



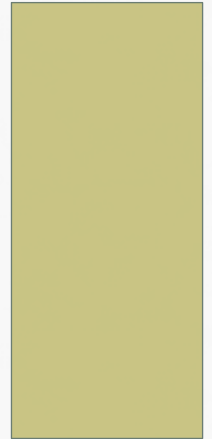
**Quinte and District
Rehabilitation**



**STROKE NETWORK
of Southeastern Ontario**

STARTING THE CONVERSATION

PRESENTED BY BETH STEINMILLER, MSW RSW FOR
COMMUNITY CARE FOR SOUTH HASTINGS
QUINTE REHAB



APHASIA

Aphasia is one of the communication disabilities that can occur after stroke, brain injury or brain disease. It may be hard to talk, to understand what people are saying, to be understood, to read and to write.

WHY A SUPPORTIVE COMMUNICATION GROUP

- ❑ 30% of stroke survivors are affected by Aphasia
- ❑ Those affected by Aphasia are at higher risk of:
 - ❑ Social Isolation
 - ❑ Depression
 - ❑ Aphasia related abuse

Lack of support services in the community for those with Aphasia

HOW DID WE GET STARTED...

- Community Care for South Hastings (CCSH) and Quinte Rehab developed pilot project
- Participants recruited from:
 - Quinte Health Care Rehab SLP
 - Quinte Rehab SLP
- In Kind Partnership:
 - CCSH provided space and admin support
 - Quinte Rehab provided SLP
- Run by a Speech Language Pathologist with assistance of CDAs and Community Volunteers
- Max of 6 participants
- Various conversation topics

MEASUREMENT AND OUTCOMES

- Prior to the first session, each participant completed 18 questions from the Adults Living with Aphasia (ALA) questionnaire. Domains focused on: aphasia, participation, environment and personal.
- At the last session, the initial 18 questions were repeated as well as additional questions regarding their experience in the group.

Results

- 4 pilot groups: 23 clients participated (ages 32-89)
- Increased knowledge, feeling of overall confidence
- Ratings very positive for program

KEY LEARNINGS

- **Key Learning:**
 - Aphasia Conversation Groups needed in the community
 - Caregiver Support Group need identified through this process
 - Socialization needs on-going
- **Key Challenges:**
 - Funding
 - Capacity to accommodate interested participants
 - Need for outreach services

WHERE DO WE GO NEXT?

The desired Program will be offered throughout the South East LHIN:

- One day per week per location from 9:00– 3:00
- Programs include music and art therapy
- Supported conversation groups to provide opportunities to enhance communication skills

WHERE DO WE GO NEXT?

- What is needed to sustain this success?
 - Base Funding
 - Continued partnership between CCSH and Quinte Rehab for the Belleville area
- What is needed to plan for spreading the success to other areas?
 - Need for Program Development to be funded
 - New partnerships (i.e. VON and CPHC) in other Se LHIN areas.

DISCUSSION & QUESTIONS



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