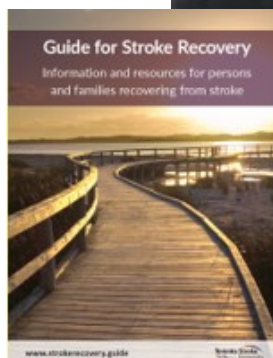


# Facilitating a Healthy Lifestyle and Supporting Self-Management for Persons with Stroke

A partnership of South Riverdale Community Health Centre's (CHC's) Choose Health Program and the Toronto Stroke Networks

## AN INTERACTIVE TRAINING FOR HEALTHCARE PROVIDERS AND TEAMS ENGAGED IN STROKE CARE

'*Choices and Changes: Motivating Healthy Behaviours*' is a provincially recognized training, sponsored by South Riverdale CHC's Choose Health Program. Clinicians gain knowledge and practice communication skills that motivate healthy behaviour change in patients/clients for better health outcomes.



Guide for Stroke Recovery



Choices and Changes: Motivating Healthy Behaviours

*The Guide for Stroke Recovery*, a stroke self-management resource, accompanies this training to support healthcare providers to empower persons with stroke and their families/caregivers to take an active role in their recovery.

The workshop consists of mini-lectures, interactive exercises, videotaped case studies and skills practice with peers to build self-confidence in the practical application of the Guide for Stroke Recovery.

Participants will receive a certificate of completion.

Click [HERE](#) to register for this event.

**Note:** This workshop is interactive and as such attendees will need to have access to a microphone and camera. Participants will also need to sign in from individual devices to allow for breakout rooms

### When:

- November 5: 8:30-12:30pm\*
  - November 12: 8:30-12:30pm\*
- \*Registration begins at 8:20am

### Where:

- Zoom details will be sent to all registrants

Free Interactive 2-Part Training

# Facilitating a Healthy Lifestyle and Supporting Self-Management for Persons with Stroke

## **Workshop objectives:**

- ⇒ Introduce and describe the *Guide for Stroke Recovery*, a self-management resource, designed to empower persons with stroke (and families/caregivers) to take an active role in their recovery.
- ⇒ Learn and practice evidence-based communication skills to enable patient self-management (*Choices and Changes: Motivating Healthy Behaviours Training*).
- ⇒ Learn to apply these specialized skills to effectively engage and empower persons with stroke (and families/caregivers) in the use of the *Guide for Stroke Recovery*.

Day 1		
Welcome and introductions	Exercise	20 min
Introduction to the Guide for Stroke Recovery	Presentation & group exercises	60 min
<b>Break</b>		<b>10 mins</b>
Choices and Changes Workshop	Presentation & group exercises	75 mins
<b>Break</b>		<b>15 mins</b>
Choices and Changes Workshop	Presentation & group exercises	60 mins
Day 2		
Welcome and brief review	Exercise	15 mins
Choices and Changes Workshop	Presentation	40 mins
<b>Break</b>		<b>10 mins</b>
Choices and Changes Workshop	Exercises	75 mins
<b>Break</b>		<b>10 mins</b>
Practical Application of the Guide for Stroke Recovery	Presentation & group exercises	45 min
Action planning and follow-up support	Presentation	10 min
Evaluation and next step		5 min