



Victoria Stroke Recovery Association

Part 1 of 5

Self Management Program

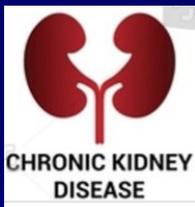
For Stroke Survivors and Care Partners

2024

Self Management

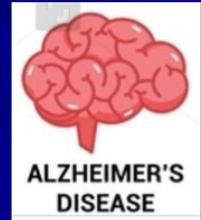


Impact of Chronic Disease



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



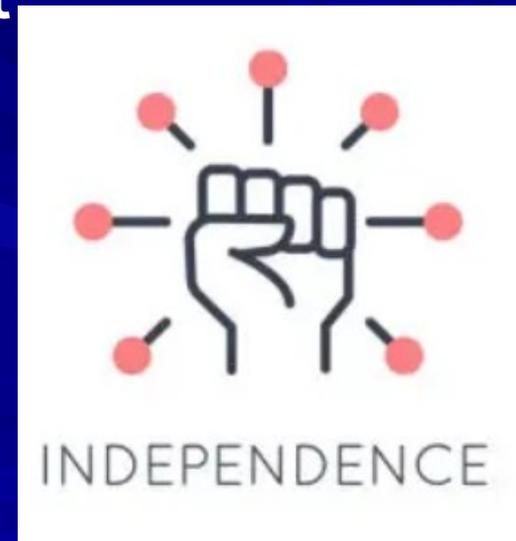
Use of **Pro-active and Adaptive Strategies** that aim to **empower** the individual



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.

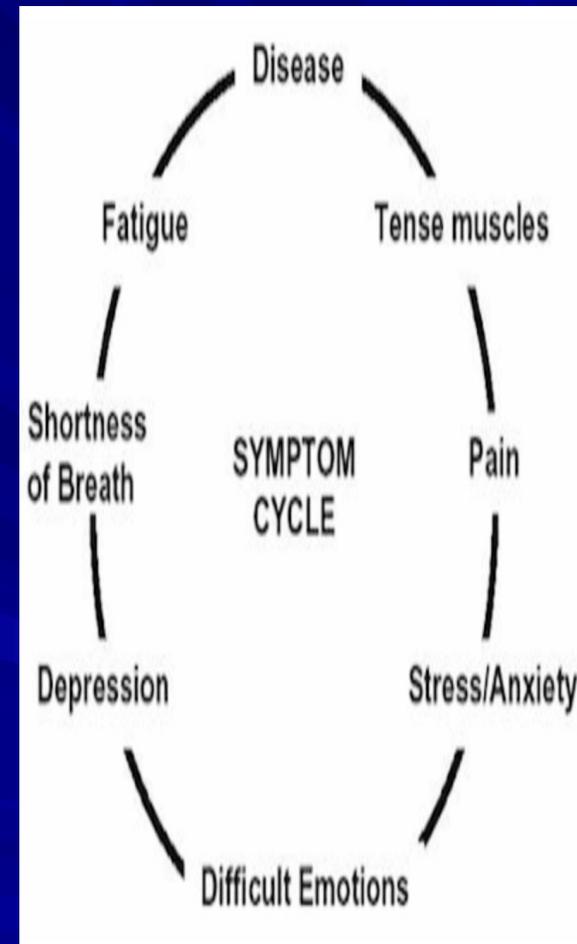


Chronic Disease Self-Management Assumptions

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

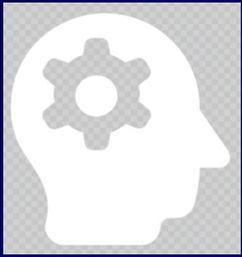


Action – planning

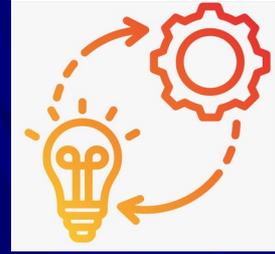


Self - tailoring





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**”



Victoria Stroke Recovery Association

Part 2 of 5

Self Management Program

For Stroke Survivors and Care Partners

2024

Agenda Part 2 of 5

Review of Self management

Skills and Techniques

Problem Solving



Decision Making

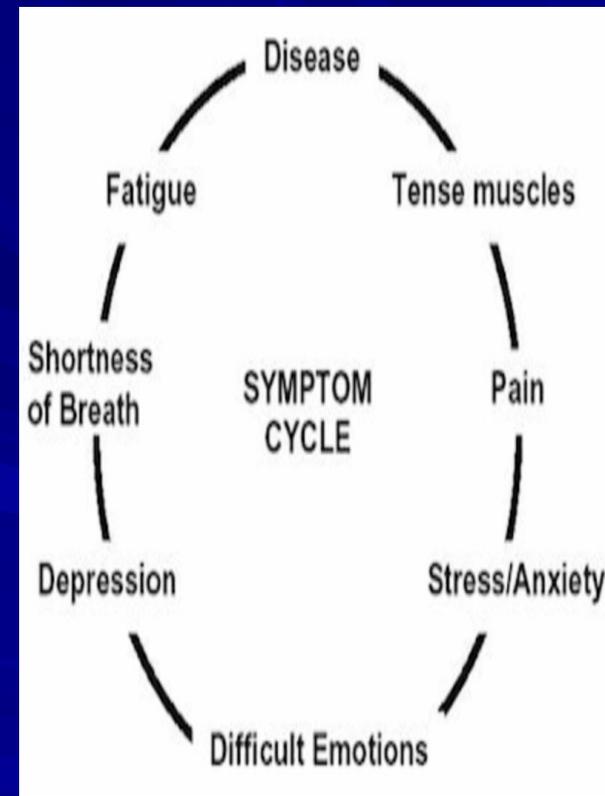


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Stroke survivors accept responsibility to manage or co-manage their own disease conditions.

