



## MyStroke: Life After Stroke Programme

The **MyStroke Programme** is a 4-week, person-centred, educational programme designed to empower stroke survivors but also their families, and carers by providing the knowledge and resources needed to support life after stroke and promote long-term health, well-being and quality of life.

### Goal of the Programme

- ♥ The goal of the CROI MyStroke Programme is to bridge the gap between discharge from hospital and community re-engagement.
- ♥ Recognising that every stroke survivor's journey is unique, our programme is individualised to meet each participant's specific needs, ensuring a tailored approach to care.

### What to expect from the programme:

- ♥ **Education**
  - ♥ We will talk about stroke, types of strokes and how it can affect your body and mind.
  - ♥ We'll clear up some common myths and chat about the ups and downs of recovery.
  - ♥ You'll learn how to manage risk factors and reduce the chance of having a second stroke.
  - ♥ You'll learn about stroke fatigue, how to manage it and ways to boost your energy levels.
  - ♥ You'll gain insight into how stroke can impact your thinking, emotions, communication, movement and social life.
- ♥ **Practical application**
  - ♥ You'll take part in practical activities using your personalised *MyStroke Worksheet*.
  - ♥ This hands-on exercise helps you reflect on your unique stroke experience, assess its impact on your daily life, and explore strategies to support your independence and prevent future strokes.

### What does the Programme involve?

- ♥ A commitment to a 2-hour session, once a week, for 4 weeks (with the freedom to opt out at any time).
- ♥ Completion of a short questionnaire before and after the programme.
- ♥ Each session includes two parts, with a 30-minute break for tea, coffee & biscuits.

### When & Where:

- ♥ **Where:** Joe & Helen O'Toole Community Stroke Hub in CROI House, New Castle, Galway
- ♥ **When:** Tuesdays
- ♥ **Time:** 12:00 PM to 1:30 PM

### For further information, contact:

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