



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA

Snippets October 2013

Facebook and Twitter

SRABC is now 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 for our Branch Coordinators to assist them in their work with people whose lives have been affected by stroke - especially those recovering from a stroke, their caregivers, their friends, family and supporters. We welcome your comments and feedback. If you know anyone who will find this information 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.

Branch Coordinator Update

- Abbotsford Branch

The Interim Branch Coordinator Laura Gilburg has agreed to accept the permanent Branch Coordinator position. Laura is studying for a degree in kinesiology at the University of the Fraser Valley. She has volunteered for five years with the Abbotsford Stroke Recovery Branch and has taken responsibility for assisting with program



Stay in the Loop-make sure you get our emails!

- Please keep us up to date with any changes to your email address.
- We send information by email from the Provincial Office to the Branch Coordinator and the Branch Directors regularly. If you are not getting our emails then we either have an out of date email address for you or the information is going into your email 'Junk' Folder. If you are not getting emails and find they are going to your junk mail then please mark them as 'not junk'.
- If you are not getting our messages then please give

delivery. She has also volunteered with Fraser Health Authority in their T.I.M.E. (Together in Movement and Exercise) program for stroke survivors. We welcome Laura to our team.

- Vanderhoof Branch

Penny Swales has accepted the position as Interim Branch Coordinator for the Vanderhoof Branch.

- Burnaby North Branch

Luis Diaz has been appointed as the new Branch Coordinator. Luis qualified as a physician and worked as a family doctor in Guatemala. He is experienced in coordination, planning, and management of health programs and their evaluation and monitoring. He is now studying for his Medical Council of Canada accreditation exam. **Thank you to** long-time volunteer and member of the Branch governing committee, Carol Roycroft, for running the program while we recruited for the position.

- Burnaby South Branch

Thank you to Interim Coordinator Lena Ticknor for filling in while we recruited a permanent coordinator. Jane Chen is the new coordinator. Jane is a recent Health Science graduate from Simon Fraser University with a focus on Public Health and Environmental Health. Her academic focus is on health promotion, and her previous work experience with Bayshore Home Health as Client Service Coordinator involved working with both clients and community health care workers to ensure quality service results. Jane is also volunteering with us to manage our social media accounts on Twitter and Facebook.

- Victoria Branch

The Victoria Stroke Recovery Association board has given Branch Coordinator Tita Quigley a leave of absence until January 2014. They have hired Carolyn Swannell as interim coordinator.

- Templeton Branch

We are still recruiting for this position. **Thank you to** Ollie Stogrin, Key Ackeroyd and Katelyn Ackeroyd who are running the program with assistance from their other volunteers.

Genevieve Thompson our Office Administrator a call and she will help you to resolve the problem.

Life After Stroke Newsletter

LIFE AFTER STROKE is the electronic external Newsletter of Stroke Recovery Association of BC (SRABC). It is published four times a year. It is for people anywhere in BC who are personally involved in stroke recovery – especially stroke survivors, their caregivers, their friends, family and supporters. It is also for anyone wishing to learn more about stroke recovery, such as healthcare professionals, personnel from related organisations and students in relevant disciplines. Click on the link below to access the current newsletter.

<http://strokerecoverybc.ca/media/newsletter/>

Stroke Recovery Education Days Presentations

We sent out copies of some of the presentations from our Stroke Recovery Education Days. Some of the emails bounced back - so if you didn't receive the information you can go to the link below to

download it: <http://strokerecoverybc.ca/who-else-can-help/online-educational-seminars/>

SRABC Video/DVD

The new video 'Stroke Recovery Interviews' featuring stroke survivors telling their own story, is on the home page of our website at www.strokerecoverybc.ca. It is also on the internet on YouTube and Vimeo and is available from the Provincial Office on DVD as well. If you want copies please email office@strokerecoverybc.ca or call us on 1-888-313-3377 or 604-688-3603.

New SRABC Educational Materials

We have two new titles coming soon:

- Guide to Recovering from a Stroke - 'Understanding Aphasia'
- Information booklet - 'Recovering from a Stroke: Guide for Stroke Survivors, Families and Caregivers' (revised version)

If you want copies please email office@strokerecoverybc.ca or call us on 1-888-313-3377 or 604-688-3603

Building Community Connections: A Workshop for Stroke Survivors & Caregivers

November 14, 2013 Thursday Afternoon 1:00 - 3:00 PM

White Rock – Center for Active Living – Education Room, 14600 North Bluff Rd, White Rock, BC V4B 3C9 An exploration of supports and resources available to Stroke Survivors and their Caregivers in the White Rock community.