Stroke survivors become active participants in a system of coordinated health care, 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.)

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



Self Management Skills/Techniques



Skills:

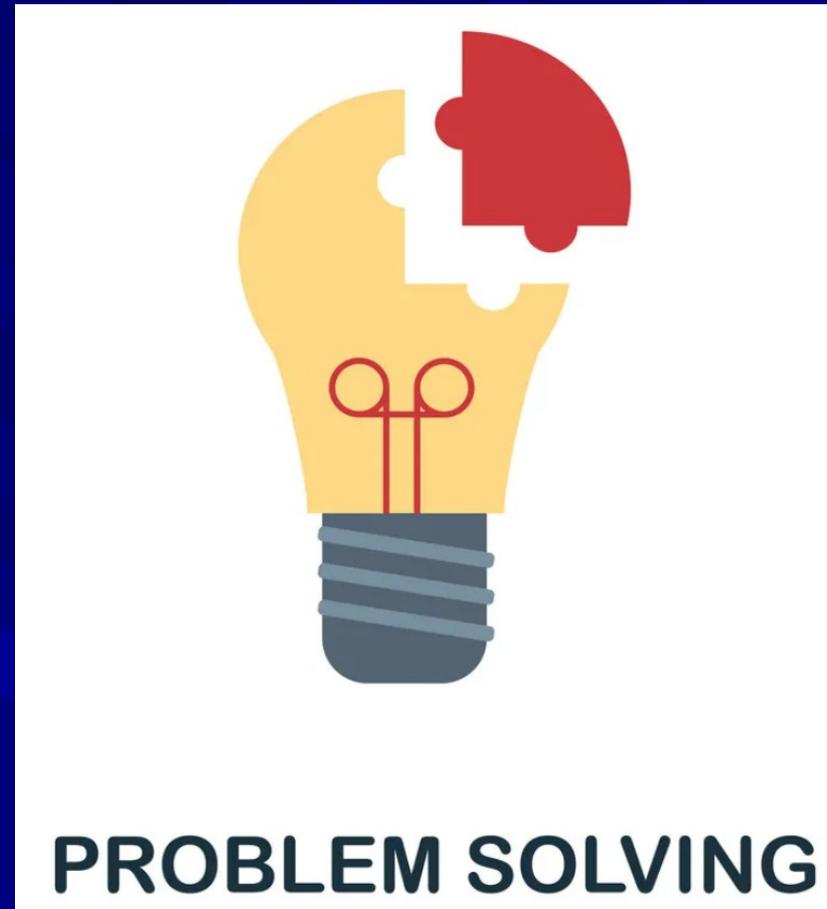
1. Problem Solving
2. Decision Making
3. Resource Utilization
4. Care Partner Relationships
5. Action – Planning
6. Self Tailoring

Techniques:

- Medications
- Physical Activity
- Managing Fatigue
- Better Breathing
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- Understanding Emotions

Skill:

Problem Solving Process



Problem Solving Process

1) Clearly

define

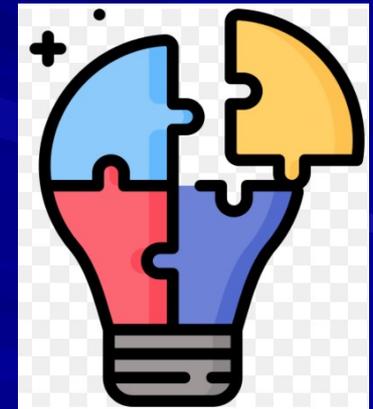
problem



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:

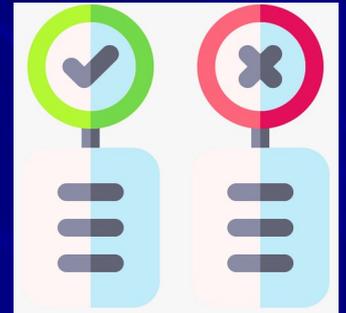
**Decision Making
Process**



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			



Victoria Stroke Recovery Association

Part 3 of 5

Self Management Program

For Stroke Survivors and Care Partners

2025

Agenda Part 3 of 5

Skills:

