

Living with Stroke

**A program to gain skills,
knowledge and support
through 8 facilitated
group sessions**



Participating in your recovery

Living with Stroke™ has been developed for people who have had a stroke and for the individuals who care for them. Living with Stroke is an interactive program. It consists of eight group sessions. Living with Stroke is lead by a trained facilitator to focus on setting individualized goals, sharing experiences, building skills and supporting one another. Sessions will be held once a week. Each sessions is approximately 120 min in length.

During the sessions, you will be able to:

- Share your experiences, ask questions, and hear other people's stories
- Learn to deal better with the effects of stroke on your life

Adapting to life after stroke

Living with Stroke can provide you with tools and support to:

- Improve your quality of life
- Reduce the risk of another stroke
- Participate in your recovery
- Find the help you need to adjust to life after stroke

Learning about Living with Stroke

The eight weekly sessions that make up Living with Stroke cover the following topics:

- Understanding stroke and dealing with its impact on your life
- Managing risk factors and being active
- Living with and adapting to physical changes
- Safe and healthy eating
- Living with changes to cognition, perception, and energy
- Emotions and relationships
- Using your knowledge and skills to continue with your recovery and your life

Your caregiver, a family member or friend can attend the program with you, as both of you may have questions or concerns that Living with Stroke can address. Learning and working together can help you both deal with the challenges of living with stroke.

Date: _____

Time: _____

Location: _____

To register:

To contact March of Dimes Canada:

To contact Heart & Stroke:

engagement@heartandstroke.ca



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