

Box 2: Self-Management for Patients, Family and Caregivers

Patient education topics*:

- Exercise
- Symptom management techniques
- Risk factor management (including drug adherence)
- Secondary stroke prevention
- Nutrition
- Fatigue and sleep management
- Medication management
- Coping with physical changes
- Coping with emotions such as fear, anger and depression
- Coping with cognitive and memory changes
- Coping with perceptual deficits
- Training in communication
- Health-related problem-solving and decision making
- Relationships and sexuality
- Community reintegration including leisure and driving

Family and caregiver education topics:

- Training in personal care techniques (e.g., feeding techniques)
- Communication strategies
- Physical handling techniques (e.g., transfers from bed to chair, positioning of a hemiplegic limb)
- Food preparation and modifications for patients with dysphagia
- Education on the self-management model to encourage patient independence when possible
- How to access community services and resources
- Problem-solving techniques
- Respite care options
- Ongoing health system navigation
- End-of-life and palliative care options

* topics may be applicable to families and caregivers as well as patients