



Victoria Stroke Recovery Association

Self Management Program

For Stroke Survivors and Care Partners

2024

Self Management



Impact of Chronic Disease



Chronic diseases include: heart disease, cancer, **stroke**, arthritis, asthma, lung disease, diabetes, hypertension, osteoporosis, multiple sclerosis, Parkinson's disease...

Chronic disease results in pain, debilitation, disability, dependence, lost physical function, and less mobility, etc.



Self-Management

What self - management means to a stroke survivor and/or care partner experiencing a chronic stroke disease is engaging in **activities** that protect and promote a **healthy life**, monitoring and managing the impacts of illness on **functioning, emotions** and **interpersonal relationships** and adhering to **treatment regimes**.



Self-Management Program (SMP) Benefits for Stroke Survivors and Care Partners...

Builds **confidence** (self-efficacy) to perform 3 tasks

- Disease management
- Role Management
- Emotional Management

SMP can **change behaviors**,
improved health status and
health care utilization

A chronic disease SMP can

be a lifetime task. **One cannot not manage.**



SMP Also Encompasses

The stroke survivor and **health professional team** working together



Often involves the **family and/or friends** as a support **team or network**



An holistic approach to wellness; **physical, mental, emotional, social, spiritual parts** are seen to be **interconnected** and need to be treated as a **whole person** for good health



Use of **Pro-active and Adaptive Strategies** that aim to **empower** the individual



Stroke Survivors Increasingly Want to retain **Independence**

More stroke survivors believe...

- They have a **“right”** to take part
- They are **capable** of taking part with the right supports.
- Stroke survivor **assertiveness** is necessary... and needed.

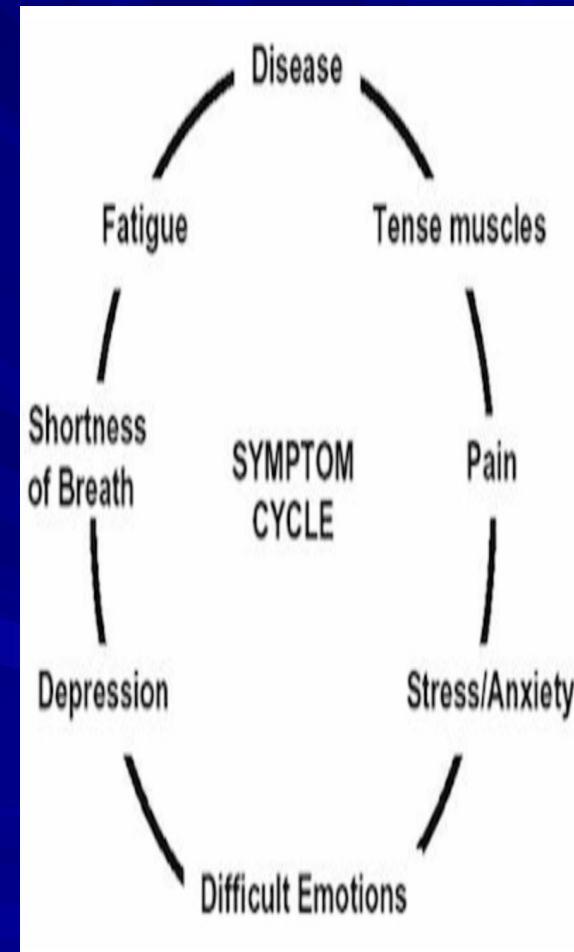


Chronic Disease Self-Management Assumptions

Patients with different chronic diseases have **similar self-management problems** and disease related tasks.

Stroke survivor can learn to take **day-to-day responsibility** for their diseases.

Confident, knowledgeable stroke survivors practicing self-management will experience **improved health status** and **use fewer health resources**.



Self Management Program Framework

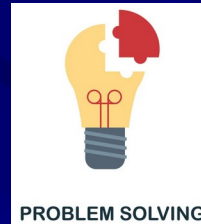
Stroke survivors **accept responsibility to manage** or co-manage their own disease conditions.

Stroke survivors become **active participants** in a system of coordinated health care, interventions and communication.

Stroke survivors are **encouraged to solve their own problems** with information, but not orders, from professionals.

