



StrokeUnderstood

SOUTHEAST ONTARIO COMMUNITY STROKE SUPPORT GROUPS ANNUAL EVALUATION REPORT 2018/19

174 stroke survivors and
58 caregivers participated in
community stroke support groups

47% were self-referred or referred by family or friends
27% were referred from community-based health care
providers

Impact of Stroke Survivor Support Groups



100% reported that groups
helped with sense of wellbeing



92% reported that groups
helped with managing in the
community



≥ 95% reported that groups
helped learning about healthy
living and coping with lifestyle
changes

Impact of Stroke Event on Caregivers



53% reported
changes in
personal plans

47% reported
being upset due to
changes in loved
one

46% reported
emotional
adjustments

Impact of Caregiver Support Groups



≥86% reported that
groups helped sense of
wellbeing and coping
with anxiety &
depression

93% reported
that groups
helped to cope
with stressors