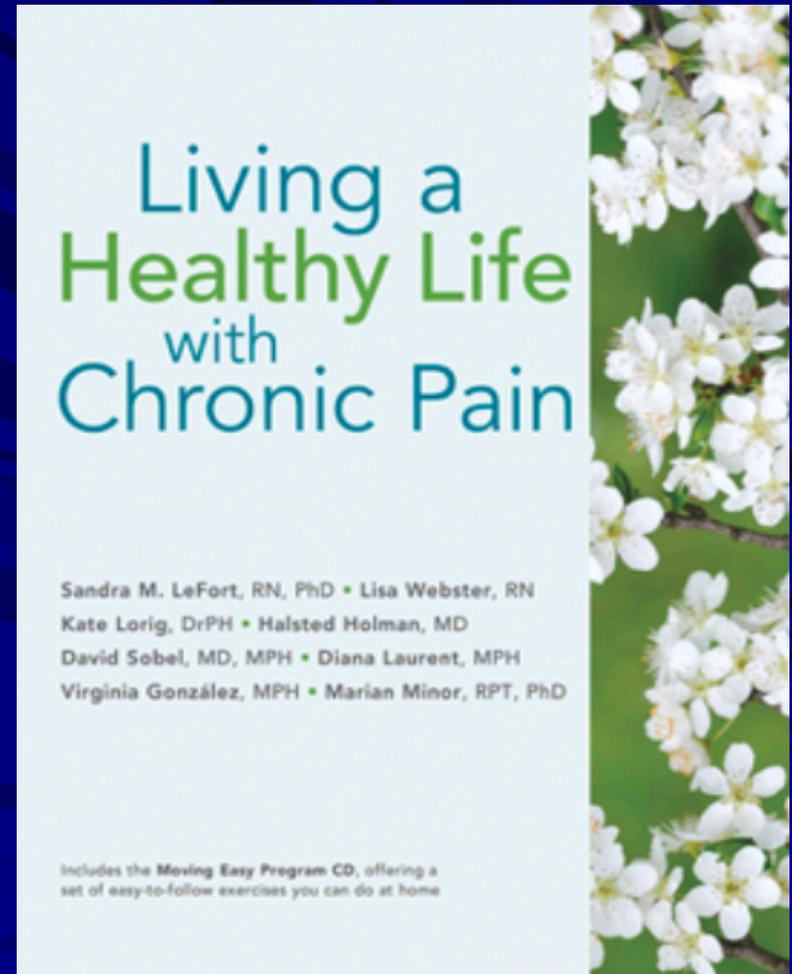
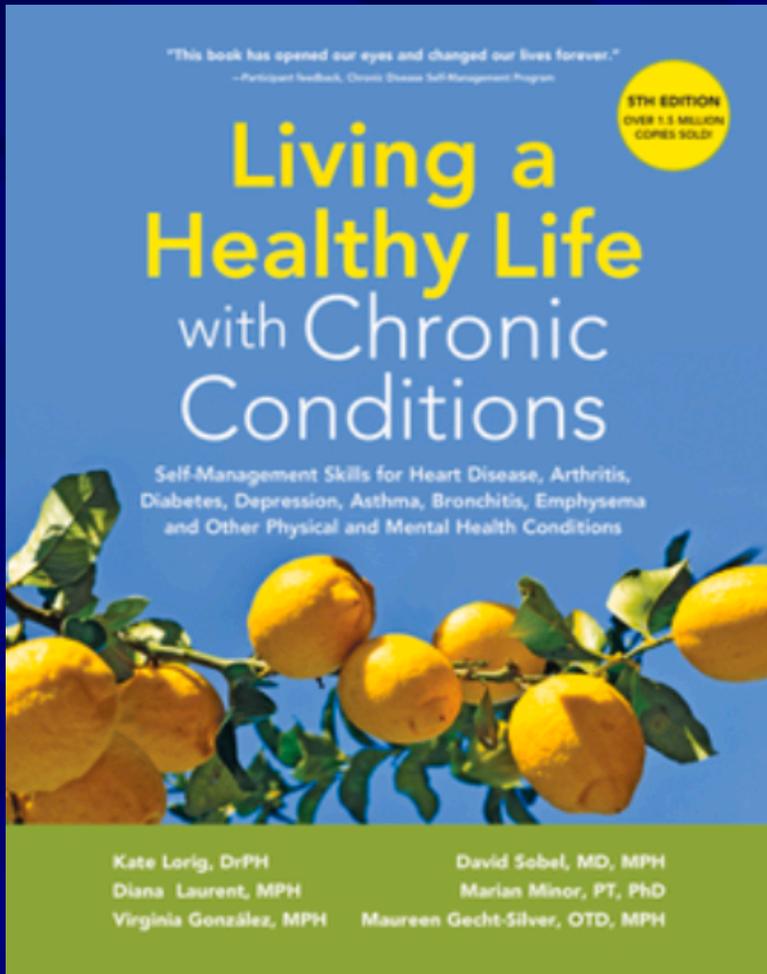
Resource Utilization



