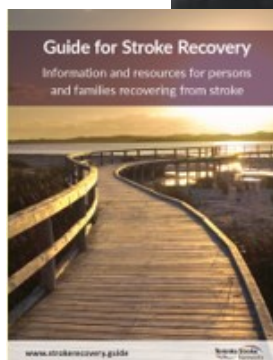


Facilitating a Healthy Lifestyle and Supporting Self-Management for Persons with Stroke

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:

- January 23: 8:30-12:30pm*
 - January 30: 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
Break		10 mins
Choices and Changes Workshop	Presentation & group exercises	75 mins
Break		15 mins
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
Break		10 mins
Choices and Changes Workshop	Exercises	75 mins
Break		10 mins
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