



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA

Snippets May 2015



IN THIS ISSUE:

SRABC NEWS AND VIEWS

- SRABC Board of Directors Update
- Branch Update - News from SRABC's Branches

STROKE RECOVERY INFORMATION AND RESOURCES

- Novel therapeutic procedure
- 5 Things I Didn't Understand about LPAA
- Stroke Engine website relaunched!
 - Accessibility Vocabulary
 - 'My Stroke' YouTube Link
 - Stroke Recovery Stories

CAREGIVERS INFORMATION AND RESOURCES

- Caregiver Newsletters

RESEARCH

- Yoga practice for adults with stroke
- FEATHERS

SRABC NEWS AND VIEWS

SRABC Board of Directors Update

- SRABC Membership Application forms are currently being received from SRABC Branches and individuals. We have received 159 so far.
- Financial Reform - we are continuing to implement reforms as recommended by our legal counsel.
- Branch Affiliation - we are working on developing a written agreement with each of our Branches with our legal counsel.
- We received funding for our project 'Community Stroke Recovery Navigator Project - Phase 2: Helping Stroke Survivors and Family Caregivers from Hospital to Long Term Recovery' from PHSA. The project is based in Nanaimo BC. Details are on SRABC's website.
- Our 7 Steps to Stroke Recovery video has now reached over 30,000 views on YouTube. We received this message from Michelle Donald, OT, Regional Education Coordinator, North and East GTA Stroke Network based at Sunnybrook Health Sciences Centre in Toronto ON. *"This video which you kindly shared with us on the Toronto Stroke Networks Virtual Community of Practice has been frequently viewed – thank you! We are actually wondering if it would be okay to post this video on our Toronto Stroke Networks main site which is for both health professionals and the public. You can visit the site at www.tostroke.com. We are only recently setting up the function for more frequent and larger file video sharing and as this one has been well received on our on-line stroke community for health care professionals, we think it would be a good one for the broader site as well."*

- BC Association of Speech-Language Pathologists and Audiologists are celebrating Speech & Hearing Month this May. They are promoting SRABC, healthy living and communication. They have agreed to include our 'Understanding Aphasia' brochure in their mail out to all 400 registered SLPs in the Province. They also offered a presentation on Speech-Language therapy for aphasia after stroke at the Shaughnessy Branch on May 12th.
- National Volunteer Appreciation Week - 130 Certificates of Appreciation have been issued to the Branches who are holding their own recognition events - this is an increase of about 1/3 over last year. Volunteers are also receiving SRABC T-shirts as a token of appreciation.
- Fraser Health Stroke Summit - SRABC has been invited to participate in the Fraser Health 2nd Annual Stroke Summit. This is a forum in which participants collaborate, exchange ideas, reflect and learn about latest updates in stroke care. It will take place June 11th and 12th 2015 at Surrey Memorial Hospital.
- The "ABI Provincial Services Evaluation" which was initiated by Patti Flaherty, President of the BC Brain Injury Association, and funded by the Rick Hansen contacted us to say: *"The project working group identified the Community Stroke Recovery Navigator program as one of the two services to include from Island Health's geographic territory because it considers your program to be an example of an excellent service, and would like to highlight it in the project report."*
- Speech Language Pathologists (SLP) Teleconference- We held our first SLP-focused Teleconference in March in order to establish communication between everyone providing SLP service to our Branch programs. We had eleven participants. We shared information on the following areas:
 - Session structure (when, length of time, frequency etc.)
 - Group demographics
 - Resources, manuals, tool box
 - Challenges and Successes
 - Questions about SRABC
 - Staying in touch
- Chilliwack Program- we are investigating the possibility of starting a new Stroke Recovery Program in Chilliwack following requests from Fraser Health Authority

personnel. We have interviewed an OT who is very interested in Coordinating the group and we are currently scheduling a meeting with FHA personnel in Chilliwack

- Volunteer Management - Michelle Mateus has been contracted to develop Volunteer Management systems and programs for SRABC.

Branch Update - News from SRABC's Branches

Prince George



Theatre North West is a professional theatre company in Prince George. Their next production is called "The Secret Mask" a play about a man that has a stroke and his son is forced to come and care for him. The play starts April 23 and runs till May 13/15. Our Prince George Branch have been involved in the development of the play and are acknowledged in the program which will be distributed to all audience members throughout the run. The Branch will have a display table on-site and will distribute SRABC promotional material to the public in attendance. Kudos to Branch Coordinator Julia Cook for making the most of this great opportunity to promote SRABC!

Douglas Park Branch and Shaughnessy Branch - Strides for Stroke



'Strides for Strokes' is an annual sponsored run/walk/wheel and an important source of fundraising for SRABC's Branches. It is an opportunity for SRABC members to raise money for programs that help stroke survivors to become more included in their

community. Above all, it is a chance for us to help ourselves. Whether you wheel, walk, or run, going as far as you can makes every stride count, and support stroke recovery! June 12th 2015 is the day when Douglas Park Branch and Shaughnessy Branch of SRABC will have their Strides for Strokes event from 11 am till 1 pm. at Douglas Park Community Centre.