Care Partner Relationships

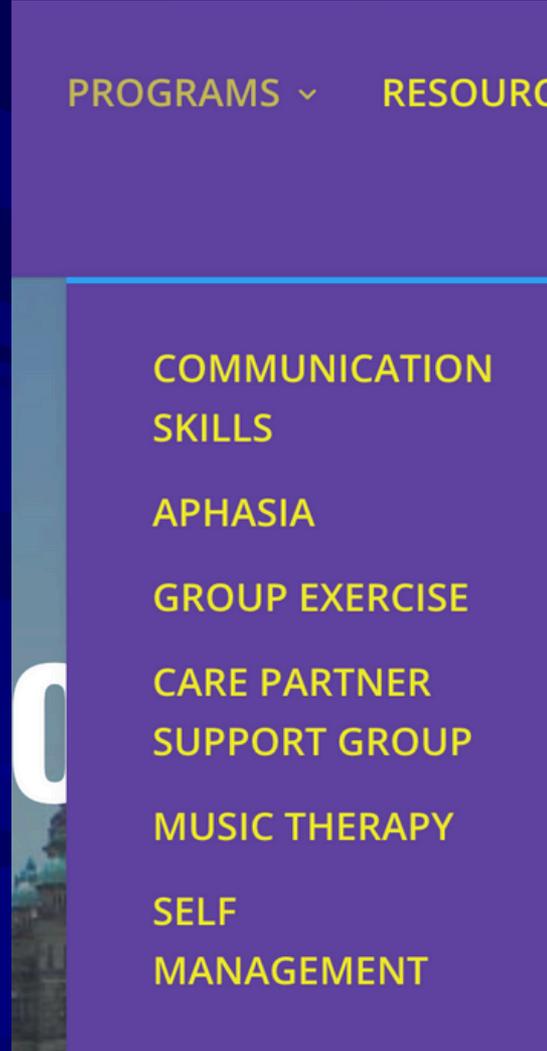


SMP Library Books



VSRA Website

www.victoriastrokerecovery.org



Self- Management Program

Agenda Part 3 of 5

Skills:

- Fall Prevention
- Resource Utilization

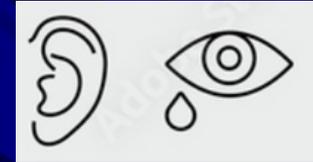


Reduce the risk of Falling

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



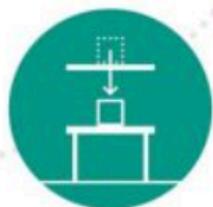
INSTALL HANDRAILS AND GRAB BARS



REMOVE CLUTTER AND CORDS FROM FLOOR



USE NON-SLIP MATS



MAKE ITEMS ACCESSIBLE



MIKELUCKOVICH 11-15-24
@ATC.COM
The Atlanta Journal-Constitution

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





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
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- Healthy eating
- Understanding Emotions

Skill:

**Resource
Utilization**



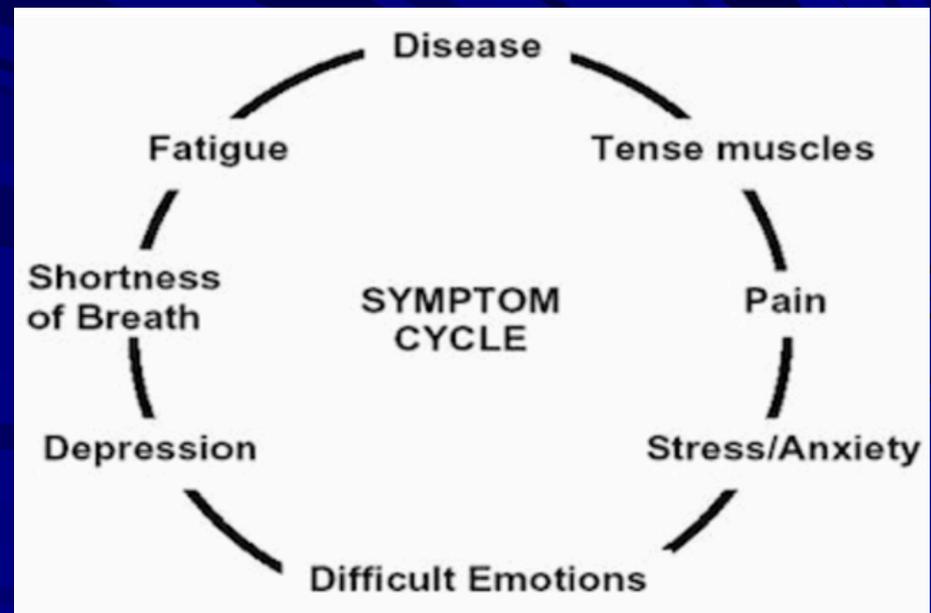
**EFFICIENT
RESOURCE USAGE**

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



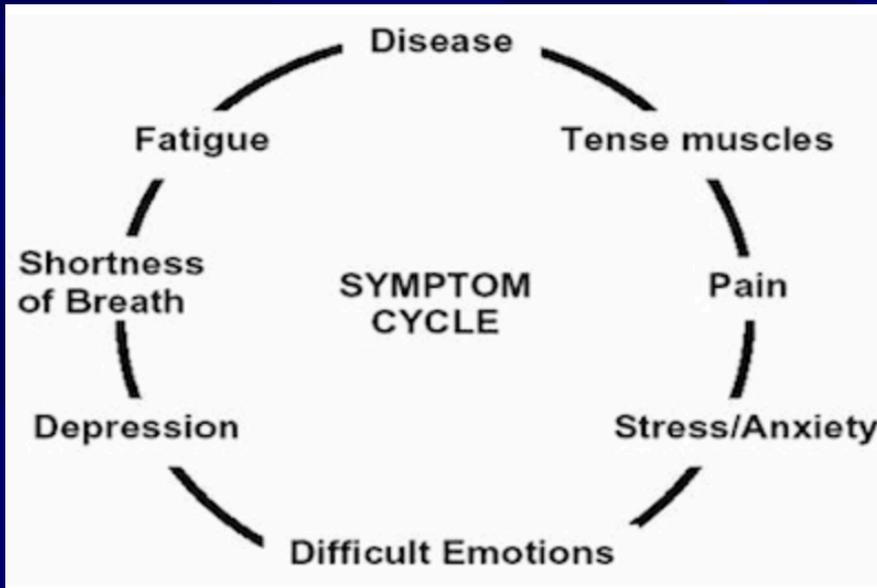
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Self Management Skills/Techniques



• Medications

- Physical Activity
- Managing Fatigue
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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** ?

