



**STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA**

Snippets February 2016



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SRABC NEWS AND VIEWS

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- Art After Stroke

Art After Stroke, our new Annual Signature Fund Raising Event will take place at The Roundhouse Community Arts Centre in Vancouver on July 8th 2016. Planning is going well.

We have already received some fantastic donations of art from esteemed artists for our silent auction at the event. The auction will be on line too and will feature work by Derrick Higgins <http://pdhiggins.com> ; Dannielle Hayes <http://dhayesfoto.com/Home.html> and Michelle Britton www.michellebritton.ca.

This is a big event for us and we are going to need lots of help to pull it off!

We are encouraging everyone to get involved.

- Purchasing tickets
- Sponsoring the event
- Offering auction/raffle prizes
- Spreading the word
- Volunteering

Watch this space for further updates:

Art After Stroke Update 1

We are thrilled to feature our first painting that will go to auction for the Art After Stroke event happening July 8th. A big thank you goes out to Derrick Higgins for his generous donation of an original acrylic on canvass. Derrick is a Vancouver artist who is currently

displaying his art in a Whistler art gallery. Check out his site at www.pdhiggins.com.

Bear Walk

by derrick higgins



A chance discussion with Christine Baudry introduced me to the Stroke Recovery Association of B.C. and the work they do with survivors. An inspiring organization with laudable goals. Every day we learn more about the brain, its plasticity and recuperative ability, which is promising for the future.

I thought that the bear would be a fitting image for the auction, since it is regarded in some cultures as a symbol of renewal and rebirth. Wishing the SRABC great success with their inaugural Art After Stroke show.

www.pdhiggins.com
604 803 45 42



SRABC Board of Directors Update



- SRABC Membership Deadlines for 2016

From now on the deadline for **joining as a new member** if you want to vote at the AGM is the **day of the last board meeting before the AGM**, because all new membership applications require board approval. In 2016 that is **Tuesday September 27th**.

If a person is **already a member they need to renew** at the very latest on the **day of the**

AGM. Memberships expire at midnight on the day of every AGM.

- New 'Town Hall' Meeting Calls Planned for SRABC



Greetings SRABC members,

As part of our continuing effort to increase transparency and give our members a greater voice in the direction of the organization, we are introducing monthly 'town hall meeting' telephone conference calls. Each call will be hosted by a board member who will provide updates on initiatives within the organization. Members will then be encouraged to ask questions and provide feedback.

These calls will be scheduled for the **second Wednesday of every month at 4pm**. The first call will be **Wednesday, March 9th**. To dial in please call:

Toll Free: 1-866-279-1594 OR Local Calls: 604-484-1962 and enter Participant Code: 616230

We will be discussing the pending agreement with March of Dimes Canada on this call. For those of you unfamiliar with the term, a town hall meeting is an term given to an informal public meeting, function, or event derived from the traditional town meetings of New England. Typically open to everybody in a town community and held at the local municipal building, attendees generally present ideas, voice their opinions, ask questions of the public figures, elected officials, or political candidates at the town hall. This communication format has now been widely adopted by companies, councils, non-profit groups and many other types of organizations.

We hope this will work well for SRABC as an informal way for board members to engage with SRABC members to discuss Association issues, plans and challenges.

Thank you and we look forward to hearing from you there.

Chris Russell, SRABC Board of Directors; Chair, Communications Committee

Stroke Survivors B.L.A.S.T. Camp: "Building Life After Stroke Together"



Campers Fund Application

- This fund is for people experiencing financial hardship who wish to apply for help with the costs of attending a stroke recovery camp. Please contact Tim Readman, Executive Director, Stroke Recovery Association of BC - Phone: 604-688-3603; Toll Free: 1-888-313-3377; execdir@strokerecoverybc.ca for more information and to get an application form.

Stroke Survivors B.L.A.S.T.

“Building Life After Stroke Together”

Easter Weekend at Camp Squamish

March 25th to March 28th, 2016

Register Now \$225 (Limited space)

- Charter bus from the lower mainland, accommodation, and meals from Good Friday dinner to Easter Monday lunch.
- Activities include 30°C pool, exercise, games, arts and crafts, massage, educational talks, campfire sing a longs, Saturday night dance, funny money casino auction, and Heritage Park Railway Tea.

