

# User Guide for “A Stroke Survivor’s Journey in Northwestern Ontario”

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## Purpose

- illustrate the journey after stroke including key services available along the continuum of care



- display a “big picture” view of stroke care and recovery in Northwestern Ontario
- provide clarity and stimulate discussion on how to navigate the journey ahead
- explain possible next steps in a survivor’s journey, as well as the multiple paths and resources available to provide care, education and support
- demonstrate that the journey after stroke is different for everyone

## Tips for Use with Stroke Survivors, Families and/or Care Partners


- gear your discussion towards the individual stroke survivor and family experience
- emphasize that every stroke journey is different
- start with describing and showing on the document where the stroke survivor is currently, ask what path they took to get there, and discuss where they may go next in their stroke recovery journey
- note that most journeys proceed chronologically, as illustrated from left to right in the document, however the individual journey is often non-linear and can move back and forth along the continuum of care
- mark up the document together to trace their journey, write notes or specific program names/dates, or to add in any additional information related to their journey
- use the document as a conversation-starter that leads to more tailored goal-setting and discharge planning
- throughout the discussion, ask if any questions or concerns
- provide additional information regarding specific resources or services if available

### For example:

- pamphlets for Stroke Prevention Clinic, Driving Rehabilitation Clinic, etc.
- online links to regional resources: [www.nwostroke.ca](http://www.nwostroke.ca), [www.northwesthealthline.ca](http://www.northwesthealthline.ca), <http://search.211north.ca/>

## Highlighted Features Across the Continuum of Care

- discuss use of telemedicine to access programs or services that are not available in the stroke survivor’s home community

 **Telemedicine options may be available in your community. Consult your health care provider for more information.**

- further details regarding the colored sections of the Continuum of Care on reverse side

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## Share Your Thoughts

- let us know how you are using this document & share any tips that you have for others
- documents are available for download at: [www.nwostroke.ca](http://www.nwostroke.ca) in the Patients & Caregivers section located on the main page

## Highlighted Features Across the Continuum of Care (*Continued*)

- Specific to colored sections

### Recognition & Reaction

- communities may have various options of EMS transportation
- not all communities have 911 service, could facilitate a review of local emergency numbers
- calling emergency services helps get immediate stroke care which improves outcomes

### Diagnoses & Treatment

- stroke survivors may first present at their local facility to receive initial medical care
- the Regional Stroke Unit for Northwestern Ontario is at Thunder Bay Regional Health Sciences Centre
- hospitals providing *Telestroke\** services are in Kenora, Dryden, Fort Frances and Sioux Lookout  
*\*telestroke provides stroke patients with 24/7 access to life-saving emergency care. Physicians use the Ontario Telemedicine Network to connect with stroke neurologists to obtain urgent diagnosis and treatment advice, including the administration of time-sensitive treatments*

### Rehabilitation & Prevention

- inpatient rehabilitation and complex continuing care may be required after acute stroke care – this may be provided at St. Joseph’s Hospital in Thunder Bay or the local Community hospital
- transitional housing options (*e.g. Wequedong Lodge, PR Cook Apartments*) may be required after discharge from hospital and before the person can return to their home setting
- the ramp on the home indicates renovations might need to be done before returning
- community rehabilitation can be provided by hospital out-patient or private clinics
- stroke prevention clinics are located in Thunder Bay, Marathon, Fort Frances, Kenora and Sioux Lookout
- primary care providers (*e.g. Nurse Practitioner Led Clinics, Family Health Teams, Nursing Stations and Family Physicians*) also provide ongoing stroke prevention and care

### Recovery & Re-engagement

- all headings and images in this section can prompt discussion about community re-engagement needs and referral for ongoing support, e.g. Stroke Recovery Network, Moving on After Stroke Self Management Program, community exercise classes, leisure activities etc.
  - e.g. images of shoveling snow and chopping wood can facilitate discussion about home maintenance tasks
  - e.g. the truck represents that some will regain their drivers license while others will access other modes of accessible transportation as represented by the van above the “Transportation” heading, can facilitate discussions about return to driving and drivers rehabilitation if indicated
- the green arrow on the bottom right of the continuum indicates that recovery continues on into the future

Recovery & Re-engagement