Agenda Part 4 of 5

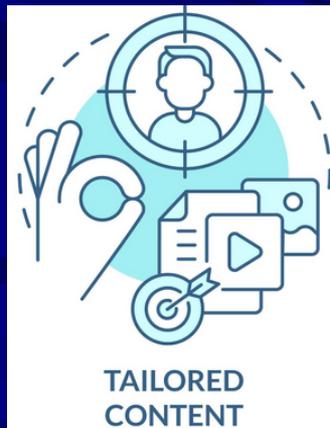
- **Care Partner Relationships**



- **Action Plans**



- **Self Tailoring**





Victoria Stroke Recovery Association

Part 4 of 5

Self Management Program

For Stroke Survivors and Care Partners

2025

JAZLYN J

GETS A GOAL



IF JAZLYN EVER
NEEDS A PLACE TO SKATE,
SHE CAN ALWAYS SKATE
ON MY ICE RINK!
WALTER GRETZKY

RENNÁ BRUCE AND ROBIN OAKES

I can remember Wayne skating on the ice rink I built in our back yard. All the other kids in the neighbourhood would want to go to the mall or the movies, but Wayne would spend hours and hours skating in between pylons or shooting at the net. All those hours of practice and keeping his mind on his goal paid off very well, because he became a pretty good hockey player!!!!

There will always be obstacles that may pop up along the journey of success, but always remember, just like Jazlyn... to keep your eyes on your goal, think positively, be the best you can and more than anything else, have **FUN**.

If Jazlyn ever needs a place to skate, she can always skate on my ice rink!

Walter Gretzky (Wayne's Dad)

*Best Wishes
Walter Murphy*



Agenda Part 4 of 5

- **Care Partner Relationships**



- **Action Plans**





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

Skill:



Care Partner
Relationships



Care Partner Relationships

Healthcare professionals



Spouse and Family



Friends

Neighbors, co-workers



Communication Technique

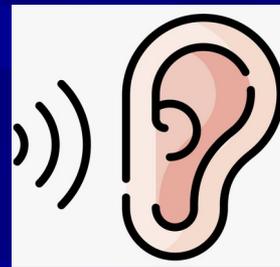
1. Identify **Issue**



2. Express your **feelings**;

1. Use “I messages” Not “you messages”
2. Use “When this happens... I feel...”

3. **Listen** attentively

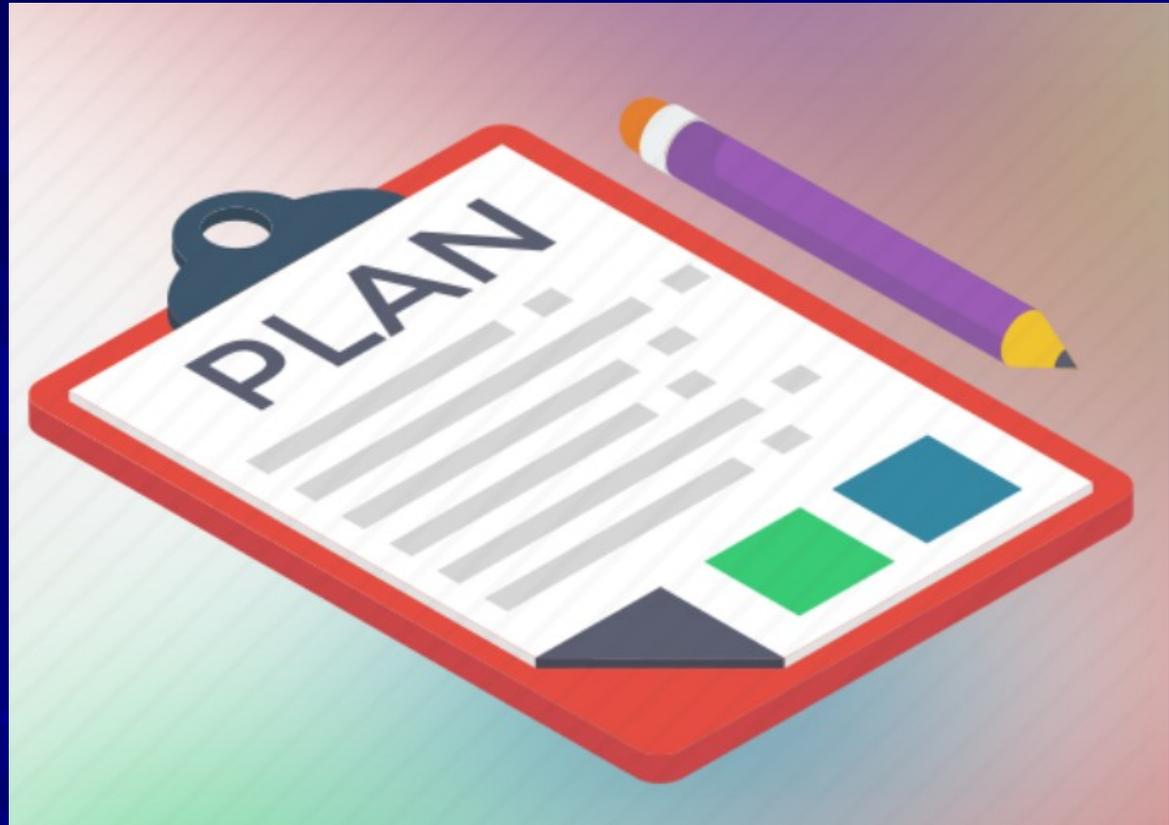


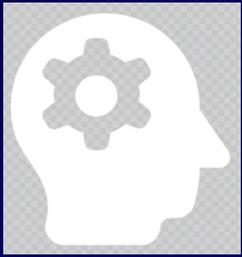
4. **Clarify**



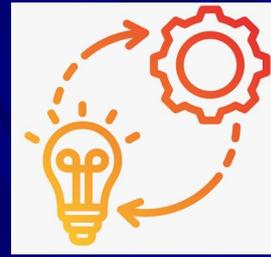
Skill:

**Action
Plans**





Self Management Skills/Techniques



Skills:

1. Problem Solving
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Techniques:

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Action Plan Benefits

Confidence – Self Efficacy



Behavioral change



Method to adopt **new skills**

& techniques which modify
and alter disease symptoms



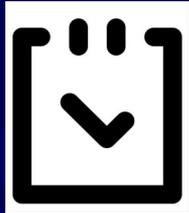
Self Management Resource Center

Action Plan Benefits (cont)

Valuable process for organizing efforts, ensuring efficiency, increase chance of positive outcomes relative to stroke survivor symptoms .



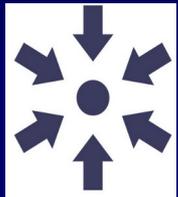
Parts of an Action Plan:



1 – **What YOU want to do**



2 - **Achievable**



3 – **Specific**; What?, How much?, When?,
How Often?



4 – **Confidence level** (7 or more of 10)

Bill - Example Action Plan

Goal: to lose weight

- Something YOU want to do? **Drink More Water**
- Achievable? **Yes**
- Action Specific? **Yes**
- Answer the Questions?
 - What? (specific Action) **Drink water**
 - How Much? (time, distance, amount) **One litre of bottled water**
 - When? (time of day or which days of week) **early in day, M., W.,F..**
 - How often? (number of days in the week) **3 days per week**
- Confidence? (level of 7 or more) **8**

John - Example Action Plan

- Something YOU want to do? **Lose Weight (~ 5 Lbs)**
- Achievable? **Yes**
- Action Specific? **Yes**
- Answer the Questions?
 - What? (specific Action) **Walking**
 - How Much? (time, distance, amount) **one mile**
 - When? (time of day or which days of week) **morning**
 - How often? (number of days in the week) **5 days per week**
- Confidence? (level of 7 or more) **9**

Action Plan Benefits

Confidence – Self Efficacy



Behavioral change



Method to adopt **new skills**

& techniques which may
modify and alter disease symptoms



Self Management Resource Center

My Action Plan

In writing your action plan, be sure it includes all of the following:

1. What you are going to do (a specific action)
2. How much you are going to do (time, distance, portions, repetitions, etc.)
3. When you are going to do it (time of the day, day of the week)
4. How often or how many days a week you are going to do it

Example: This week, I will walk (what) around the block (how much) before lunch (when) three times (how many).

This week I will _____ (what)
_____ (how much)
_____ (when)
_____ (how often)

How sure are you? (0 = not at all sure; 10 = absolutely sure) _____

Comments

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Sunday _____

Living a Healthy Life
with Chronic Pain
Page 30

Self Management Resource Center



Victoria Stroke Recovery Association

Part 5 of 5

Self Management Program

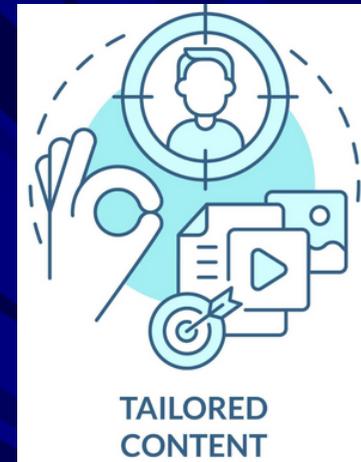
For Stroke Survivors and Care Partners

2025

Agenda

- **Just for Laughs**

- **Self Tailoring**



- **General Internet Rule**



- **Stroke Internet Resources**

What to Say??