To find more information and register please go to TurtleTalk.ca or contact Deb@TurtleTalk.ca or call (604) 760 7769 after 11am

There's also more info here: <http://turtletalk.ca/>

- *Participants must be able to climb into the bus or provide your own transportation.*
- *If you need help with personal care you must be accompanied by someone who can help you (ie: dressing, toileting, mobility, medicating, etc.)*
- *BLAST is hosted by autonomous Stroke Survivors.*

-Program and Service Development Highlights



- **Community Stroke Recovery Navigator Project** - Phase 2: ‘Bridging the Gap: Helping Stroke Survivors and Family Caregivers from Hospital to Long Term Recovery’



- Number of referrals to date: 15
- Number of assessments completed: 15
- Goals for January 2016
 - Hold first Advisory Committee for Community Navigator for January 2016
 - Finalize a procedural manual for the Hospital Visitation Program
 - Review Timing It Right Stroke Family Support Program & applicability to the Navigator program
 - Create to increase awareness of Community Navigator program.
 - Volunteer training for Hospital Visitation Program

Next Steps Walking Program



- We are continuing with the programs at Oakridge Mall and Kingsgate Mall in collaboration with MODC.
- We are continuing to investigate running similar programs at Capilano Mall (in collaboration with our North Shore Branch) and in Chilliwack.
- We are also looking into starting a program in the Delta area with our Delta Branch.

Volunteer Management



- We have been working on a new volunteer manual and associated documents. We will distributing these to our **Branch Coordinators soon.**

- SRABC Speech Language Pathologists' Teleconference Friday February 5th

- While Tim Readman, SRABC Executive Director, was out visiting SRABC Branch programs in 2014-15 he met several SLPs and students. He discussed the idea of a

holding an SLP-focused teleconference and everyone was enthusiastic about the idea. The purpose of our initial call on March 18th 2015 was to establish communication between everyone providing SLP service to our Branch programs. On our next call we will discuss:

- o Step #2 of our 7 steps to stroke recovery video series – Communication and Language
- o Program development using the Life Participation approach
- o SRABC Coordinator training on supported communication strategies

- Fraser Health Region Programs

- SRABC is seeing a general rise in referrals to our Fraser Region programs due to REDi - Fraser Health Authority's Rehab Early Discharge initiative program. The less good news is that this is putting more of a strain on our limited resources and also creating a demand for more specific interventions such as SLP, PT etc. which is not always within our capacity to meet.
- We asked FHA if there might be some value in arranging a meeting with some representatives from our programs and the key folks at FHA to see how we might address some of these issues.
- Those present were:
 - o Joanne Spooner, Director Clinical Operations - Rehabilitation, FHA
 - o Scott Brolin, Executive Director – Rehabilitation, FHA
 - o Margaret Hansen, SRABC Coquitlam Branch Coordinator
 - o Dawn Sillett, SRABC Delta Branch Coordinator (by phone)
 - o Logan Rushby, SRABC Port Coquitlam and Maple Ridge Branch Coordinator (by phone)
- The focus was on sharing information about our programs and we agreed to meet again and monitor progress. We hope to be able to access FHA resources to assist us in program delivery.
- Anna Markey at our new Chilliwack program has already developed an agreement with FHA SLPs who are now providing volunteer training for running communication groups. This may set a precedent for further collaborations.

STROKE RECOVERY INFORMATION AND RESOURCES

Implementing Self-Management Support in Practice



A Practical Guide to Self-Management Support

Self-management support is when health professionals, teams and services work in ways that ensure that people with long-term conditions have the knowledge, skills, confidence and support they need to manage their condition(s) effectively in the context of their everyday life. A system of effective self-management support requires changes at every level from how and what services are commissioned, to how health professionals and people with long term conditions work together in a consultation, to how people are supported in between appointments. This guide provides an overview of self-management support and the key components for effective implementation. It will be useful both for those starting their self-management support journey and those building on and improving the support that they already provide. The guide explains what self-management support is and why it is important. It then looks at various aspects of putting it into practice, including planning and commissioning, building knowledge, skills and confidence, and measurement and evaluation.

The authors have also written a blog to accompany the publication of the guide which you can read <http://tinyurl.com/z3m8fqp>

For more information and to download a copy of the guide, click

here <http://www.health.org.uk/publication/practical-guide-self-management-support>

My Guide for Stroke Recovery is HERE!



Toronto Stroke Networks' My Guide for Stroke Recovery (MGSR), previously known as My Stroke Passport, has been refined to serve as a patient-mediated education tool, empower persons with stroke and their family/caregivers to learn about stroke and what it means for them, and to allow healthcare providers to better support persons with stroke and/or caregivers to take a more active role in their care and recovery. By introducing and supporting the use of MGSR, healthcare providers will be able to deliver patient-centered care while enabling persons with stroke to learn to manage their own care. Click here to learn more and view the document:

<http://www.strokecommunity.ca/my-guide-for-stroke-recovery-is-here>

Community Update - New Help Sheet on Income Tax Filing for People Receiving PWD/PPMB



Dear Community Partner,

As part of our Tax Assistance and Information for People with Disabilities (Tax AID DABC)

program, DABC has produced a new Help Sheet that describes how people receiving provincial disability benefits in BC can prepare and submit an income tax return for free online. The Help Sheet, Guide to Filing Income Taxes for People Receiving PWD/PPMB, can be downloaded from the Tax AID DABC website:

<https://taxaiddabc.files.wordpress.com/2015/11/hs16.pdf>

If you would like us to mail you copies of this Help Sheet or any of our other Help Sheets, please call Val at 604-875-0188 or email her at feedback@disabilityalliancebc.org

Since Tax AID DABC's launch on July 15th, we have helped our clients to access over \$87,000 in tax credits and returns. For more information on the program, please contact Program Manager Sam Turcott at 604-872-1278 (Toll-free: 1-800-663-1278) or taxaid@disabilityalliancebc.org. You can also visit Tax AID DABC's website:

<http://taxaiddabc.org/>

Our sincere thanks to the Vancouver Foundation for funding Tax AID DABC and this publication.

Best regards,

Val Stapleton, Membership and Outreach Coordinator

Jane Dyson, Executive Director

Disability Alliance BC

Assistive Mobile Technology Initiative

Hello and Happy New Year,

I wanted to share with you an initiative we're currently promoting in relation to our Rock for Dimes Vancouver fundraiser to be held on Thursday, February 25th: the Assistive Mobile Technology Initiative, or AMTI. This is a national initiative which we deliver in Vancouver, Calgary, Montreal and Halifax.

Kindly see here for

details:<http://www.marchofdimes.ca/EN/events/special/Pages/Assistive-Mobile-Technology-Initiative.aspx>



Through this initiative, March of Dimes will help residents with physical disabilities in the Greater Vancouver Area enhance their community access and participation by providing customized tablets, such as iPads and Galaxy tablets, to 5-10 residents. The tablets will include appropriate software or apps customized to meet the needs for each person, along with someone to teach them how to use the software.

Applications are due February 12, 2016.

Please free feel to share through your networks (I have also attached the AMTI application form, guidelines and FAQ).

If you have questions, you can fire them along to me or contact our team who is coordinating the receipt of applications at: amti@marchofdimes.ca or toll-free 1-855-660-6632.

Thanks,

Brent Page | National Manager for Community Engagement & Integration Services
e-mail:bpage@marchofdimes.ca |

Appointment Booking for Lab Tests



I just wanted to pass along a development that has been very useful to many of our members. Life Labs (www.lifelabs.com) now offers an online booking system for all Life Labs, CMLI, Healthcare and BC Biomedical Labs in BC. You can now go online and book an online appointment (they give you a 20 minute window, apparently) at a wheelchair accessible lab (there is a location finder on the website as well). This has made life much easier for those that use HandiDart, or just cannot wait in a waiting room for hours on end.
Anna Markey, Program Coordinator, Chilliwack & Abbotsford Stroke Recovery

CAREGIVERS INFORMATION AND RESOURCES

The Family Caregivers' Grapevine



The January/February edition is here! Read our latest newsletter for articles on caregiving and working, tips for supporting a loved one with changes in appetite, latest events, and a poem written by a local caregiver.

<http://www.nscr.bc.ca/information/caregiver/e-newsletter.pdf>

The 2016 Winter Edition of Family Caregivers of BC Network News



**Family Caregivers
of British Columbia**

Creative, Exciting and loaded with information to help make your caregiving roles easier to manage.

In this issue you will find:

- a picture of us!
- a list of upcoming free webinars & workshops you can participate in
- a great article entitled "Who's Who in Home & Community Care"
- some exciting news from the Government of Canada regarding Compassionate Care Benefit changes to EI.
- plus an interactive article and checklist on "watching for the signs of change during caregiving."

Please go here to read the newsletter.

<http://www.familycaregiversbc.ca/wp-content/uploads/2016/01/Final-FCBC-Jan-2016-newsletter.pdf>

Questions or Comments

Happy to hear them!

info@familycaregiversbc.ca

1.877.520.3267

www.familycaregiversbc.ca

RESEARCH

Did you experience a stroke more than one year ago? Are you concerned about falling and want to reduce your risk?



Researchers from the University of British Columbia and the Vancouver Coastal Health Research Institute are currently seeking participants for a study that looks at the benefits of an exercise program on known falls risk factors.

All study participants receive free, individualized home exercise programs for fall prevention under the guidance of a physiotherapist.

To be eligible for this study, individuals must be:

- 1) Residing within the community in the Lower Mainland (i.e. not residing in nursing home)
- 2) Aged 55 and older
- 3) Be able to walk six meters with rest intervals with or without a cane or walker;
- 4) Have an activity tolerance of 30 minutes with rest intervals;
- 5) Not be currently participating in any regular therapy or progressive exercise and;
- 6) Have a working computer with internet access and audio

If you are interested in participating in this study, please contact
Michelle Munkacsy, MHK, Research Coordinator, Aging, Mobility, & Cognitive
Neuroscience Laboratory, University of British Columbia
P. 604-875-4111 ext. 69056

Seeking volunteers: Rehabilitation Research Study



Are you recovering from a stroke?

