

Sample Lesson Plan for Addressing Family Members' Reactions

Warm Up

- Provide each participant with a candy wrapped in one of four colours. Tell the participants that they can eat the candy, but that they must keep the wrapper. Ask the participants to find other participants with the same colour wrapper and introduce themselves. You can use the same wrapper to divide a larger group into smaller sub-groups.

Content and Skill Presentation:

- Review stroke anatomy
- Review the *Tips and Tools* manual, particularly Section 2 - the psychosocial effects on stroke clients and family
- In addition to the *Tips and Tools* Manual, consider using the following resources:
 - *Stroke: a Guide for the Family*
 - *The Emotional Journey*
 - *Let's Talk About Stroke*
- Listen carefully to the family members' needs. Ask questions if required to clarify the issues. Check back with the family to make certain that you have understood the issue.
 - What is their perception of situation?
 - What are their concerns?
 - What services/resources are available to them?
 - Address the concerns raised.
- Allow scenarios from personal experience. Ask family members how they felt and how they dealt with the issues raised. Support family members in sharing what works for them with others.
- Provide techniques on how to care for the caregiver. Encourage the participants to identify where and from whom they get support.
- Set-up a follow-up session within a month
- Follow-up with individual contacts, if required and possible, such as scheduling a care conference, providing referrals or information on resources.