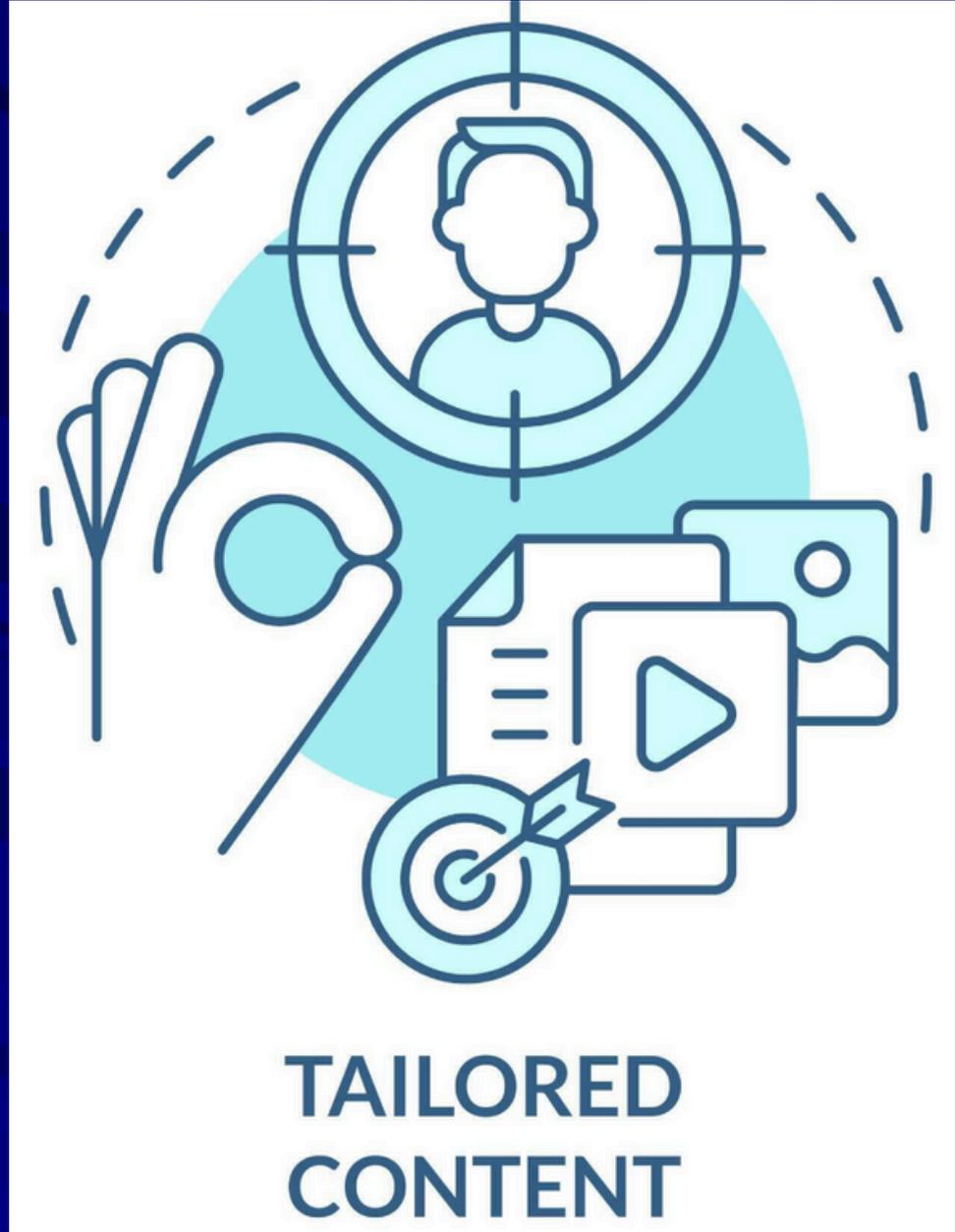
Of course I talk
to myself.



Sometimes
I need
expert
advice.

Skill:

**Self
Tailoring**





Self Management Skills/Techniques/Tools



Self-tailoring means learning skills and using tool(s) to change a behaviour(s) that mitigate a part(s) of our symptom cycle

Skills:

1. Problem Solving
2. Decision Making
3. Resource Utilization
4. Care Partner Relationships
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Techniques/ Tools:

- Medications
- Physical Activity
- Managing Fatigue
- Better Breathing
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- Understanding Emotions