Self Management Skills

Problem Solving



Decision – making



Resource Utilization



Care partner relationships



Action – planning

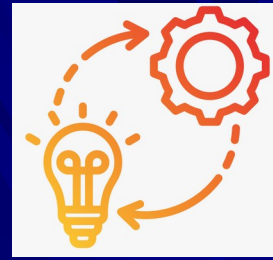


Self - tailoring





Self Management Skills/Techniques



Skills:

1. Problem Solving
2. Decision Making
3. Resource Utilization
4. Care Partner Relationships
5. Action – Planning
6. Self Tailoring

Techniques:

- Medications
- Physical Activity
- Managing Fatigue
- Better Breathing
- Working with Health Professionals
- Using your mind
- Communication
- Healthy eating
- Understanding Emotions

Self Management Means...

Taking care of your illness with **techniques/skills** from (using medicines, exercise, diet, technology, health care team partnerships)

Carrying out **normal activities** (life 101, chores, social life, etc.)

Managing **emotional changes** (anger, uncertainty about the future, changed expectations and goals, and depression)

It means having a combination of ...

SKILLS, SUPPORT, PRACTICE AND CONFIDENCE



Remember:

You are the **Captain** of your Own Boat !



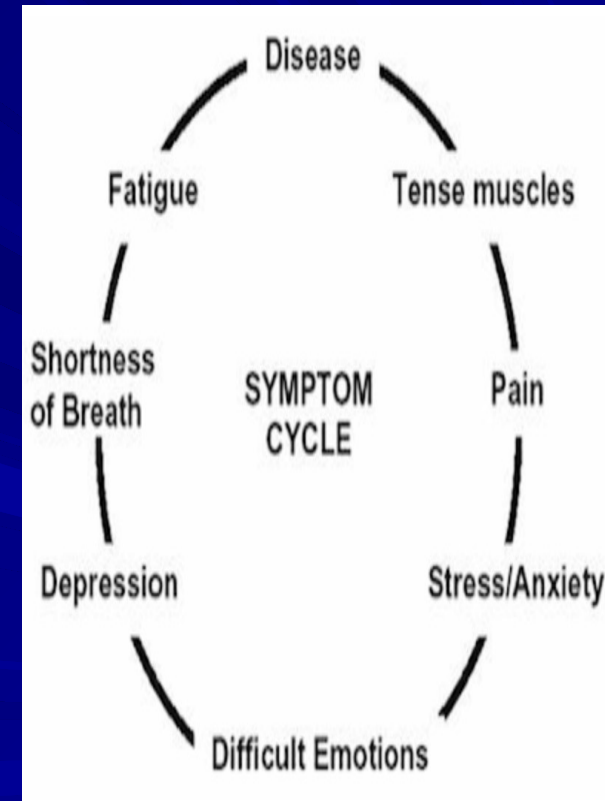
“You cannot control the direction of the Winds, but you can **adjust your sails**”

Chronic Disease Self-Management Assumptions

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Self Management Framework

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Stroke survivors become active participants in a system of coordinated health care, intervention and communication.

Stroke survivors are encouraged to solve their own problems with information, but not orders, from professionals.

Sources: Stanford University Patient Education Center; Center for Aging (NCOA)

Self Management Means...

Taking care of your illness with a combination of skills and techniques (using medicines, exercise, diet, technology, health care team partnerships)

Carrying out normal activities (life 101, chores, social life, etc.)

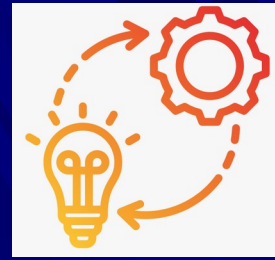
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Self Management Skills/Techniques



Skills:

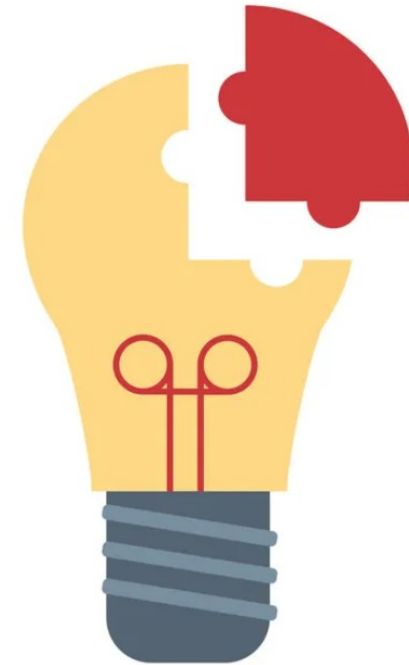
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Skill:

Problem Solving Process



PROBLEM SOLVING

Problem Solving Process

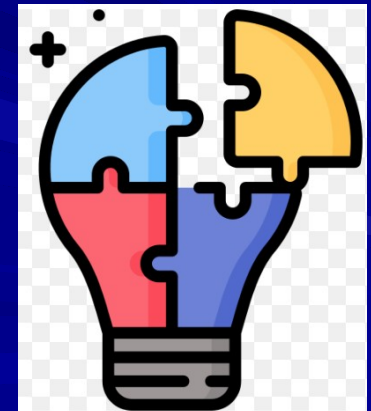
1) Clearly
define
problem



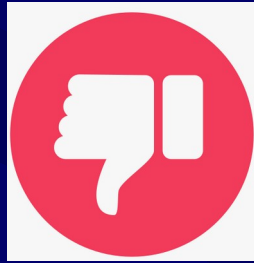
2) List **idea's**



3) **Select** an idea

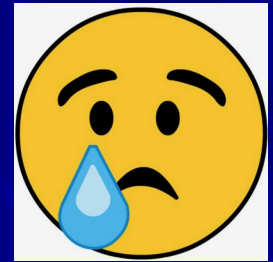


Problem Solving Process (cont)



4) **Evaluate** results

5) **Substitute** another idea



6) Use **other resources**
or **lastly accept** problem may
not be solvable now!

Skill:

Decision Making Process



Decision Making Process

1) Identify **Options**

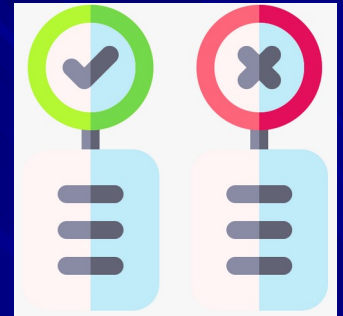
2) List **Pros and Cons** of each option

3) **Score** each statement (1 – 5)

