



**SUPPORTING STROKE
SURVIVORS IN COMMUNITY
RE-ENGAGEMENT**

The purpose of this Trigger Tool is to guide your practice in a reflective process and engage your client in their stroke recovery journey towards successful community re-engagement. The eight components of community re-engagement seek to maximize life participation, independence and meaning in a holistic manner

Health Management

- Is the client/caregiver/family educated on the type of meds being taken and when to take them?
- Do they need reminders/adaptations to take their meds, e.g. blister packs?
- Does the client have access to a primary healthcare provider?
- Has the client been educated on the signs and symptoms of stroke, prevention of stroke and risk factors management?
- Does the client have swallowing difficulties? Have they been screened or assessed for dysphagia?
- Has your client been screened for bowel and bladder incontinence and retention?
- Are they experiencing pain, is it well controlled?
- Is the client's cognitive/perceptual status impacting on their ability to manage/direct their care?
- Is the client eating well and able to prepare their meals and aware of his/her dietary needs?
- Does the client require further services in the home to manage their ADLs and IADLs?

Mobility

- Does the client have an understanding of their functional mobility? Is there a need for ongoing rehab?
- Are there any safety concerns? Does the client understand their strengths and limitations? Have seasonal strategies been discussed with the client?
- Has your client expressed a fear of falling? Do they or their caregiver/family know what to do in the event of a fall?
- Does the client have the necessary assistive devices in place? Has the client's transportation needs been addressed?
- Was the client driving prior to their stroke? Are they wanting to drive again? Have they been assessed?
- Is the client able to get their prescriptions filled, access desired leisure activities, pick up their groceries, do their banking, etc.?

Environment

- Does the client's environment (home, work, community) support maximum independence in life roles and routines within his/her abilities? E.g. equipment needs, home & vehicle modifications, house-keeping services.
- Does the environment they live in lend itself to their cognitive, visual and perceptual conditions?
- Does the client require alternate housing to support and maximize independence?



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Social Network

Is the client able to navigate/access the range of contacts, agencies, resources to support their goals and decisions?

How are the client's relationship with their caregivers, family members and friends?

Is the client currently involved or have an interest in any social, recreational or fitness programs?

Is the client or his/her family aware of potential risks of depression?

Are there any signs of depression? Have you screened for depression?

Is the client or his/her family managing their stress post-stroke?

Do they require coping strategies?

Have cultural or linguistic needs been considered?

Life Roles

How does your client/caregiver perceive their current participation in life roles? Is the client's insight, capacity and behaviour conducive to these roles?

Are there any family dynamics or cultural beliefs that could impact the client's role within the family or community?

Are the client and caregiver adjusting to their potential new roles?

Does the client plan to return to work? Does the client want to volunteer?

Is the client interested in learning new skills or participating in group activities? Can they coordinate these on their own?

Is it important for them to resume their spiritual beliefs/activities?

Has the issue of sexual intimacy been addressed?

Caregiver Support

Has the caregiver received enough education to manage the stroke survivor's care needs? Are they able to transfer these skills in different day to day situations?

How is the caregiver coping emotionally? Are they showing signs of depression?

Does the caregiver require respite care?

Has the caregiver expressed their current, anticipated and perceived overall needs?

Can the caregiver navigate/access resources and services to maintain his/her physical health, emotional and social well-being?

Communication

What does living with a communication difficulty mean to them?

Is the client able to communicate at an optimal level to express needs, goals and desires?

Can the client participate in desired social interactions or are they feeling isolated?

Does the client require any specialized devices to assist with communication?

Does the client and family have access to strategies to assist with communication?

Financial Management

Does the client have access to the necessary funding sources to support his or her health, psychosocial, physical and environmental needs?

Is the client able to manage his or her financial affairs independently?

Do they have a power of attorney for both finances and care? Do they need to access the Office of the Public Guardian and Trustee?

Are there signs of financial abuse?

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