



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA

301-1212 West Broadway, Vancouver BC V6H 3V1 Tel: 604-688-3603
Fax: 604-688-3660 Toll Free: 1-888-313-3377 execdir@strokerecovery.ca
www.strokerecoverybc.ca

7 STEPS TO STROKE RECOVERY: STEP #1 - EXERCISE AND MOBILITY EDUCATIONAL VIDEO USER'S NOTES

- The main question facing stroke survivors and caregivers after discharge from hospital is – “now what?”
- Not knowing where to go for help in the community, not knowing what is available and not knowing how to access programs is tremendously confusing and frustrating.
- Stroke survivors and family caregivers need relevant education and practical guidance on living life after stroke
- This educational video is a tool for anyone wishing to learn about the importance of physical exercise and mobility in stroke recovery.
- It outlines key points that will assist stroke survivors and caregivers in knowing how to make sure their stroke recovery in the community after hospital discharge includes enough physical exercise.
- It features physiotherapist Heather Branscombe, and interviews with stroke survivors who speak directly about each step of recovery according to their expertise.
- It is hosted by March of Dimes celebrity spokesperson and former TV wrestler Bret ‘The Hitman’ Hart who is himself a stroke survivor. Bret provides the introduction and conclusion for the
- It can be viewed on the Stroke Recovery Association of BC (SRABC) website, SRABC’s YouTube channel and via social media.
- It is also available from SRABC in DVD format.

USE OF THIS VIDEO

- This video can be used as a whole or it can be shown in sections.
- The sections are as follows:
 - Introduction
 - What do we mean by exercise and mobility?
 - Why bother?
 - Exercise trains the brain
 - Staying safe and avoiding injury
 - Set a goal
 - Start small
 - Be creative
 - Make it fun
 - Don’t give up
 - Conclusion
- The presenter can stop the video in between sections and review the content with the audience/individual and answer any questions.

- The DVD can be used to promote group discussion.
- The DVD can be used to assist stroke survivors and caregivers to set goals for stroke recovery.
- The DVD can also be used as a promotional tool to explain the services we offer and as a resource for use in fund raising activities for SRABC.

INTRODUCTION TO STROKE RECOVERY ASSOCIATION OF BC (SRABC)

- Vision - Every stroke survivor in BC has respect, inclusion, and support in their home community.
- Mission Statement - Through its local Stroke Recovery Branches, SRABC is committed to assisting stroke survivors and their caregivers throughout the province to improve their overall quality of life.
- The purposes of SRABC are:
 - To assist stroke survivors and their caregivers throughout BC to improve their overall quality of life and remain living independently.
 - To increase awareness within the community of the impact of stroke.
 - To raise awareness in the community of the services offered throughout the Province to stroke survivors and their caregivers.
 - To act as a resource for hospitals and for people concerned with the effect of strokes on individuals and their families.
 - To plan and promote programs of education and of assistance to stroke survivors in BC.
 - To disseminate information on stroke prevention.
- Programs and Services
 - SRABC provides support and information to anyone whose life has been affected by stroke, and to other stakeholders in the field of stroke recovery, such as healthcare professionals. Our services offer support to stroke survivors which allows them to live independently in the community, thus alleviating the pressure on community health services. The inclusion and empowerment of stroke survivors and their caregivers in our communities enriches their diversity, and helps overcome the barriers to people with disabilities in accessing community services and resources.
 - We have around 30 Branches throughout BC which offer a range of programs and services to assist stroke survivors and their caregivers. They provide a friendly social environment where stroke survivors and caregivers can get support and help in coping with life after stroke. Branches offer activities such as social events, exercise, communication and cognitive stimulation. In some Branches programs are run by professionals, such as physiotherapists, and in others they are volunteer-driven. Approximately one thousand individuals attend these programs. Recruitment of new members occurs through hospital visits, liaising with health services in hospitals and the community and connecting with social workers during discharge planning.
 - Our educational materials are distributed regularly to health authorities, hospitals and rehabilitation centres throughout BC. We also respond daily to requests for information and referral by phone (1-800 number), email and from our website.
 - SRABC also conducts research into community-based stroke recovery, supported by the University of BC, the Ministry of Health, the Provincial Health Services Authority, Regional Health Authorities, March of Dimes Canada, Stroke Recovery Canada and grants and sponsorship from the private sector.

7 STEPS TO STROKE RECOVERY - STEP #1 - EXERCISE AND MOBILITY

VIDEO SCRIPT

Bret Hart introduction:

Hello, my name is Bret 'the Hitman' Hart and I am a stroke survivor. I want to welcome you to '7 Steps to Stroke Recovery'.

This short video will help you understand how important exercise and mobility are in stroke recovery.

Every stroke and every person is different so this video won't answer all of your questions.

What it will do is to give you a starting point to help you get the physical exercise you need.