4) Find **highest** cumulative score. **(+)**

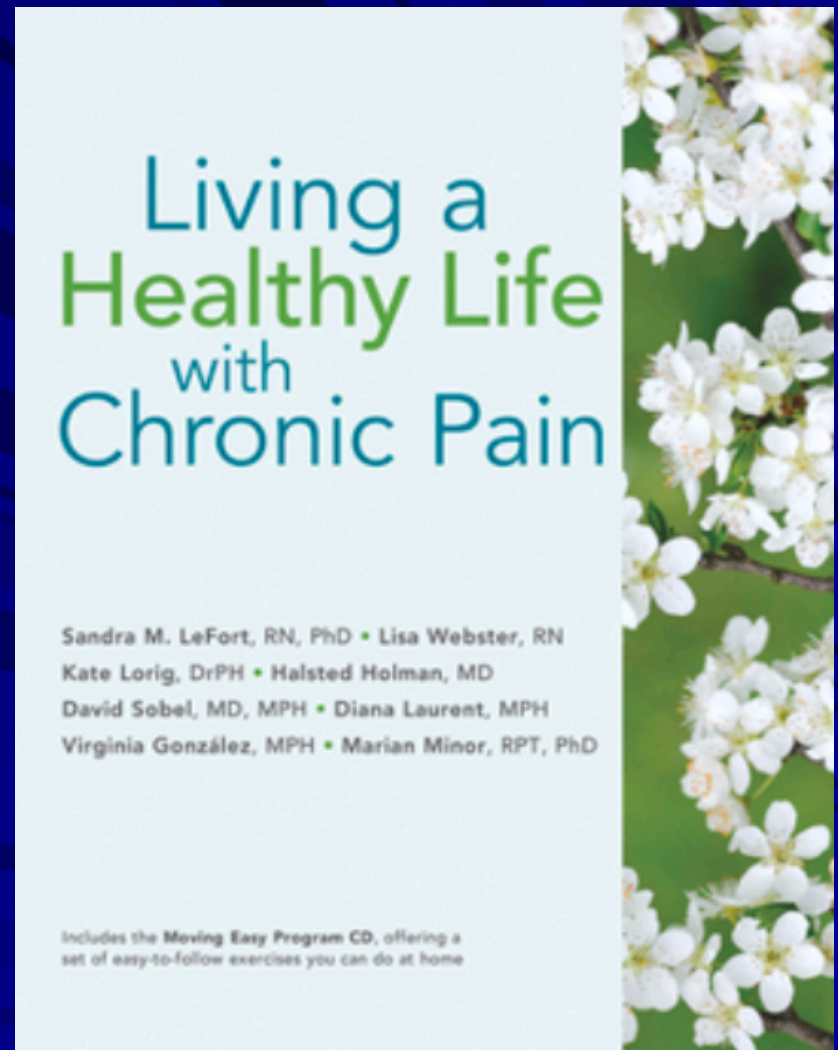
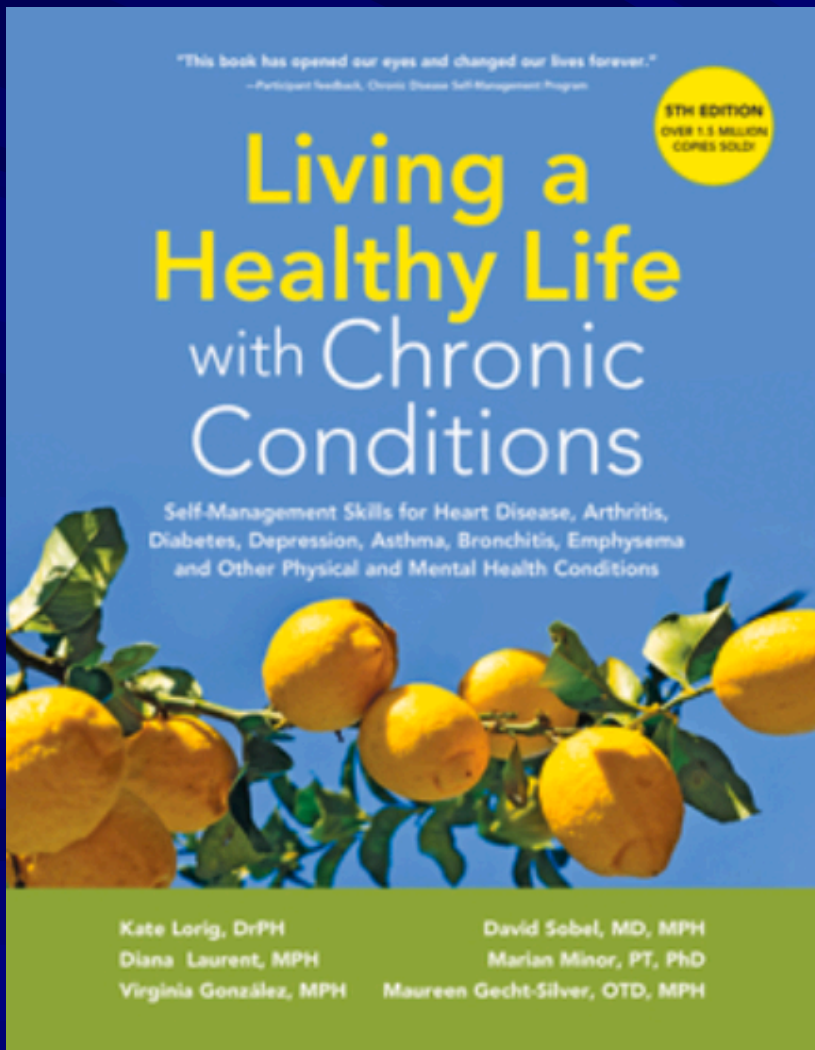


5) **Gut Test** – what feels right for you.



