

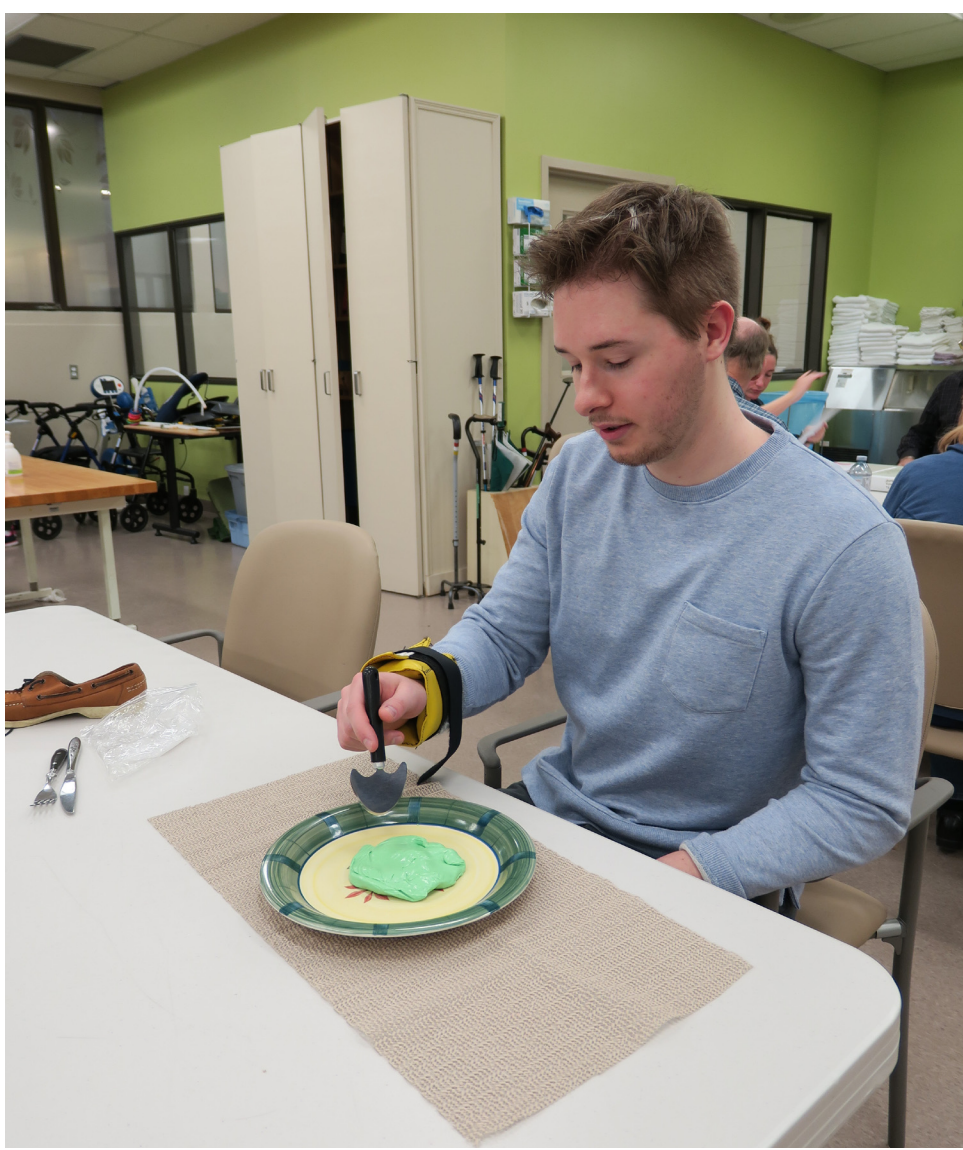
THE STROKE EXPERIENCE

VISION The Stroke Experience offers intrinsic learning in areas of **COMPASSION, INSIGHT, PERSPECTIVE, PERSONAL GROWTH** and **REFLECTION** for stroke survivors and caregivers.