Self-Management Tools/Techniques

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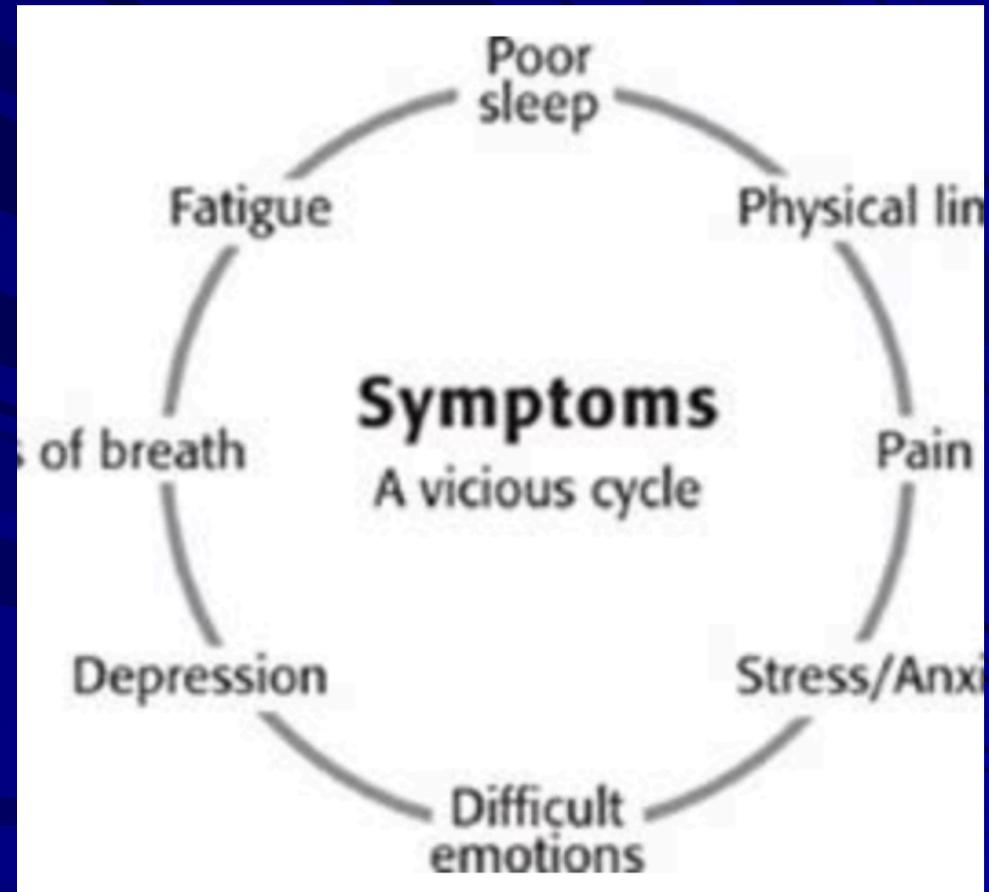


Self Management Skills



Skills:

1. Problem Solving
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- **General Internet Rule**
- **Stroke Internet Resources**

General Internet Rule

- It is suggested to stay with sites that end in .gov, .org, or .edu, as they, as a general rule of thumb, are considered more trustworthy.
- Sites; .com are commercial and often try to sell you something.

Self Management Internet Resources



- Internet Resources
 - Heart & Stroke Foundation
 - March of Dimes
 - Stroke Recovery Association of BC
 - VSRA
 - BC Self Management
 - Many other websites....

Internet/Web Resources

Hart & Stroke Foundation BC:



March of Dimes:



Stroke Recovery Association of BC



VSRA:



BC Self Management:



Self-Management

British Columbia

Free Workshops

<https://www.selfmanagementbc.ca/CommunityPrograms>

Self-Management

British Columbia



KNOWLEDGE + SKILLS + CONFIDENCE

put life back in your life

FREE Six-Session Workshops for Adults with Any Ongoing Health Conditions

- ✓ Learn techniques to better manage your health
- ✓ Set goals and problem solve
- ✓ Communicate more effectively with your family, friends, and health care team
- ✓ Deal with stress and difficult emotions
- ✓ Take action and live a healthier life

Family Members and Friends Welcome

REGISTRATION REQUIRED

**1-TO-1 TELEPHONE COACHING AVAILABLE:
SELF-MANAGEMENT HEALTH COACH PROGRAM
OR
FRAILTY COACHING PROGRAM**

Call 1-866-902-3767 or Email selfmgmt@uvic.ca for more info!



University
of Victoria

Institute on Aging
& Lifelong Health



BRITISH
COLUMBIA

VANCOUVER ISLAND REGION WORKSHOPS

Chronic Pain

September 19 to October 24

Thursdays

10:00am to 12:30pm

Hillside Seniors Health Centre

Yakimovich Wellness Centre

1454 Hillside Ave, Victoria BC

Chronic Conditions

September 20 to October 25

Fridays

11:00am to 1:30pm

James Bay Community Project

547 Michigan Street

Victoria, BC

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca

Connect with us:



@SelfManagementBC

@SMPatUVic

Self-Management

British Columbia

Free Frailty Coaching Program

<https://www.selfmanagementbc.ca/frailtycoachprogram>

LEARN TO PREVENT FRAILITY



PARTICIPATE IN AN EXCITING PROGRAM

Participants receive a 30-45 minute call once each week for 13 weeks. A trained peer Frailty Coach teaches you how to use Self-Management strategies to better manage health conditions and how to follow the Canadian AVOID Frailty Strategy.

REQUIREMENTS FOR PARTICIPATION:

- Have one or more chronic health conditions
- Concerned about becoming frail



For more information:

frailtycoach@uvic.ca

Lower Mainland 604-940-1273

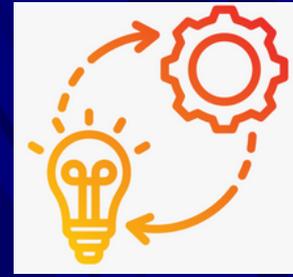
Toll Free 1-866-902-3767

www.selfmanagementbc.ca





Self Management Skills/Techniques



Topics For Spring and Fall 2026

Skills:

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

Techniques:

1. Medications
2. Physical Activity
3. Managing Fatigue
4. Better Breathing
5. Working with Health Professionals
6. Using your mind
7. Communication
8. Healthy eating
9. Understanding Emotions

Questions??

LOONEY TUNES



"That's all Folks!"