

ARE YOU CURRENTLY TAKING CARE OF A STROKE SURVIVOR?

If yes, you could be eligible for the Family Informal Caregiver Stroke Self Management Research Program!!

What Will I Get from the Program as a Caregiver?

- Learn from other Caregivers and share your story and experiences
- Learn tips and strategies to help you and your family member cope with common struggles
- Learn how to deal with your emotions, manage stress, cope with behaviour changes and what community resources are available



Free
Respite
Offered

Who can participate?

- Informal caregivers (spouses, children, family members) of stroke survivors
- Have been in the caregiving role for a minimum of 2 months after the stroke

The Program:

- The Program brings together family caregivers of stroke survivors to discuss their experiences for two hours once a week for a four week period.
- The program is a part of a research study that is evaluating the impact of the program on caregivers of stroke survivors.
- Participants will be asked to complete questionnaires before, 2 weeks and 6 months after the program to evaluate the impact of the program on caregivers of stroke survivors.

Topics includes:

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| - Sharing your story | - Community Connections |
| - Communication | - Managing Behaviour Changes |
| - Stress Management | - Changing Roles in your Relationship |
| - Dealing with Emotions: Anger, grief and loss | - How to be Caregiver Smart |

The **Stroke Caregiver Self Management program** will be held weekly on **Wednesdays** from: **1:00-3:00pm** or **7:00-9:00pm** from **March 21st, 2012 - April 24th, 2012** at:

The Bay Area Learning Centre, 860 Harrington Court, Burlington, ON, L7N 3N4

To register please contact:

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