



Rebuild: Life After Stroke Programme

The Croí Rebuild Programme is a 10-week, group-based intervention designed to improve physical ability, support brain function, and equip you with the tools and knowledge to rediscover enjoyment and confidence in life after stroke.

Who is the programme for?

- ♥ This programme is suitable for adults aged 18 and over who:
 - ♥ Have a confirmed diagnosis of stroke.
 - ♥ Are independently mobile (either walking or using a wheelchair) or can walk approximately 30 metres with a mobility aid and minimal or no supervision.
 - ♥ Are independent with toileting and personal care.
 - ♥ Can comfortably participate in a social setting for up to 2-hours without the support of a relative, friend, or carer.
 - ♥ Can follow verbal and visual instructions independently.
 - ♥ Manage their own medication.

What does the Programme involve?

- ♥ A commitment to one day a week (Wednesday) for 10 weeks, with the freedom to opt out at any time.
- ♥ A 1:1 in-person pre-programme assessment during Week 1.
 - ♥ A 1-hour stroke-specific exercise class, tailored to individual needs.
 - ♥ A 30-minute break for coffee, tea & biscuits with time to socialise.
 - ♥ A 1-hour session each week, alternating between stroke-related educational topics and cognitive stimulation activities with group discussion.
- ♥ A final post-programme assessment will be completed in Week 10.

When & Where:

- ♥ **Where:** Joe & Helen O'Toole Community Stroke Hub in Croi House, New Castle, Galway
- ♥ **When:** Wednesday
- ♥ **Time:** 11:00 PM to 13:30 PM

For further information, contact:

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