

Box 2: Education and Self-Management Checklist

Education topics:

- Secondary stroke prevention
- Medication management
- Risk factor management (including adherence to pharmacotherapy)
- Role and importance of exercise, information on community-based exercise programs
- Symptom and stress management techniques
- Fatigue, sleep management, and energy conservation strategies
- Nutrition, healthy eating strategies
- Coping with physical changes
- Coping with emotions such as fear, anger and depression
- Coping with cognitive and memory changes
- Coping with perceptual deficits
- Health-related problem-solving and decision making
- Relationships, intimacy and sexuality
- Community participation and resuming valued activities
- Leisure and social participation
- Supports available in the community, such as housing/supported living options
- Driving regulations and rehabilitation, and community-based transportation services
- Considerations and strategies related to return to work
- Financial resources
- Advanced care planning, end-of-life and palliative care options
- Respite care options
- Peer support

Skills training and self-management topics:

- Self-management education to encourage independence, increase confidence and skills to better manage their health
- Personal care techniques (e.g., feeding and bathing techniques)
- Communication strategies and supportive communication
- Safe transfers, lifts, and repositioning (e.g., transfers from bed to chair, positioning of a hemiplegic limb)
- Food preparation and modifications for dysphagia
- Cognitive strategies such as problem-solving techniques
- Stress management techniques (e.g., exercise, mindfulness and meditation)
- Accessing community services and resources
- Ongoing health system navigation
- Awareness of the importance of self-care and caregiver burnout