

LIVING WITH STROKE SELF MANAGEMENT PROGRAM

*Join Other Living
With Stroke
Graduates Who
Have Become
Empowered
Through Education*

*LIVING WITH STROKE
SELF MANAGEMENT
PROGRAM IS A HIGHLY
INTERACTIVE SIX-WEEK,
WITH TWO HOUR*

*SESSIONS ONCE A WEEK,
COURSE FOR PEOPLE
LIVING WITH STROKE,
FAMILY MEMBERS AND
FRIENDS*

*TAKE THE OPPORTUNITY
TO CONNECT WITH
OTHERS LIVING WITH
CHRONIC CONDITIONS IN
YOUR COMMUNITY
AND SHARE YOUR
EXPERIENCES*

FREE COURSE

STROKE SURVIVORS ASSOCIATION OF OTTAWA
WE ARE A COMMUNITY ASSOCIATION THAT SUP-
PORTS THOSE WHO ARE AFFECTED BY STROKE
THROUGH COMMUNITY RE-ENGAGEMENT,
EDUCATION AND ADVOCACY

SUITE 207 - 1729 BANK STREET
OTTAWA, ONTARIO K1V 7Z5

Stroke Line 613 237-0650
Fax 613 237-0650

www.strokesurvivors.ca
Charitable # 84767 9073 RR0001

SURVIVE • STRIVE • THRIVE



Six Weeks To A Better Life With Stroke

Take Control Of Your Chronic Condition:

- Learn Coping Strategies To Deal With Your Condition
- Understand Treatment Options
- Dealing With Communication And Cognitive Challenges
- Relaxing And Managing Stress
- Share Experiences With Others With Stroke
- Learn To Work In Partnership With Your Health Care Team

Date: March 1st, 2011 (6 weeks)

Location: Hampton Inn/Conference Centre

Time: 10:00—12:00 PM

**Sponsored by Stroke Survivors Association
of Ottawa (No cost for this program)**

**CALL NOW TO TAKE CONTROL!
FOR MORE INFORMATION
OR TO REGISTER
613-237-0650**



LIVING WITH STROKE

SELF MANAGEMENT PROGRAM

Topics	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Module 1: Understanding Stroke: <ul style="list-style-type: none"> 🕒 Creates a foundation of knowledge about stroke in general 🕒 Introduces risk factors reduction-medical compliance 	✓					
Module 2: Physical changes and Challenges/Swallowing and Nutrition <ul style="list-style-type: none"> 🕒 Importance of physical activity to recovery and risk reduction 🕒 Introduces goal setting 🕒 Reviews swallowing problems and healthy eating to overall health 		✓				
Module 3: Cognition, Perception and Communication <ul style="list-style-type: none"> 🕒 Assists participants in identifying the impact of cognitive, perceptual and communication problems and in developing compensatory strategies 			✓			
Module 4: Emotions-Focus on Depression <ul style="list-style-type: none"> 🕒 Focuses on the emotional changes after stroke 🕒 Clinical importance of recognizing and treating depression 				✓		
Module 5: Activities and Relationships <ul style="list-style-type: none"> 🕒 Focus on community reintegration 🕒 Participation in both familiar and new activities 🕒 Importance of maintaining social and family relationships 					✓	
Module 6: Reducing the Risk /Moving Forward <ul style="list-style-type: none"> 🕒 Strategies for reducing risk 🕒 Recognition of progress made in developing strategies to adapt and move forward 						✓