Delta Branch



Wednesday, April 15, members of the Delta Stroke Recovery group attended a dinner at Ming Court Chinese Restaurant in appreciation of volunteers and how important they are to our stroke recovery family. Eleven in attendance are shown acknowledging accolades from everyone present. Peter McTait (president) presented a gift to Dawn (coordinator extraordinaire) who although not a volunteer officially does far more than her payment covers for the hours she puts into organizing all our activities, including this celebratory dinner. Joanne Vondette (SLP) thanked those volunteers who consistently assist her in the communications group and Barb Knight (stroke survivor) spoke to the many special tasks the volunteers happily facilitate at our weekly meetings and in the gymnasium sessions Thursdays. It was mutual admiration evening as the volunteers expressed how much they enjoy participating.

Submitted by Karel Ley

STROKE RECOVERY INFORMATION AND RESOURCES

Novel therapeutic procedure helps stroke patient recover three-dimensional vision



Visual training with a prism: patient wears Bagolini glasses, therapist hold a prism in front of the patient's eyes to measure the fusion to discover how the patient is able to fuse the two images into a single image. Credit: Oliver Dietze

Impaired vision is one of the most common consequences of a stroke. In rare cases, patients may even lose their ability to perceive depth. Such patients see the world around them as flat, like a two-dimensional picture. This makes it impossible for them to judge distances accurately – a skill they need, for instance, when reaching for a cup or when a car is approaching them on the street. A patient with this particular type of visual dysfunction has recently been studied in detail by the research team at Saarland University led by Professor Georg Kerkhoff and Anna-Katharina Schaadt in collaboration with colleagues at the Charité university hospital in Berlin. The team has developed the first effective treatment regime and have identified the area of the brain that, when damaged, may cause loss of binocular depth perception. The results of the study have been published in the journal “Neuropsychologia”.

See more at: <http://www.neuroscientistnews.com/clinical-updates/novel-therapeutic-procedure-helps-stroke-patient-recover-three-dimensional-vision#sthash.j7xcSNow.dpuf>

5 Things I Didn't Understand about the Life Participation Approach to Aphasia (LPAA)

The link to the whole article is: <http://tactustherapy.com/life-participation-approach-aphasia-lpaa/>
Have you heard of the Life Participation Approach to Aphasia (LPAA)? Did you know there's a whole new organization focused on this approach? After learning about AphasiaAccess and their mission to serve as a professional organization for LPAA providers, I decided to attend their first conference held last week in Boston. It was one of the most powerful conferences I have ever been to, filled with the top experts in the field and over 150 people genuinely passionate, motivated, and excited about what they are doing.



Here are 5 lessons I learned about life participation therapy :

- 1) LPAA is Not Anti-Impairment Therapy
- 2) You Might Already Be Doing LPAA
- 3) LPAA is a Non-Prescriptive Approach
- 4) Quality of Life is the Ultimate Goal
- 5) Life Participation Therapy Can Start Now

Life Participation Approach to Aphasia TherapyThe LPAA is not really an approach to aphasia therapy, it is the approach. Anyone doing therapy that only addresses language impairment may be doing a disservice to their clients. It's relatively easy to switch your mindset to consider the whole person, their environment, and the connection of therapy tasks to participation in the activities of daily life.

Impairment-based therapy is an important and effective tool for helping people with aphasia to improve. Just be sure your toolbox also includes education, partner training, counseling, and environmental modifications to ensure your clients can truly benefit from your efforts and participate in their lives.

Megan Sutton, MS, CCC-SLP is a certified and registered speech-language pathologist and a co-founder of Tactus Therapy Solutions. She has over 10 years of clinical experience in inpatient rehab, intensive aphasia programs, acute, outpatient, subacute, long-term, and home-based care. Find her on Twitter at @TactusMegan or email megan@tactustherapy.com.

Stroke Engine website redesigned, reorganized and relaunched!

Popular website for patients, families and clinicians includes latest research evidence on stroke rehabilitation and recovery

<http://us6.campaign->

archive1.com/?u=5c1702ba497cbf2917bab0f90&id=c4397af3f4&e=95b77b6bcf



The HSF Canadian Partnership for Stroke Recovery has rebuilt the popular Stroke Engine website, which includes all the latest research evidence on therapies for stroke recovery. Stroke Engine is a leading international tool, used by patients, families and clinicians. The new website is easy to navigate and bridges the gap between research findings and current clinical practice.

“Stroke Engine is a valuable resource within Canada and internationally,” says Katie Lafferty, Executive Director of the HSF Canadian Partnership for Stroke Recovery. “We hear regularly how therapists and the public use it on a daily basis.”

Lafferty says the redesign and reorganization has made the site “even easier to use and we are thrilled to have Dr. Annie Rochette of Université de Montréal and her team continuing to provide content and leadership in this area.”

Accessibility Vocabulary



How can you negotiate your accessibility needs, if you don't have the words you need? We have developed a series of picture and word boards to communicate about communication access rights. Download them for your communication display or program the vocabulary you want into your device. Click here to see the vocabulary boards:

<http://tinyurl.com/q7vocvb>

'My Stroke' YouTube Link



Brian Redd's YouTube page 'My Stroke' has lots of interesting and useful videos about life after stroke from the perspective of a survivor. The videos start when he is in hospital and go on to tell the story of his recovery including getting back to work as a DJ.