To register call: Michelle – (604) 535-4500 Ext: (757373)

Understanding Stroke: A Workshop for Family & Friends

October 24, 2013 Thursday Afternoon 1:00 - 3:00 PM

White Rock – Center for Active Living – Education Room
14600 North Bluff Rd, White Rock, BC V4B 3C9

A discussion about how the brain is affected by a stroke & recovery happens. Fraser Health Staff will be available to answer questions.

To register call: Michelle (604) 535-4500 Ext: (757373)

Caregivers in Canada.

In 2012, about 8.1 million individuals, or 28% of Canadians aged 15 years and older, provided care to a family member or friend with a long-term health condition, disability or aging needs.

For more details go here: <http://www.statcan.gc.ca/pub/89-652-x/89-652-x2013001-eng.pdf>

For the full document: Family Caregiving: What are the consequences? by Martin Turcotte go here:

<http://www.statcan.gc.ca/pub/75-006-x/2013001/article/11858-eng.pdf>

United Way releases new Metro Vancouver handbook for caregivers of seniors

For anybody who is caring for an elderly family member or friend, or knows someone who is, the new [*Metro Vancouver Family & Friend Caregivers Information and Resource Handbook*](#) is an indispensable resource. The guide is a first of its kind supplying key information about the topics caregivers struggle with the most, including housing,

health care and the law.

This can be downloaded from here <http://tinyurl.com/nbwuc75> or we have a copy we can email from SRABC Provincial Office

The 100-page handbook includes information on:

- The full range of community services that help seniors to age-in-place in their own homes (many of these agencies receives grants from United Way)
- Housing, including information on getting into assisted living and residential care, and a check-list of things to do when a senior has to move
- Caregiver supports, including United Way-funded support programs and networks in the region
- The non-medical home support services offered by United Way ***Better at Home***, the government-funded and United Way-managed program soon to be available in many communities throughout the Lower Mainland
- Health concerns, such as dementia and depression, with information on disease-specific programs and websites
- Legal issues, including how to prepare a representation agreement, and
- End-of-life issues and care.

The [Handbook](#) is published online at www.uwlm.ca and has been distributed to health authorities, community agencies, and caregiver support networks. Information for caregivers is also always available at bc211, a free information and referral service funded by United Way.

FREE Vancouver workshops for family caregivers in October

The Vancouver Coastal Health Caregiver Support Program is hosting FREE workshops for family caregivers in October!

Workshops are open to individuals providing unpaid care or support to an adult friend or family member. Your help distributing this information with those who might be interested is appreciated

CARE FOR THE CAREGIVER: HOW TO CARE FOR YOURSELF

WHEN YOU ARE THE CAREGIVER

Thurs., Oct. 17, 2013

6:30 pm - 8:30 pm

Caregiving can be overwhelming and exhausting. In order to maintain your own health and wellness, it is important to learn and practice basic ways to care for yourself!

Join us as we discuss and learn about:

- Recognizing and reducing caregiver stress
- Setting limits and personal boundaries
- Asking for and accepting help
- Simply ways to practice self-care
- Creating space for rest and rejuvenation

Presenter: Sarah Galuska, Coordinator, VCH Caregiver Support Program

PLANNING AND LEGAL ASPECTS OF SENIOR CARE

Wed., Oct. 30, 2013

6:30 pm - 9 pm

This information session will help you:

- Learn about wills, estate planning, powers of attorney and representation agreements
- Understand the common legal issues that arise in relation to aging and senior care
- Learn how to plan effectively and avoid crisis situations

Presenter: Jack Micner, Partner, Spry Hawkins Micner

The workshops take place at the Raven Song Community Health Centre (2450 Ontario Street, Vancouver). Pre-registration is required! For more information and to register:

Tel. 604-709-6437 Email: caregiversupport@vch.ca

Hosted by the Vancouver Coastal Health Caregiver Support Program

Website: <http://caregivers.vch.ca>

UK InterAct Reading Service - What a Great Idea!

