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Country: **Canada**

Titel of the project: **Putting the Possibility into Stroke Disability: Peer Support for
Stroke Survivors and Care-partners**

Project details

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Stroke Survivors Association of Ottawa

Award amount: €100,000

This program will: 1) increase the awareness of risk of AF stroke, 2) build a network of people dedicated to the mission of advocating for stroke prevention & the need for supportive services; 3) culminate in a World Stroke Day Event that publicizes the need for prevention and stroke services.

Peer mentoring is a powerful personal development and empowerment tool. Peer support sustained by effective training helps people to understand their situation, find solutions to their problems, set new goals, and to exceed expectations. . The objective is to develop peer supporters and stroke champions, people dedicated to the mission of advocating for prevention awareness, providing support to others affected by stroke, speaking out about the need for services, and willing to volunteer time and expertise to develop and nurture community stroke programs. In this program peer mentors will help stroke survivors and their care-partners regain confidence and control of their lives. It will: 1) prepare stroke survivors and care partners to join the mission of supporting and advocating for others with stroke, 2) provide stroke survivors and care-partners with a mentor, who can empower stroke survivors to find hope and believe that recovery is possible, as well as take personal responsibility for making it happen, 3) build a network of trained stroke volunteers, dedicated to the mission of advocating for stroke prevention & supportive services, and 4) culminate in an AF/ Risk of Stroke publicity event for World Stroke Day (October 2011) . There are three components to the program: 1) Training peer supporters: stroke survivors and care-partners volunteers to support and mentor others dealing with stroke 2) Providing peer support in hospital and in the community, & 3) Supporting and guiding stroke survivors and their care-partners to communicate effectively about stroke prevention and advocate for appropriate supports. First, the Peer Support Coordinator will develop the Peer Mentor Training Pack; train, supervise, and support volunteer peer supporters; facilitate stroke survivors and care-partners to tell their stories/ advocate; and liaise with/ community partners to present AF World Stroke Day Event. Second, trained peer supporters will be coaches & role models to assist stroke survivors and their care partner's address their evolving needs. Depending on the needs of the stroke survivor or care-partner, volunteers will: mentor (e.g., offer practical advice and strategies to solve problems more effectively); be a buddy, (e.g., introduce/ accompany the person to new activities); or direct the person to appropriate services. Third, the peer support coordinator will support stroke survivors and care-partners to tell their stories and advocate for necessary preventative and support stroke services (e.g., speak to politicians and policy makers, service clubs (Lions, Rotary). Fourth, SSAO staff and peer supporters will work with health professionals from the Ontario Stroke System to publicize AF and risk of stroke from AF to the public. Intended impact: Public will have information on AF and risk of stroke. The program helps to develop stroke advocates—people who can tell their story. By speaking directly to policy makers and the public about the need for appropriate diagnosis of AF and prevention of stroke, stroke survivors will raise awareness of stroke and the value of prevention. Most importantly, this initiative will help stroke survivors to: feel accepted, build on retained skills, learn new ones, & to scaffold back into meaningful activities.

Audience

Type

- AF Patients
- Healthcare professionals
- Carers of AF Patients
- General public
- Stroke Survivors and their partners

Location

Canada, North America