

Taking Charge after Stroke (TaCAS)

Study booklet



MEDICAL RESEARCH
INSTITUTE
OF NEW ZEALAND

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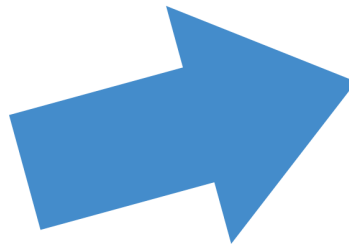
Taking charge

For example:

*weak, hard to talk, hard to walk,
feel funny, tired, can't concentrate,
lonely, sad, can't work, need help*



A stroke person



For example:

*Mother, daughter, wife, choir member,
helper, walker, gardener, grandma, teacher,
friend, reader, joker, volunteer, strong, happy,
energetic, warm, kind, gentle and lots more!*



A person who happens to
have had a stroke

Taking charge after stroke



Overall hopes, aims, aspirations for next 12 months

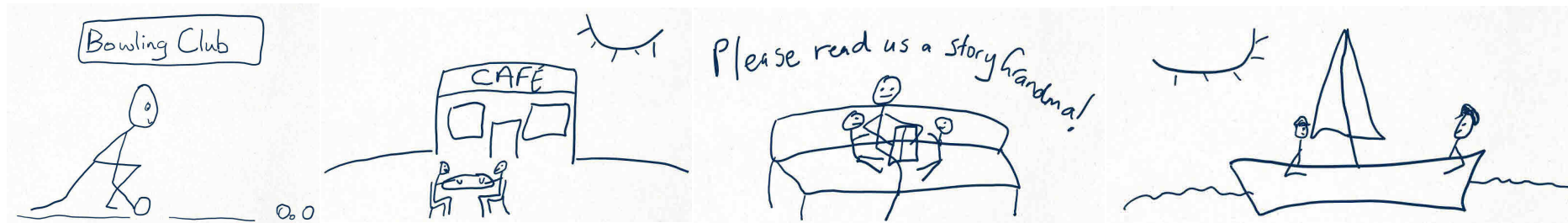
- 1.
- 2.
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Main fears

- 1.
- 2.
- 3.

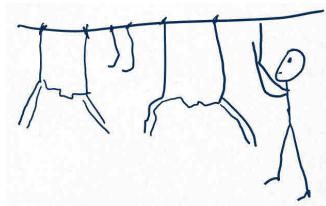
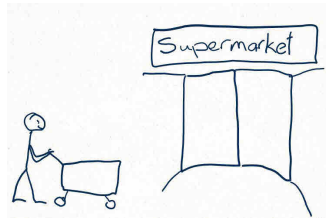
What would my 'Best Day' look like?



Draw a picture of your best day here. Friends and family may also want to draw something.

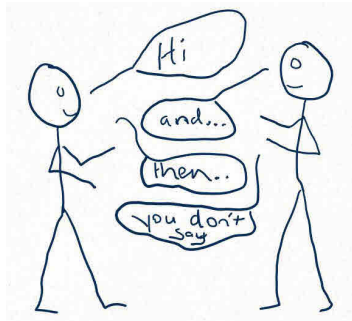
For people who don't feel like drawing, an alternate strategy is to ask the person to close their eyes and visualise their best day and to describe it. (A support person or the facilitator might draw what is described or write a verbatim description.)

Physical things like getting around, washing and dressing, doing the housework



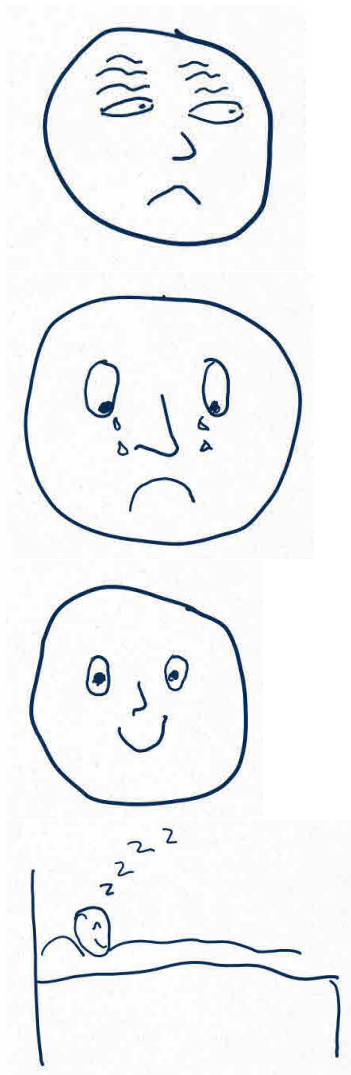
Date	Goals in own words	Specific objectives + time frame	How to achieve these
e.g.	To walk to the shop on my own	<ol style="list-style-type: none"> 1. Walk unaided – 1 month 2. Walk unaided 200m – 3 months 3. Walk to shop – 6 months 	<ol style="list-style-type: none"> 1. Walking practice with support person present five times per week 2. Physio advice about stick and walking frame
		<ol style="list-style-type: none"> 1. 2. 3. 	<ol style="list-style-type: none"> 1. 2. 3.
		<ol style="list-style-type: none"> 1. 2. 3. 	<ol style="list-style-type: none"> 1. 2. 3.
		<ol style="list-style-type: none"> 1. 2. 3. 	<ol style="list-style-type: none"> 1. 2. 3.

