



# Guide for Stroke Recovery (GSR) Frequently Asked Questions

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**Guide for Stroke Recovery, formally My Guide for Stroke Recovery has been updated (2018) but continues to be an information and self-management resource for persons with stroke and families/caregivers.**

## 1. What is the Guide for Stroke Recovery (GSR)?

GSR is a self-management book provided to persons with stroke and families/caregivers in acute, rehabilitation settings and secondary prevention clinics in Toronto. It is intended to help them better understand their stroke, learn to anticipate their needs and take a more active role in prevention and recovery.

## 2. How can I learn more about GSR?

### a. Transition Resources E-Learning Module

- Overview of GSR development and content
- Virtual Community of Practice [www.strokecommunity.ca](http://www.strokecommunity.ca) under member resources; or Toronto Stroke Networks [website](#)

### b. Choices and Changes: Motivating Healthy Behaviours Workshop

- Learn specialized skills and techniques to support patient self-management
- Includes an application for stroke using GSR
- Contact Michelle Mohan at [Michelle.Mohan@uhn.ca](mailto:Michelle.Mohan@uhn.ca) for upcoming workshop dates

### c. Implementation Resources [www.tostroke.com/for-professionals/education-resources/](http://www.tostroke.com/for-professionals/education-resources/)

- GSR in [pdf](#)
- Link to [strokerecovery.guide](http://strokerecovery.guide) website
- Videos: *1. What is My Guide for Stroke Recovery? 2. Introducing My Guide for Stroke Recovery*
- Tip sheets: *1. Implementing My Guide for Stroke Recovery 2. Managing Potential Challenges in Clinical Practice*

\*Patients/caregivers can access a pdf version of GSR and video *What is My Guide for Stroke Recovery?* at [www.tostroke.com/for-the-public/community-resources/](http://www.tostroke.com/for-the-public/community-resources/)

d. Toronto Stroke Networks' GSR Implementation Team

Request a 30 minute in-service to review strategies for implementation and sustainability:

For organizations within the Toronto West and the North & East GTA Stroke Networks, contact:  
Jocelyne McKellar  
[jocelyne.mckellar@uhn.ca](mailto:jocelyne.mckellar@uhn.ca)  
(416) 603-5800 ext 3693

For organizations within the South East Toronto Stroke Network, contact:  
Julianne Cavanagh  
[julianne.cavanagh@unityhealth.to](mailto:julianne.cavanagh@unityhealth.to)  
(416) 864-6060 ext 3832

**3. How can I introduce and engage patients and caregivers to use GSR?**

It is best to have a previously established rapport with the individual. Introduce GSR by focusing on a topic area that is most meaningful for them. Incorporate GSR during day-to-day interactions, orientation or education sessions. Reviewing the Stroke Recovery “Map” at the front of the book with patients/caregivers helps to explain how to navigate the resource.

**4. How long does it take to introduce GSR to patients and caregivers?**

It can take as little as 5 minutes. The video *Introducing My Guide for Stroke Recovery* offers an example.

**5. When is the best time to introduce GSR?**

GSR can be introduced soon after admission. This provides opportunities for patients to discuss with their healthcare team concerns that may arise as they read through the book. Include the family/caregiver when possible.

**6. Is this going to create extra work for me?**

It should not seem like extra work if GSR is integrated as a part of standard care. Because GSR is intended to support self-management skills, patients/caregivers who are better informed tend to be more self-reliant and require less contact time with their healthcare team.

**7. How do I know which patients would benefit from receiving GSR?**

This discussion should occur with your team and the patient/caregiver. Feedback provided to the Toronto Stroke Networks revealed that patients of varying ages, support networks and stages of recovery appreciated GSR as a resource. While not all information is applicable at a given stage of recovery, patients/caregivers can apply the relevant sections as needs change over time.

**8. How will I know if a patient has received GSR?**

Determine a standard process for communication, for example:

- indicator on electronic white board
- sticker or colored clip on the chart
- discussion during bullet rounds and/or nursing shift report

**For patients transitioning between care settings:**

A standard process suggested by healthcare providers to communicate across care settings is to include this information in rehab referrals (such as E-Stroke). It was suggested that the person most responsible for submitting the rehab referral should be aware that GSR was provided and indicate this in the referral. If E-Stroke was not used, then direct communication between organizations or programs is recommended.

**9. Is an electronic version available?**

[Strokerecovery.guide](http://Strokerecovery.guide), a new mobile-friendly website based on GSR, is now available. The website is designed so that persons with stroke and families/caregivers can easily find information and answers for common concerns after stroke.

**10. Is GSR available in an aphasia-friendly format?**

While GSR is not adapted to be aphasia-friendly, your team has been provided with pictographic communication resources from the Aphasia Institute that align with most topic areas in GSR. These pictographic resources can be used to support the introduction and ongoing use of GSR.

**11. Is GSR available in other languages?**

GSR is available in English, Portuguese, Simplified Chinese, Italian and Punjabi. If the patient does not speak any of the above languages, consider providing GSR to a family member or caregiver who speaks English. Using the provided aphasia-friendly resources can also help.

**12. Can I add information to GSR?**

Yes! Information can be inserted into the book within the sleeve in the front cover.

**13. Who do I contact to request more copies of GSR?**

<p><b>Nandanie Amarasinghe</b> Nandanie.amarasinghe@uhn.ca (416) 603-5800 ext 6271</p>	<ul style="list-style-type: none"> <li>• Humber River Hospital</li> <li>• St Joseph’s Health Centre</li> <li>• Toronto Rehab</li> <li>• Toronto Western Hospital</li> <li>• West Park Healthcare Centre</li> </ul>
<p><b>Julianne Cavanagh</b> <a href="mailto:Julianne.Cavanagh@unityhealth.to">Julianne.Cavanagh@unityhealth.to</a> (416) 864 6060 ext 2185</p>	<ul style="list-style-type: none"> <li>• Bridgepoint Sinai Health System</li> <li>• Michael Garron Hospital</li> <li>• Providence Healthcare</li> <li>• Scarborough and Rouge Hospital - Centenary Site</li> <li>• St Michael’s Hospital</li> </ul>

<p><b>Kathy Golfinopoulos</b> <a href="mailto:kathy.golfinopoulos@sunnybrook.ca">kathy.golfinopoulos@sunnybrook.ca</a> (416) 480-6100 ext 3157</p>	<ul style="list-style-type: none"><li>• North York General Hospital</li><li>• Sunnybrook Health Sciences Centre: Bayview Campus and St John's Rehab</li><li>• Scarborough and Rouge Hospital- General Site</li></ul>
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