DECISION MAKING:		SHOULD I SEE A PHYSIOTHERAPIST TO IMPROVE MY MOBILITY?	
PRO'S	SCORE (1-5)	CON'S	SCORE (1-5)
My doctor referred me	5	May not establish a good relationship	2
May help my mobility, prevent future falls	3	Can't preform exercises	3
Provide fall recovery techniques	4	Fall recovery technique don't work	3
Balance Improvement Exercises	3	balance get worse, falls increase	2
Teach Core Strength Exercises	4	core strength decreases	1
PRO'S TOTAL:	19	CON'S TOTAL:	11
PRO'S ARE GREATER THAN CON'S			
DECISION RESULT: SEE A PHYSIOTHERAPIST			
ASK THE QUESTION: "DOES THIS MEET THE 'GUT TEST' ?" – I feel that I need assistance, to prevent another fall			

SMP Library Books



VSRA Website

www.victoriastrokerecovery.org



PROGRAMS ▾ RESOURCES

COMMUNICATION
SKILLS

APHASIA

GROUP EXERCISE

CARE PARTNER
SUPPORT GROUP

MUSIC THERAPY

SELF
MANAGEMENT

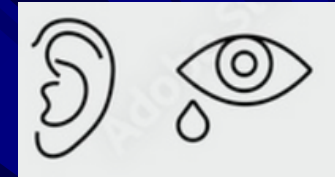
**Self-
Management
Program**

Reduce the risk of Falling

1. Exercise



2. Have your **vision and hearing** checked



3. Take care of your **feet**



4. Make your **home safer**



5. Talk to your **health care provider**



Fall Prevention



- **Exercise**
 - Increase muscle strength and joint flexibility to improve balance and posture—examples are in the *Living a Healthy Life* book.
- **Have your vision and hearing checked**
 - Annually and correct as necessary. People with poor hearing or vision fall more often.
- **Take care of your feet**
 - Wear shoes that have a low, sturdy heel, fit well, have non-slip textured soles that support your feet.
- **Make your home safer**
 - Make sure there is good lighting and keep areas where you walk tidy.
 - Have handrails on both sides of stairs.
 - Check that all carpets are fixed firmly to the floor and remove small throw rugs.
 - Have grab bars put next to the toilet and tub and use non-skid mats.
 - Have telephones or a personal emergency alert pendant accessible in case of an emergency.
- **Talk to your Healthcare Professional**
 - Report falls, near falls and if you are afraid of falling.
 - Review all your medications – prescription and over the counter.
 - Have your balance checked.
 - Report any dizziness or confusion and have your blood pressure checked. Low blood pressure can make you dizzy or groggy when you stand. Take a minute and stand up slowly to get your balance.



FALL PREVENTION FOR SENIORS

SAFETY TIPS



EXERCISE
REGULARLY



GET YOUR VISION
AND HEARING
CHECKED



REVIEW
MEDICATIONS
WITH YOUR
DOCTOR



WEAR WELL
FITTING SHOES



IMPROVE
LIGHTING

SAFE HOME



INSTALL HANDRAILS
AND GRAB BARS



REMOVE CLUTTER
AND CORDS
FROM FLOOR



USE
NON-SLIP MATS



MAKE ITEMS
ACCESSIBLE



MIKELUCKOVICH
11-15-24
@ATLJCON
The Atlanta Journal-Constitution

SO CUTE! HE THINKS
HE'S STEERING!..





Self Management Skills/Techniques



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- 3. Resource Utilization**
4. Care Partner Relationships
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Techniques:

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Skill:

