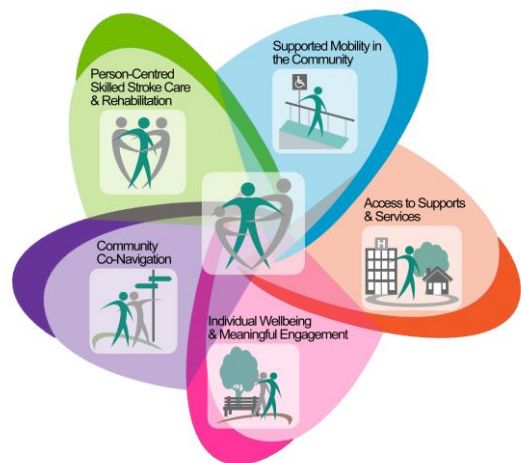


**COMMUNITY REINTEGRATION LEADERSHIP TEAM
BIENNIAL UPDATE
OCTOBER 2020**

The Community Reintegration Leadership Team (CRLT) includes persons with stroke, family members and health care providers. The CRLT began after a community consultation in 2007 with the goal of supporting initiatives and actions that would help with community reintegration following a stroke. In 2015, a second community consultation was conducted under the direction of the CRLT. This 2015 consultation was intended to evaluate progress over the previous 8 years and to identify ongoing or new gaps in services. The report, [What We Heard: Charting a Course for Successful Community Reintegration After Stroke](#), identified five key themes (see picture below) which help to guide the work of the CRLT and the Stroke Network of Southeastern Ontario (SNSEO).

A promise was made to the stroke survivors and families who participated in the initial 2007 consultation that the SNSEO would continue to provide updates on the activities of the CRLT. This Biennial Report is intended to provide that information.

Should you have any questions and/or would like to provide feedback on this report, please contact Gwen Brown, Regional Community & Long Term Care Coordinator with the Stroke Network of Southeastern Ontario at 613-549-6666 X 6867 or by email at gwen.brown@kingstonhsc.ca



Community Supports During COVID

With the onset of the COVID-19 pandemic, Facilitators of the southeast support groups adapted to ensure that practical and psychosocial supports remained available and accessible to stroke survivors and caregivers. Innovative approaches included:

- ✓ Phone check-ins by Facilitators (frequency of calls responsive to client needs and preferences)
- ✓ Virtual meetings (stroke survivors, caregivers, adults with aphasia)
- ✓ Phone-based peer support
- ✓ Virtual meetings between inpatient and community providers and stroke survivors to support transitions
- ✓ In-person 'porch pal' visits
- ✓ Phone-based bingo games

While support group participants continue to express a preference for in-person meetings, using virtual technology as a stop gap measure has been successful to the extent that some components may be adopted in a future COVID-free context. Find more information in the [What's New](#) and [COVID Resources](#) sections of the Stroke Network's website.

**COMMUNITY REINTEGRATION LEADERSHIP TEAM
BIENNIAL UPDATE
OCTOBER 2020**



**PERSON-CENTRED
SKILLED STROKE CARE &
REHABILITATION**

- ✓ Quality improvements to Community Stroke Rehab Program
- ✓ Article for Ontario Long-Term Care Association magazine focused on therapy after stroke
- ✓ The Brain, the Body & You Workshops
- ✓ Aphasia Supportive Conversation Groups in Belleville, Kingston and Brockville
- ✓ Focused sessions on stroke care in Learning Collaboratives
- ✓ Stroke skills training workshops for community providers
- ✓ Updates to *Taking Optimal Action for Community and Long Term Stroke Care* slide decks and creation of Key Messages documents
- ✓ Input to Personal Support Worker curriculum for Ontario colleges
- ✓ Client input into the new Brockville Integrated Stroke Unit supported by Facilitator

**SUPPORTED MOBILITY
IN THE COMMUNITY**

- ✓ Creation of a Return to Driving resource
- ✓ Transportation needs highlighted in proposals and reports



**ACCESS TO SUPPORTS &
SERVICES**

- ✓ Creation of a Transitions Checklist for community rehab providers
- ✓ Initial work on a Transition Toolkit
- ✓ Respite needs highlighted in proposals and reports
- ✓ Input into Ontario Auditor General's review of LTC
- ✓ Projects initiated to connect with and explore the needs of young caregivers & community-dwelling stroke survivors with remote strokes



**INDIVIDUAL WELL-BEING &
MEANINGFUL ENGAGEMENT**

- ✓ Sustained support groups for stroke survivors & caregivers in Kingston, Napanee, Picton, Trenton, Belleville, Brockville and Perth.
- ✓ Social/Recreational Support Groups in Kingston & Belleville
- ✓ Young survivors support groups in Belleville and Kingston
- ✓ Aphasia 'Buddies' community program initiated in Kingston
- ✓ Stroke Specific Exercise Programs in Perth, Trenton, Belleville, Kingston and Brockville
- ✓ Updating of Post Stroke Community Exercise Guidelines and transition of document to national versus provincial resource
- ✓ Living with Stroke Programs



**COMMUNITY
CO-NAVIGATION**

- ✓ Hospital Peer Visiting Volunteers in Perth, Brockville and Belleville. Peer Visiting Program pending in Kingston.
- ✓ Process for post-discharge check-in by all Support Group Facilitators
- ✓ Updates to the Stroke Information Package
- ✓ Creation of a Patient Journey Map
- ✓ Planning for a regional Navigation Workshop