Participants	Stroke survivors, family members, students and health care professionals		
Method	<ul style="list-style-type: none"> • 1 hour interactive exercise • rotation every 10 minutes 	<ul style="list-style-type: none"> • 4 activity stations • everyday tasks 	<ul style="list-style-type: none"> • simulated impairments • group discussion
Outcome Measure	Reflective qualitative questionnaire and group discussion		

Activity Stations

Station 1: Upper Extremity



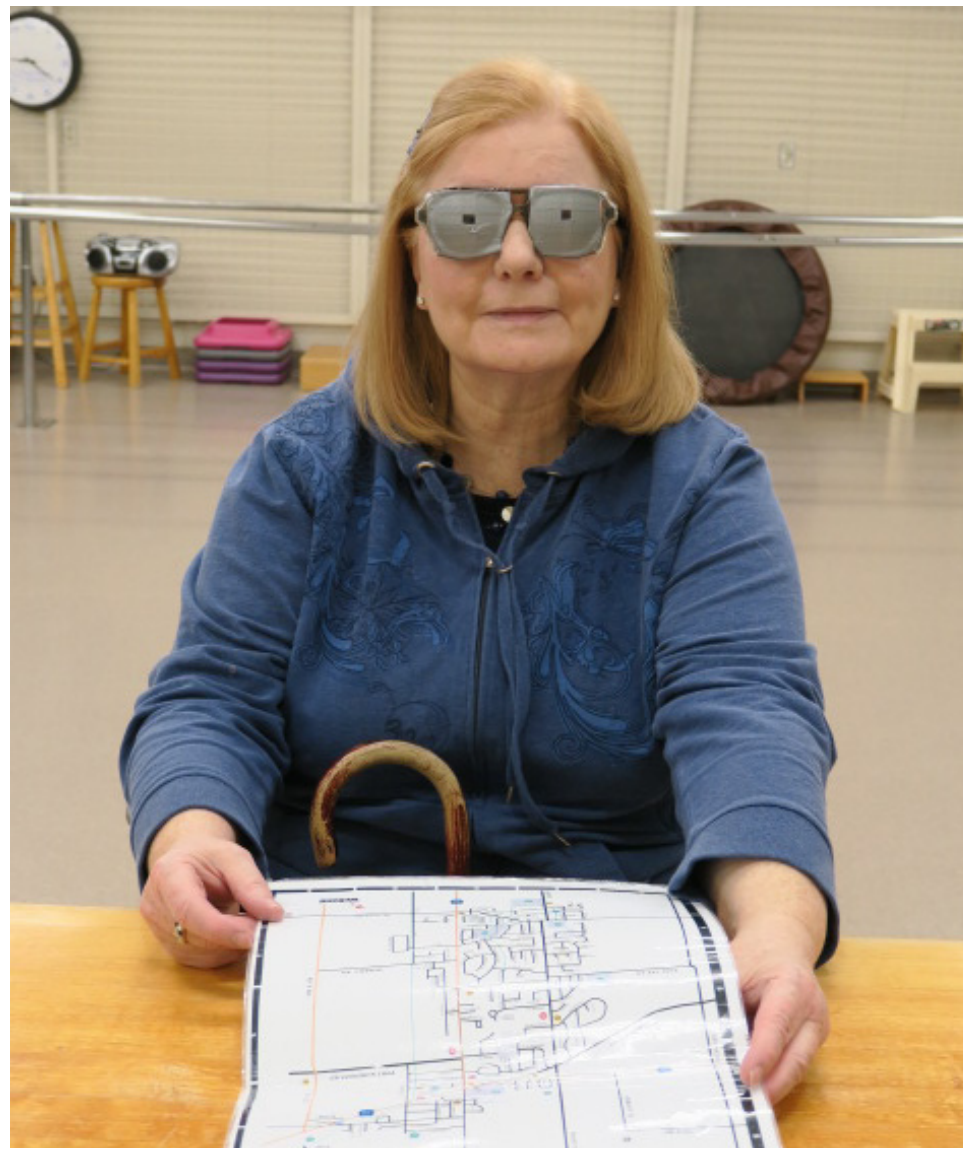
- Participants are required to perform daily activities with a simulated hemiplegic arm
- **Task examples:** filling medications with a weighted arm and decreased sensation

Station 2: Mobility



- Simulated gait impairments using various gait aids
- **Task examples:** sweeping using a broom and dustpan; carrying a glass of water

Station 3: Visual & Perception



- Simulated visual impairments with pin hole and hemianopsia goggles
- **Task examples:** writing cheques, looking up phone numbers or directions on a map, matching socks in a laundry bin

Station 4: Communication



- Simulated written expression and auditory & reading comprehension deficits
- **Task examples:** following commands, answering reading comprehension questions, simple writing task using mirror reflected worksheet

Adapted from "Experiencing Aphasia" (Novold & Jones, 1999)

Benefits of The Stroke Experience

COMPASSION

- “It is easier to understand frustration/moodiness.” – Family Member of Stroke Survivor,
- “[I gained] more understanding of [my husband’s] position.” – Family Member of Stroke Survivor,
- “[I have] a much better understanding of what they are going through and it demands patience and perseverance.” – Friend of Stroke Survivor,