Resource Utilization



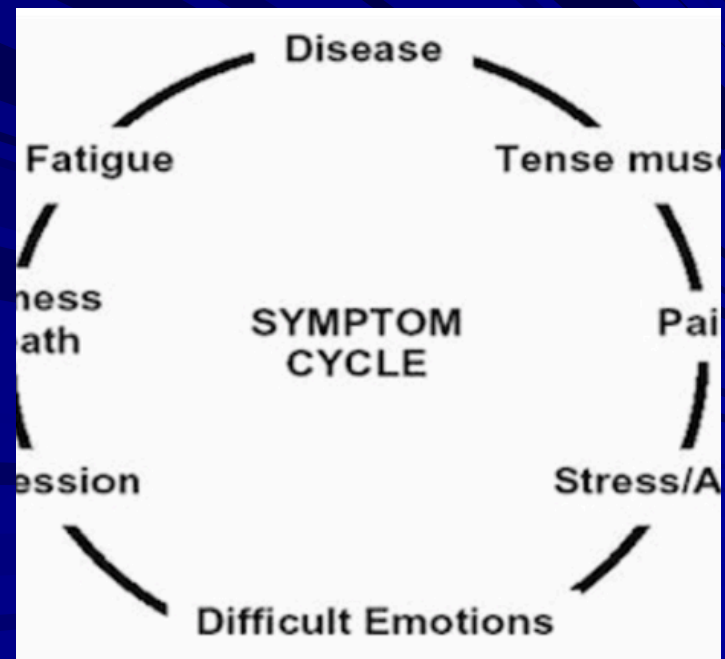
**EFFICIENT
RESOURCE USAGE**

Resource Utilization

Select tool or technique that **best fit** the symptoms you are experiencing

Give the technique a chance say **two weeks** and re evaluate

Combine techniques
Journal effects of tool





Self Management Skills/Techniques



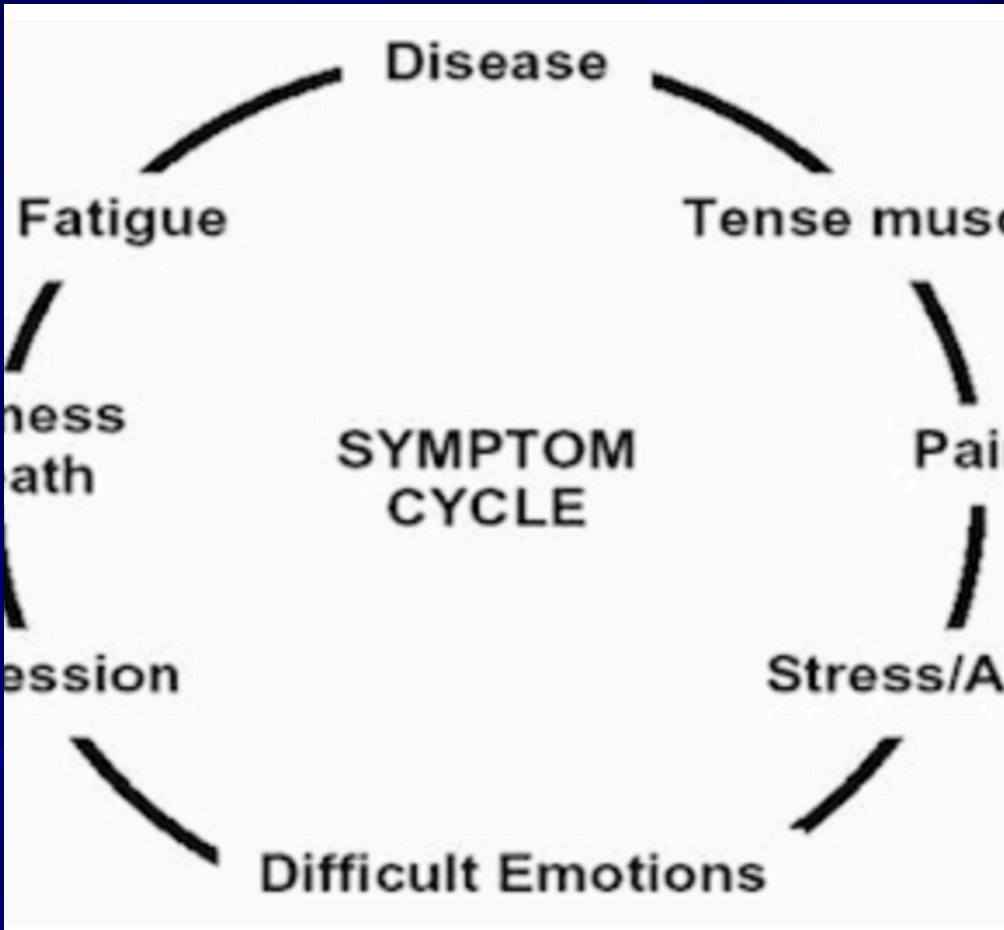
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Self Management Skills/Techniques



• Medications

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Treatment Evaluation?



Evaluation Treatments ???'s

1. **Where** did I **hear** about this ?
2. Were people who got better **like me** ?
3. Could anything else explain these **positive results** ?
4. Does treatment suggest stopping taking other medication or treatment ?
5. Does treatment suggest **not eating certain foods** ?
6. Can I think of any **possible dangers/harm** ?
7. Can I **afford** it ?
8. Am I willing to go to the **trouble/expense** ?