“InterAct Reading Service is the only UK charity dedicated to supporting stroke recovery by using professional actors to deliver a

live and interactive reading service to people who have had a stroke in hospitals and at stroke clubs.

InterAct Reading Service works to improve the rate and quality of an individual's recovery from a stroke by:

- improving mood
- alleviating post-stroke depression
- increasing self-esteem
- boosting communication confidence
- stimulating the brain
- providing entertainment

InterAct Reading Service currently reads in 22 hospitals and over 50 stroke clubs in the UK.”

For more information please go to:

<http://www.interactreading.org/>

Life after Stroke: Advice for Physical and Emotional Recovery

For the full original article go to: <http://tinyurl.com/lddywbt>

Stroke recovery depends largely on the severity of the brain damage. With love, support and patience, the journey toward a new normal can begin.

A stroke is life changing for the patient as well as his or her support network. Some people make a full recovery, while others suffer from various disabilities. In addition to working closely with a doctor through a personalized recovery program, joining a support group is a great initial step. When coping with the aftermath of a stroke, it can help to be surrounded by others with similar experiences. Some difficult parts of stroke rehabilitation may include:

- Communication challenges

Difficulties communicating can be some of the most frustrating effects of stroke. Depending on where the brain is damaged, it's not uncommon to suffer partial or total loss of the ability to talk, read, write or understand what people say. It's important to be patient and stay

positive.

Make it a goal to practice communicating at least once a day. Relax, take your time and use communication aids as necessary, like cue cards. Using fewer words paired with gestures or tone of voice can help streamline communication. Many people benefit from speech and language therapy.

Family and friends need to remember that improving communication skills engages stroke survivors so they feel more connected and less isolated, an important part of rehabilitation.

- Physical movement

Getting out of the house and being able to move independently provides a sense of freedom during recovery. Many stroke survivors regain the ability to walk, but may suffer from side effects that make it more difficult. Foot drop is a common side effect, which means difficulty lifting the front of the foot when walking, so much so that it may drag, which can be a tripping hazard. The good news is there are options to help. Talk to a physiotherapist to learn more

- Emotional adjustment

When adjusting to life after a stroke, survivors often experience a flood of emotions. Grieving for loss of physical and mental abilities is normal and a healthy part of the adjusting process. But when normal sadness continues for extended periods, it can turn into depression and needs to be treated immediately by a mental health professional. Stroke survivors also often feel anxiety. Extreme worry or fear can cause restlessness, fatigue, muscle tension, poor concentration and irritability. Both depression and anxiety are common for stroke survivors. The good news is they can be treated, and there are many coping mechanisms, so be sure to ask your doctor.

Whether adjusting to physical impairments or the emotions of suffering from a major health scare, it's important to remain positive.

Loved ones are a crucial part of rehabilitation and can provide support when it is needed most. It might take years to adjust to a new normal after a stroke, both for the survivor and the families, but patience and love can help ensure a speedier recovery for everyone.

Aphasia Resources

WHAT IS APHASIA?

Aphasia is a speech and language impairment which can occur after damage to the brain - most commonly following a stroke. Aphasia can affect understanding, listening, speaking, reading and writing.

Aphasia can result in very mild problems, such as having trouble recalling or finding the right words.

For some people, aphasia is so severe that they cannot speak at all.

Many people with aphasia can listen and understand better than they can speak. Some can read and/or write, whereas others cannot.

Some people with aphasia struggle to say even simple words and phrases.

Intelligence is not usually affected.

RECOVERY FROM APHASIA

Aphasia may be temporary, longer term or lifelong. Even if you or your family member with aphasia cannot speak at all in the early days after a stroke, there is hope for improvement. Aphasia is usually at its worst in the period immediately following a stroke. Most people will improve at least a

little; others will improve a lot.

WHO CAN HELP?

