

Sample Session Plan for Providing Basic Information on Stroke

Warm-up

- Use a round-robin approach to identify level of learning and previous experience
- If participants do not know one another, have them introduce themselves
- Ask participants to identify issues related to stroke

Content & Skill Presentation

- What is stroke?
 - Resources:
 - *Let's Talk About Stroke* - pages 3&4
 - *Tips and Tools* - page 5
- Causes of stroke
 - Resources:
 - *Let's Talk About Stroke* - page 3
 - *Stroke: Medical Tests & Treatments* - page 10
- Effects of stroke on person:
 - Resources:
 - *Let's Talk About Stroke* - pages 5,6,7
 - *Tips and Tools* - pages 7,8,9
- Effects of stroke on behaviour:
 - Resources:
 - *How Stroke Affects Behaviour* -
 - page 26 - memory
 - pages 9,15 - language
 - page 11 - tips for drivers communication
 - page 18 - communication
- Effects of stroke on emotion:
 - Resources:
 - *The Emotional Journey* - page 20 -depression, isolation, anger, withdrawal
- Effects of stroke on mobility:
 - Resources:
 - *Tips and Tools* - section 5, page 24

Practice & Evaluation

- Use case studies to allow participants to apply information. Use “real life” situations when available.
- If appropriate, have participants pair up to apply specific techniques.