We are conducting a study on human reaching movements while holding two robotic devices in your hands. We are seeking volunteers who are recovering from a stroke and who meet the following criteria:

- Weakness on one side of the body as a result of a stroke.
- Able to sit on a chair without arm rests, for 1 hour.
- Ability to understand/follow directions and answer questions in English.

The Robotics for Rehabilitation Exercise and Assessment in Collaborative Health Care (RREACH) Laboratory is conducting this study, which aims to improve the way home-based physical therapy is delivered.

Participants will be asked to come to the UBC Point Grey Campus and perform a series of reaching exercises while holding two robotic devices in their hands (if you are not able to grasp them, we will provide you with an adjustable strap that will hold the small robotic devices in place).

The study will take approximately 2-2.5 hours. Volunteers will be required to complete a consent form before participating. All transportation expenses will be covered, and participants will be compensated financially for their time

For more information, or to volunteer for this study, please contact:

Bulmaro Valdés

bulmaro.valdes@alumni.ubc.ca | 778-628-7056

Thank you for your interest in our research.

Are You or Someone You Know Living with the Effects of a Stroke?



In recent years, there has been a strong interest in the use of physical activity and brain enrichment (cognitive and social activities) as methods to prevent cognitive decline in aging adults. Because the risk of developing cognitive impairment is doubled after a

stroke, researchers from the University of British Columbia are conducting a study to determine whether these strategies, exercise or learning new skills, also benefit brain functioning in people who have experienced a stroke.

We are currently recruiting for this study, and would like to invite you to learn more about participating if you:

- Are 55 years of age or older
- Have had a stroke at least 12 months ago
- Are able to walk 6 meters independently (use of mobility devices such as canes or walkers are okay)

The study is 12 months and participants will receive either free exercise sessions or an enrichment program that includes cognitive training. Participants will be reimbursed \$300 total throughout the 12 months.

For more information please contact Michelle Munkacsy, Research Coordinator, at: 604-875-4111 ext 69056

michelle.munkacsy@hiphealth.ca

This research is being conducted by Dr. Teresa Liu-Ambrose.

COMMUNITY EVENTS

Brain Injury Canada Conference (April 2016)



Brain Injury Canada (The Brain Injury Association of Canada) will be hosting the 2016 conference in beautiful Victoria, BC next April. For more information on the dates, speakers, and Victoria location, visit: <http://braininjurycanada.ca>

Workshop on Stroke Rehabilitation



January 4, 2016: Life Skills Therapy and Neurofunction Rehab invite you to attend our 2-day workshop to learn functional upper and lower extremity exercises and handling skills for people with neurological impairments. The workshop is aimed at Kinesiologists, Physiotherapy and Occupational Therapy new graduates and students who want to learn and improve their handling skills to ensure a safe therapeutic environment for neurological impaired clientele.

Date: Saturday, March 5, 2016 and Saturday, April 2, 2016

Time: 9:00 am - 4:30 pm

Location: Neurofunction Rehab, #105-17660 65A Ave, Surrey, BC V3S 5N4

Registration Deadline: March 1, 2016

Please go here for more information and/or to register <http://www.lifeskillstherapy.ca/news.html>

Peer-led Aphasia Conference Video



I am not too sure whether I have sent you our aphasia video previously? If you 'LIKE' it please pass it on to colleagues and anyone with an interest in communication issues. This event was filmed by a good friend who happened to be having a camera on him! Best amateur recording ever!

<https://www.youtube.com/watch?v=RVvovND90yk&feature=youtu.be>

Finding it hard to speak does not mean having nothing to say: inspiring talks and music by people with Aphasia. www.aphasianow.org

Many thanks,

Dr Jenny Dautlich

Aphasic through multiple strokes

Facebook and Twitter

SRABC is on Facebook at: <https://www.facebook.com/StrokeRecoveryBC>

and Twitter at: <https://twitter.com/StrokeRecovBC>

- **Snippets is published on the 10th day of each month by Stroke Recovery Association of BC**
- **Snippets contains SRABC news and information and stroke recovery resources for stroke survivors and caregivers**
- **Snippets is for our Branch Coordinators to assist them in their work with people whose lives have been affected by stroke**
- **Snippets can also be useful for people recovering from a stroke, their caregivers, their friends, family and supporters**
- **We welcome your comments and feedback about Snippets**
- **If you know anyone who will find Snippets useful please forward it to them or ask them to add their name to our mailing list by sending an email**

tooffice@strokerecoverybc.ca

- **All past issues of Snippets are available on the SRABC website**
at: <http://strokerecoverybc.ca/snippets-2013/>

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