>

How to plan for return to work plan

<http://strokerecovery.guide/how-to-plan-for-your-return-to-work>
<http://www.tostroke.com/wp-content/uploads/2012/12/Returning-to-Work.pdf>

Financial Supports

https://www.strokenetworkseo.ca/sites/default/files/files/financial_supports_final.pdf

Benefits questionnaire

https://www.strokenetworkseo.ca/sites/default/files/files/benefits_questionnaire_final.pdf

Employment Insurance

<https://www.canada.ca/en/services/benefits/ei.html>

Canada Pension Plan disability benefit

<https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit.html>

Ontario Works

<https://www.ontario.ca/page/ontario-works>

Ontario Disability Support Program

<https://www.ontario.ca/page/ontario-disability-support-program>

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Questions?

If you have questions after the presentation please e-mail Maggie Traetto Maggie.Traetto@thp.ca who will forward the questions to the presenters

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Evaluation

For the **Provincial Stroke Rounds Planning Committee:**

- To plan future programs
- For quality assurance and improvement

For **You:** Reflecting on what you've learned and how you plan to apply it can help you enact change as you return to your professional duties

For **Speakers:** The responses help understand participant learning needs, teaching outcomes and opportunities for improvement.

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Thank you!

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