

Stroke Education Class

Information for patients and families

Read this booklet for more information about:

- What you will learn in the class
- How the class will be run
- Who will teach the class
- How to prepare for in the class
- What to expect after the class
- Who to contact for more information



What will I learn during the class?

During this class, you will learn:

- what factors put you at risk for having a stroke
- how to make healthy lifestyle choices to reduce your risk of stroke
- why taking your medications are important
- how to make healthy food choices
- why regular exercise is important
- about resources that will help you in your recovery and stay healthy

How is the class offered?

We know people learn best in different ways. We have 2 different options for how the class is offered.

- **Virtual**

This option is for people who feel comfortable using a computer. You do not come to the hospital to meet in person. Instead, you attend the class using audio-video conferencing software on a computer, tablet or smart phone. The virtual class will be split into 2-hour presentations, over 2 separate days.

OR

- **In person**

This option can be for people who do not have a computer, do not feel comfortable using a computer, or who prefer to learn in person. You will come to the hospital for a half-day presentation, approximately 3.5 hours long. As such, this option may not be ideal for those who fatigue easily.

The class will be at:
Toronto Western Hospital
399 Bathurst Street (corner of Bathurst Street and Dundas Street West)
Neurology Clinic, West Wing – 5th floor

For maps and directions to UHN, please visit:
www.uhn.ca/corporate/Directions/Pages/default.aspx

The presenters will use different ways to give you information such as:

- PowerPoint presentations
- written materials
- discussions
- models

We encourage everyone in the class to:

1. Ask questions
2. Share their thoughts
3. Fill in the evaluation form

What will I learn about?

Different health care professionals teach parts of the session, including a Speech and Language Pathologist, an Advanced Practice Nurse, a Pharmacist, a Registered Dietitian, a Physiotherapist, and an Occupational Therapist.

Introduction to the Guide for Stroke Recovery

You will learn about the Guide for Stroke Recovery. This book has information to support you and your family or caregivers to take an active role in care and recovery after stroke.

Guide for Stroke Recovery:

- ✓ covers 37 different topics related to stroke
- ✓ gives tips on how to manage common activities and needs
- ✓ links you to community resources

You can download a PDF of the book for free at: www.strokerecovery.guide. It may help to review it before attending the class.

Stroke Risk Factors

It is important to know the signs of a stroke and how to prevent another one.

You will learn about:

- the signs and symptoms of stroke
- what puts people at risk for stroke
- how to reduce those risks
- what programs and services you can access in the Greater Toronto Area

Medication Management

It is important to take your medication as scheduled to lower the chances of a having another stroke.

You will learn about:

- why it is important to take your medications
- possible side effects to watch for

Healthy Eating

Eating a healthy, balanced diet can lower your risk for stroke by improving your cholesterol and blood pressure and help you manage your weight.

You will learn about:

- ways to improve your cholesterol and blood pressure with healthy food choices focusing on the Mediterranean Diet

Physical Activity

Regular exercise can help you to recover from a stroke and prevent future strokes.

You will learn about:

- how exercise can help you
- tips on how to plan an exercise program
- community exercise programs

Goal Setting

Make healthy lifestyle choices after a stroke to help prevent future strokes.

You will learn about:

- how to develop meaningful goals for healthy lifestyle changes
- how to start and maintain these changes in your day-to-day life

How do I prepare for the class?

If you are attending the **virtual class**, you will need:

- a computer with a camera and microphone so you can take part in the group discussions
- email access as we will send you an email with a link. Click the link to connect to the class on the scheduled date
- a pen to write down information
- a list of medications you are taking

If you are attending the class **in person**, please bring:

- your health card (OHIP card). If you do not have an OHIP card, please bring another form of government-issued photo ID (such as a driver's license, passport, or other provincial health card).
- this brochure with instructions on how to find the room
- a pen to write down information
- a list of medications you are taking
- your copy of the Guide for Stroke Recovery (if you have one)

Remember:

- **If you see these signs, you may be having a stroke.**
- **The signs of a stroke often appear quickly. They can last for a long time or could go away quickly.**



Call 911 right away if you notice any of these signs of stroke. Stroke is a medical emergency.

FACE	Is it drooping?
ARMS	Can you raise both?
SPEECH	Is it slurred or jumbled?
TIME	To call 9-1-1 right away

Who do I contact for more information?

For more information about the class:

Call the Stroke Prevention Ward Clerk at 416 603 5413.

For questions about stroke:

Call the Clinical Nurse Specialist at 416 603 5800 extension 2073.

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