

Southwestern Ontario Stroke Network Updates

- SWOSN organizes its quality improvement work within the stroke journey phases of:



- Prevention
- Hyper-Acute & Acute Care
- Inpatient & Outpatient Rehabilitative Care
- Community Care & Long-Term Care
- Education throughout the stroke journey in support of best practices and system improvement

Each quarter, we will highlight a different update from each area of the stroke continuum. In this edition, we are focusing on Community & Long Term Care.

Know Your Stroke Continuum! What's new in Community & Long-Term Care?

- **Four New “Life After Stroke” Programs in London, Strathroy, Stratford and Hanover!**

In the fall of 2018, the South West LHIN approved funding for the addition of four more stroke recovery programs. Between January and March 2019, these new programs began training staff and purchasing specialized equipment. By spring 2019, additional programs were up and running in London, Strathroy, Stratford and Hanover. These enhanced adult day programs are stroke specific and designed to provide an opportunity for stroke survivors to continue their recovery journey following more formalized rehabilitation programs. Feedback so far has been great!



Quotes from Clients:

- *“The strength I have gained has given me the ability to remain living at home independently which has greatly improved my quality of life.”*



- *“The opportunity to socialize with other stroke survivors has helped me with my depression and I feel less isolated.”*

- *“We talk about our experiences and share coping strategies and that keeps me motivated to keep moving forward.”*

- *“I have never felt so great since my stroke, the Life After Stroke program has made a world of difference for me and I sleep a lot better now”.*

- **2 Community Stroke Forums in May 2019 - Making Connections in Community Stroke Care**



The Southwestern Ontario Stroke Network hosted two Community Forums in May 2019. The forums brought together community partners who work with stroke survivors and caregivers and gave them opportunities to learn best practices, network, share resources and become inspired! Over 120 attendees took part in the events

held in Blenheim and St Mary's. Part of the day included discussing ways to promote FAST and calling 911 at the first signs of stroke. Ideas generated will help influence our regional goal of community awareness.



Quote From Erie St. Clair Forum Participant



“Thanks to you (SWOSN) and the Erie St. Clair Community Stroke Forum, we were able to re-connect with local businesses. Transportation has been an ongoing issue for us at New Beginnings . . . we have struck a partnership with Family Service Kent and they are now providing a bus for us on every Tuesday to go to Kingston Park. We were also able to connect with St. Andrew’s Residents and are hoping to have them out for lunch a few times a year. As an organization, we wanted to reach out and thank you personally for helping us make these important connections again.”