INSIGHT

- “[Being in a stroke patient’s position was] very unpleasant. One must be more sympathetic.” – Family Member of Stroke Survivor,
- “[I had a] realization of the compassion needed for [a stroke] patient.” – Family Member of Stroke Survivor,
- “Perhaps I will be more understanding. I need to slow down in everything for my husband.” – Family Member of Stroke Survivor,

PERSONAL GROWTH

- “I will be able to appreciate more what [my wife] is going through.” – Family Member of Stroke Survivor,
- “I found myself judging differently than before impairment [sic].” – Stroke Survivor,
- “[I] realized my disabilities could be a lot worse.” – Stroke Survivor,

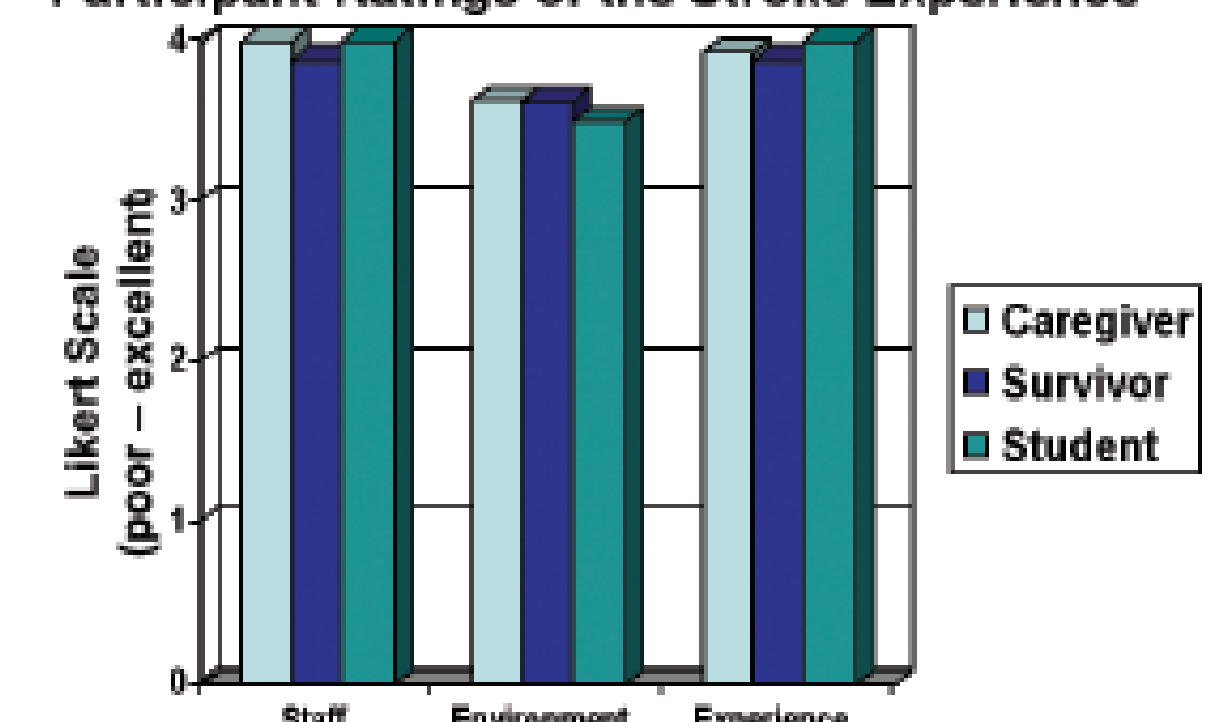
PERSPECTIVE

- “It is a limited, uncomfortable way to be, but there is still a will to overcome it.” – Friend of Stroke Survivor,
- “[I] gained a greater understanding of what they are going through, also a greater appreciation for how hard they must work during therapy.” – Student Clinician,
- “It was interesting to see the ways people compensate to accomplish tasks.” – Student Clinician,

REFLECTION

- “[The] physical limitations [were] difficult – little tasks became major accomplishments ... I finally got a button done up!” – Family Member of Stroke Survivor,
- “I didn’t like the frustration of the communication skills.” – Stroke Survivor,
- “[I felt] terrible, helpless, frustrated, angry, miserable.” – Family Member of Stroke Survivor,

Participant Ratings of the Stroke Experience



CONCLUSION

- The Stroke Experience:
- is regarded by participants as a worthwhile experience for stroke rehabilitation
 - reinforces intrinsic learning in areas of compassion, insight, perspective, personal growth & reflection
 - encourages individuals to focus on function and promotes a return to active living