

Ontario Stroke Network
Stroke Rehabilitation Best Practice Initiatives Environmental Scan

Organization	Contact Person	Name of Initiative	Program Offering	Date Implemented	Project Leads	Outcomes to Date	Success Factors	Lessons Learned	Resources	Future Plans
Stroke Network of Southeastern Ontario	Gwen Brown	Regional Facilitated Stroke Support Groups	Stroke support groups for persons with stroke and caregivers facilitated by a professional. Regional collaboration between facilitators to support best practices and regional branding.	Initial evaluation January 2013	Kathleen Pratt, Cally Martin, Gwen Brown	Three successful evaluations using validated tools (SIS & Montgomery Borgatta) demonstrate the value of facilitated support groups for persons with stroke and caregivers. Link to report: http://strokenetworks.eo.ca/projnewprojects	Professional facilitation resulted in: <ul style="list-style-type: none"> • Improved caregiver burden scores • Improved SIS scores across majority of domains • Improved perceived stroke recovery scores • Attribution to support groups by participants for sense of wellbeing, coping with anxiety, nervousness and depression 	Value of a consistent, professional facilitator to provide coordination, navigation, psychosocial support and group function .	Sustained LHIN funding for stroke support groups	Expansion of model to include outreach, aphasia groups, expanded peer visiting volunteer program