Many stroke survivors go on to have active and enjoyable lives.

They learn to make the most of the abilities they have.

There **is** life after stroke.

HEATHER: Hello my name is Heather Branscombe and I'm going to talk about Exercise and Mobility and tell you why regular physical exercise is one of the most important things you can do for your recovery after a stroke.

So what do we mean by Exercise and mobility?

Exercise is **any** activity that uses energy -even ordinary daily activities like housework, gardening and walking the dog.

Mobility is the ability to move physically in a functional way. The more mobility you have the more independent you can be because you can do more everyday functions on your own.

Why bother?

HEATHER: There's one important question I want to answer and that is why bother?

Exercise makes your everyday mobility easier.

It will help you with daily activities, such as walking, climbing stairs, eating, personal care, and dressing. In other words exercise will improve your mobility and independence.

HEATHER: Exercise will help you to:

- Live longer and have a better quality of life
- Be healthier
- Be in a better mood
- Reduce stress
- Have more energy
- The benefits of regular exercise are endless!

Exercise trains the brain

HEATHER: The most exciting news from the frontiers of brain science is that physical exercise triggers changes in the brain that can make up for lost function after a stroke. The term for that change is neuroplasticity. Brain cells surrounding the damaged area change, so they can take

on the functions of the damaged cells -and that is really helped by physical exercise. In simple terms **exercise trains the brain.**

How has exercise benefitted you in your recovery?

Comments from stroke survivors Doug Querns, Danielle Hayes and Chris Diaz.

Staying safe and avoiding injury

HEATHER: Let's talk for a while now about staying safe and avoiding injury.

Here are some things you can do:

- Consult your doctor or other health professional before starting any exercise program.
- Choose a safe place to exercise.
- Slowly build up the amount of time you exercise.
- You should be able to talk and exercise at the same time. If you feel dizzy or have trouble breathing, stop exercising IMMEDIATELY
- If you experience any of the following, seek medical attention:
 - chest pain or pressure
 - pain or aching in the jaw or neck, down the left or right arm, or across the shoulders and back,
 - irregular heart rate

Getting Started

HEATHER: OK now we are ready to get you started. The steps to make sure you get enough exercise are:

1. Set a goal
2. Start small
3. Be creative
4. Make it fun
5. Don't give up

1. Set a goal

HEATHER: Ask yourself questions like:

What would I like to be able to do physically that is hard to do now?

For example, do you want to be able to stand for longer, have stronger arms, walk further or be more flexible?

Focus on setting gradual, achievable goals and improving a little at a time.

Can you tell us about one of the goals you set yourself for exercise after your stroke?

Comments from stroke survivor Doug Querns.

2. Start small

HEATHER: Start by doing what you can, and then look for ways to do more. Start out slowly.

After a while try to build up your activities—do them for longer and more often. If you start small you are more likely to stick with it and you will get better results.

What was the first exercise you did after your stroke?

Comments from stroke survivors Danielle Hayes and Doug Querns.

3. Be creative

HEATHER: Physical activity in any form is good news. Try to see where you can “sneak” in more activity in your daily life.

Change it up - be open to trying new things.

Try using YouTube exercise videos, or going to the mall if the weather isn't good. Once you get started you'll be surprised how creative you can be!

How do you get creative with your exercise routine - can you give us some examples?

Comments from stroke survivors Danielle Hayes, Chris Diaz and Doug Querns.

4. Make it fun!

HEATHER: Try activities that you have fun doing. If it is fun it will become a habit.

Team up with a friend or a group. It will keep you motivated and make it more social.

Tell your friends about your exercise goals and have them help you to keep you on track.

There are all sorts of things you can try like:

Yoga

Aqua Fitness

Cycling

Stair Climbing

Playing games with your kids or grandchildren

How do you make exercise fun?

Comments from stroke survivors Doug Querns and Chris Diaz.

5. Don't give up!

HEATHER: Don't give up. Just keep going, and know that some exercise is always better than no exercise.

Remember - every little bit adds up and makes a difference.

In conclusion, regular physical exercise is one of the most important things you can do for your recovery after a stroke.

There's an exercise resource list and more information at SRABC's website

Stroke Recovery Association of BC Phone: 604-688-3603 Toll Free: 1-888-313-3377

Fax: 604-688-3660 www.strokerecoverybc.ca/exercise

Bret Hart conclusion:

Thank you for watching this video. We hope that it gives you a starting point for making sure you get enough physical exercise in your stroke recovery.

After more than 35 years of helping stroke survivors and their caregivers Stroke Recovery Association of BC has learned that recovering from a stroke is often a long, slow process.

Make sure you set goals for exercising and remember to reward yourself when you have achieved them.

Never give up hope and never stop trying. We can't say that often enough!

There is life after stroke!