<https://www.youtube.com/watch?v=xqtWbH7iPrs>

Stroke Recovery Stories: New Book Just Released on Amazon.com Kindle as eBook by Jeff Kagan



The book title is Stroke Recovery Stories: Humorous and Inspiring Stories Told by Stroke Survivors and the People Who Love Them.

[Stroke survivor](#) and author Jeff Kagan has written a new book called, [Stroke Recovery Stories: Humorous and Inspiring Stories Told by Stroke Survivors and the People Who Love Them](#).

This book is published by Amazon.com Kindle today, April 29, 2015. This is Kagan's third in a series of [stroke recovery](#) and stroke survival books. [Stroke Recovery Stories](#) are humorous and touching stories written by other stroke survivors. Each chapter is a different story. The reader will laugh and cry and come away with a renewed sense of hope and recovery. Each contributor wrote their own chapter. They tell their own story in their own words. "My hope is that after reading this book, you will be left with a renewed sense of well-being. I want this to be like you sitting with a group of stroke survivors where everyone tells their own story. We can all learn from each other. It is inspiring. Recovery takes time and hard work, but it does come," says Jeff Kagan.

Visit Jeff's website: at jeffKAGAN.com to learn more.

Twitter: Follow Jeff at [@jeffkagan](https://twitter.com/jeffkagan)

Read more: <http://www.benzinga.com/pressreleases/15/04/p5459149/stroke-recovery-stories->

[new-book-just-released-on-amazon-com-kindle-as-#ixzz3Yp5iXXOM](#)

CAREGIVERS INFORMATION AND RESOURCES

Caregiver Newsletters



Caregiver Grapevine Newsletter is a bi-monthly newsletter published by the North Shore Caregiver Support Program -the latest edition is here:

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

Network News is a monthly newsletter published by Family Caregiver Network Society-the latest edition is here:

<http://www.fcns-caregiving.org/wp-content/uploads/2015/04/FCNS-Newsletter-May-2015.pdf#page=12>

RESEARCH

Perceived barriers and benefits of yoga practice for adults with stroke: a focus group approach



Principal Investigator: Anne Harris, Physiotherapist, GF Strong Rehab Centre, 4255 Laurel Street, Vancouver, V5Z 2G9

We are clinicians from Vancouver Coastal Health investigating the perceived barriers and benefits of yoga for individuals with have had a stroke. Often after a stroke, people find it difficult to continue to be physically active and engage in their community. We are trying to better understand what people with stroke think are the barriers and benefits to practicing yoga.

We are therefore inviting you to participate in our upcoming study. Participation in this

study is voluntary. If you decide to participate you will be asked to take part in a one-time group discussion at GF Strong Rehab Centre regarding your opinions about yoga for people who have had a stroke.

You are eligible to participate in this study if you meet the following criteria:

- you are 19 years old or older
- you have had a stroke more than 6 months ago
- you are living in the community

****Note – you do NOT need to have yoga experience to participate****

For more information or to participate in this study, please contact the Research Assistant, Marian, at (604)-817-9377

FEATHERS: Functional Engagement in Assisted Therapy Through Exercise Robotics

A Study for Adults with Stroke & Youth Ages 13-18 with Hemiplegic Cerebral Palsy or Brain Injury

What is the study about?

Xbox Kinect technology and Sony Playstation controllers have been adapted by the research team, to encourage computer game play using both hands together. These systems have been paired with Facebook games to offer a potentially motivating way for people with hemiplegia to do therapy at home.

This phase of the study (Phase 3) aims to test the effectiveness of a home-based therapy program using the systems for bimanual therapy (using both hands together).

Are you eligible?

To take part in the study, you need to:

- Be 13 years or older
- Have one side of the body that is weaker than the other (hemiplegia or hemiparesis)
- Be able to lift your arms against gravity at least some distance
- Be able to move around on your own (**with or without** walking aides, or a manual or power wheelchair)
- Be able to follow instructions in English
- Not had orthopedic surgery in the past 6 months

- Not be receiving other therapies that target arm function

Where is the study?

Abilities Neurological Rehabilitation

#207-5460 152nd Street, Surrey, BC, V3S 5J9

When is the study?

Generally, Monday to Friday between 8:30am–4:30pm – we will find a time that works for you.

What is involved?

- A 2-hour session in the clinic for baseline assessments of function (assessing how much your motions are affected by your neurological injury), going over the treatment program and showing you how to use the first gaming system
- A short home visit the next week to set up the equipment and review the treatment program
- 30 minutes, 5x/week game-based therapy using the system for 2 months
- A 90-minute clinic visit at 2 months to have your progress assessed

A 60-minute clinic visit at 4 months for follow-up assessments of function

Interested?

If you would like to take part, or would like to learn more about the study, please contact us!

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

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We send out the snippets newsletter to all of our Coordinators to keep everyone connected.

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