



StrokeUnderstood

SOUTHEAST ONTARIO COMMUNITY STROKE SUPPORT GROUPS ANNUAL EVALUATION REPORT 2019/20

167 referrals to stroke support groups in 2019/20. **↑28%** from previous fiscal.

215 stroke support group participants (stroke survivors and caregivers). Youngest participant **32 years of age** and oldest participant **96 years of age**.



Individual phone check-ins (HPE, KFLA, LLG) & phone-based peer support (KFLA)



In-person 'porch pal' visits (LLG)

COVID INITIATIVES



Virtual bingo games (HPE)



Virtual meetings – stroke survivors, caregivers and adults with aphasia (HPE, KFLA & LLG)

NEW INITIATIVES

- Consent processes in place pre-hospital discharge linking Stroke Support Group Facilitator (SSGF) with stroke survivor in the community (HPE, KFLA, LLG)
- Pre-hospital discharge virtual meetings between stroke survivor and SSGF (HPE & KFLA)
- Stroke survivor input into BGH ISU planning process (LLG)
- Drafting of a community-based *Caregiver Welcome Package* by caregivers (HPE)
- Drafting of an educational booklet for young children of stroke survivors by stroke survivors (HPE)
- Stroke survivor participation in St. Lawrence College Therapeutic Recreation Program (KFLA)
- Creation of *Stroke Journey Trees* (HPE & KFLA)
- Adopting a regional approach to the Aphasia Supportive Conversation Groups (HPE, KFLA, LLG)