



Where can I find more information?

Scan the QR code for more information on *Living Well After Stroke*, including the study information sheet and consent information.



Living Well After Stroke Team:

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This project has received ethical clearance.

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Living Well After Stroke

Information for Health Professionals

Stroke Foundation is piloting a new program for secondary prevention of stroke.

What is *Living Well After Stroke*?

Living Well After Stroke is a group-based health promotion program which aims to provide people with a 'toolkit' of skills and strategies for making positive, healthy changes that can reduce the chance of another stroke.

This could include improving healthy eating, increasing physical activity, or taking medication regularly – depending on individual needs.

What will be involved?

Participants will complete five group-based intervention sessions over 8-weeks (online or in-person).

Participants will also be asked to complete three surveys over the course of the program, and a final survey 8-weeks after the final session, to evaluate the effectiveness of the program.



Who can I refer to the pilot?

Eligible participants will be:

- › Aged 18-years and over
- › Have had a stroke or TIA between 3-months and 5-years ago
- › Were discharged home from hospital after their stroke or TIA (i.e., were not referred to inpatient rehabilitation).

How do I refer to the *Living Well After Stroke* pilot?

If your patient meets the eligibility requirement, speak with them and their family members about *Living Well After Stroke*:

- › Explain that *Living Well After Stroke* is a group-based program for survivors of stroke that was designed to support them to make healthy changes that can reduce their chance of another stroke.
- › Ask the patient if they want to receive further information about participating in the pilot and ask if they consent to their contact information being provided to Stroke Foundation for this purpose.
- › Click 'Register for the pilot' via our website and complete the online referral:

strokefoundation.org.au/what-we-do/prevention-programs/living-well-after-stroke