MARCH OF DIMES CANADA – HOSPITAL VISITATION PROGRAMS

Transition from Hospital to Home
Stroke Survivor Community Re-engagement

HISTORY

• Established in Canada in 1951 to help eradicate the threat of polio
• Polio vaccine was discovered in 1955
• March of Dimes continued to provide support to polio survivors
• March of Dimes expanded its mandate to offer programs and services to anyone with a physical disability
• Today we offer more than 20 programs
• Serving over 75,000 Canadians with disabilities each year

AFTER STROKE PROGRAM

• Goal to support stroke survivors and their caregivers to maximize their independence, personal empowerment and community participation
  • Successful Transition from Hospital to Home
  • Successful Transition from Home to Community
  • Support to Regain Function & Encourage and Support Community Re-Engagement
  • Advocacy and Research
March of Dimes Canada currently has Hospital Visitation programs (Peers Fostering Hope and Linking Survivors with Survivors) in 30 Acute & Rehab Units in Toronto and the GTA, Waterloo-Wellington as well as the Lower Mainland in British Columbia.

- What is the program?
- Volunteers, who are stroke survivors and/or caregivers, trained in peer support.
- Visit hospitals to speak with people who have recently had a stroke and/or their family.
- Volunteers provide experiential and emotional support and most importantly, offer hope.
- Peer volunteers, program recipients (patients/caregivers) and hospital staff recognize the benefits of the program and are driving growth into new units and hospitals.

WHAT HOSPITAL VISITATION MEANS TO PEOPLE

Bruce L, Peers Fostering Hope volunteer: "I felt that there was tremendous need to help those suffering from strokes - to give them hope that although life has changed there is still life after a stroke, maybe a different life, but one which can be very rewarding!"

Stroke Survivor: "It was comforting to be told by another stroke survivor that what I was feeling was normal!"

Parent of Stroke Survivor: "Thank you so much to the girls - they have helped so much by coming and talking with my son!"

Erin, Freeport hospital staff to volunteer: "A patient I work with in the neuro rehab clinic shared with me today that he doesn't know how he would've ever gotten back to work or really moved forward without your support. You made such a difference in his life!"

TRANSITION FROM HOSPITAL TO HOME

- Program Goals
  - Provide hope for improved recovery and quality of life
  - Decrease feelings of isolation
  - Facilitate a connection with someone who demonstrates you can live with stroke in the community

- After Hospital Transition
  - Outpatient Unit visiting - One-on-one scheduled appointments
  - Referrals - Purpose is to create a relationship with S5 after visit(s) from the volunteer with March of Dimes Canada to allow for check-in with stroke survivor or their caregiver
  - Check-ins occur at 3, 6 and 12-months after discharge
  - Help navigate recovery after stroke and refer to community programs
  - Community Re-engagement is measured by S5 attending various community structured events
Goal: To assist the stroke survivor to maximize their community participation

- Where the growth of the program potential is the Referral Program
- Currently within Waterloo-Wellington Hospital Visitation program (LSWS)
- 1425 visits to new stroke patients and caregivers during past 2 fiscal years
- April 2016 - April 2018 referred 238 new stroke survivors to local Stroke Recovery Chapters/Associations and have seen 61 re-engage into the community (Re-engagement stats were not collected in 2016/17)
DIGITAL AND PRINT RESOURCES

- AfterStroke website: afterstroke.marchofdimes.ca
- The Phoenix – bi-annual newsletter

COMMUNITY EXERCISE AND MOBILITY PROGRAMS

- GRASP
- TIME®
  Conductive Education
  Next Steps

COMMUNITY RESOURCES

- Support Groups:
  - Ontario - 30 stroke chapters, 4 community clubs and 5 caregiver peer groups
  - British Columbia - 30 stroke branches
  - Alberta and Manitoba - 3 stroke associations
  - Quebec, Nova Scotia and New Brunswick Support Groups - 4 peer support groups
THANK YOU!

Questions?
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