Follow these links for more information:

www.heartandstroke.com/site/c.ikIQLcMWJtE/b.8559457/k.9164/Communication.htm

<http://strokerecoverybc.ca/wp-content/uploads/SRABC-Brochure-Aphasia-May-2012.pdf>

<http://strokengine.ca/family/index.php?page=topic&subpage=patient&id=26>
www.strokeassociation.org/STROKEORG/LifeAfterStroke/RegainingIndependence/CommunicationChallenges/Types-of-

[Aphasia UCM 310096 Article.jsp](#)

www.strokerecoverybc.ca

www.ITAWC.com

www.aphasia.ca

www.aphasiacorner.com

www.aphasiaaction.com

www.ukconnect.org

www.aphasia.org

www.aphasia.org.au

5 tips for Caregivers on how to cope with that frustration and stress:

1. Step away

We are all humans and we are full of emotions and that means there will be the inevitable moment of frustration. Before these moments escalate any more it is best to step away. Go outside, take a breather, or do something that generally helps you calm down. This helps bring our “frustration meter” back down to a more natural level.

2. Define a place to be your “nest”

Choose a place that you will go to when you need a moment to yourself. Fill the space with things that will calm you down, that help you relax or that remind you why you are the caregiver, why you are strong or so indispensable. You could have a collection of inspiring quotes, look at some pictures, or even listen to your favorite music.

3. Make space for “me” time

You cannot always be around and on-call 24/7. You need to pull the plug every once and a while and avoid getting burned-out, because that only leads to ever more frustration and stress. Look at your work and life schedule and then look at your care giving schedule, and where possible find those opportunities where you can disconnect to go and do things you wish to do. Spend this time by going shopping, reading a book, and going to watch a movie, go out to dinner or grab a coffee with a friend. As long as the time is pre-scheduled and on an ordinary basis.

4. Think of the big picture

In times of stress caregivers start to wonder if they are not caring or giving enough attention and love, they try to compare themselves to others, they start thinking of themselves as bad sons or daughters, wives or husbands. The truth is that there is no playbook for caring. There is no 'one-size-fits-all' strategy, what worked for others may not work for you. The truth is that we are all constrained by time and into doing other things and that is completely normal. As a caregiver you have to just do the best that you can within parameters that are achievable and honest for you and your life. It is important to remember that in the end that person that you are caring for will be grateful and you will be at peace with your very own version of caregiving.

5. Attend a community group

We have written about the benefits of community groups before, as can be seen on 5 Reasons to Join Aphasia Community Groups. They are not only helpful to the individual with Aphasia but they also have lots of resources for the caregivers as well. The biggest benefits many caregivers get from it is the ability to share experiences with other people.

For original article go to: <http://tinyurl.com/mzdqgyo>

Neil Squire Society Online Computer Tutoring

Interested in learning new computer skills? Check out our online computer tutoring program. Our computer tutoring program, called Distance Computer Comfort, pairs participants with disabilities with private tutors. This provides participants the opportunity to develop their computer skills in the comfort of their home.

Please visit our website to learn more about our Distance Computer Comfort Program.

Neil Squire Society

www.neilsquire.ca

Owning Your 50% - Transforming Conflict into Growth

By Vince Gowman

In the heat of conflict it is much easier to react than to stay grounded and open. We default to defending our position rather than taking responsibility for our part.

We are always playing a role in conflict, whether it is on an overt or subtle level. Owning our 50% takes self-awareness and humility - we must surrender our position and explore how we have contributed to the situation.

Recently a friend was upset that I didn't get back to her sooner. I told her that from my point of view I didn't feel a need to rush a response. However, from her point of view it only made sense that I would get back within a day. Instead of looking to strengthen my position through defensiveness, I:

1. Validated her feelings and needs - I understand why you feel that way / Given... I can see why this is important to you.
2. Owned my 50% - I could have made more of an effort to call you. I will remember this in the future.

Because of my openness, she then felt safe to validate my feelings and own her 50%. She said she could learn to create a bit more space and trust that I will get back.

After this conversation, I was reminded how open communication can transform conflict into appreciation and learning. We are always going to bump up against one another. It is our choice whether to treat conflict as a barrier that leads to even more conflict, or as an opportunity to grow in new positive directions.

For more go to <http://www.vincegowmon.com>

Disclaimer:

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NEURO-ABILITY is a practice of physiotherapists with a special interest treating individuals with conditions such as stroke and brain injury. Members of our team have provided neuro-rehabilitation in Vancouver since 1991. Our goal is to increase balance, decrease effort and maximize comfort in all aspects of physical mobility and performance. Our focus is to enhance quality of life by assisting our clients to return to meaningful roles within their home, social setting, recreation and workplace.

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

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