Communication including speech, understanding, reading, writing, using a computer



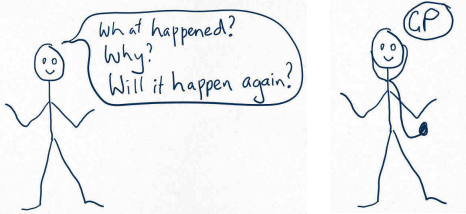
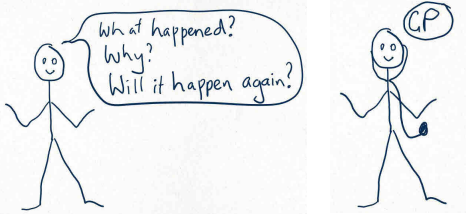

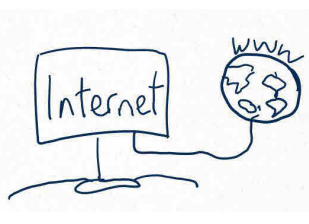
Date	Goals in own words	Specific objectives + time frame	How to achieve these
e.g.	To be able to answer the telephone	1. To be confident talking to someone I know - 2 months 2. To be confident talking on the telephone to someone I know - 4 months	1. Lots of practice with people I know 2. Use answerphone until confident answering phone myself.
		1. 2. 3.	1. 2. 3.
		1. 2. 3.	1. 2. 3.
		1. 2. 3.	1. 2. 3.

Emotional issues like feeling anxious, worried, stressed, depressed, helpless

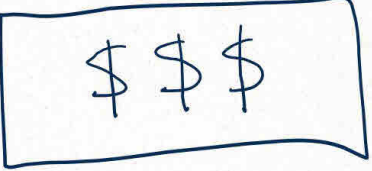
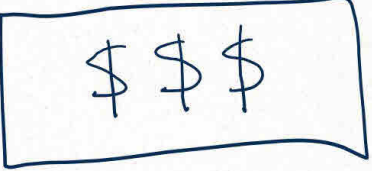

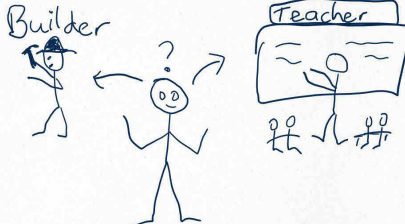


Date	Goals in own words	Specific objectives + time frame	How to achieve these
e.g.	To feel in control/charge	<ol style="list-style-type: none"> 1. Look at my main hopes for the next 12 months every week 2. Sleep 6 hours/night + nap 1 hour 	<ol style="list-style-type: none"> 1. Put my 'main hopes' sheet on the fridge door where I can see it 2. Join a support group?
		<ol style="list-style-type: none"> 1. 2. 3. 	<ol style="list-style-type: none"> 1. 2. 3.
		<ol style="list-style-type: none"> 1. 2. 3. 	<ol style="list-style-type: none"> 1. 2. 3.
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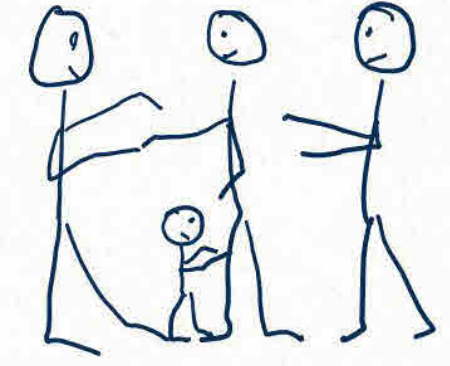
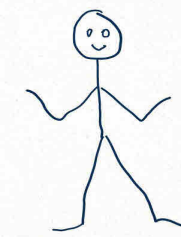
Information needs

	Date	Goals in own words	Specific objectives + time frame	How to achieve these
	e.g.	Understand what happened and why	<ol style="list-style-type: none"> 1. Understand what stroke is 2. Understand why stroke occurred 3. Understand rehabilitation 	<ol style="list-style-type: none"> 1. Talk to other people, including Stroke Foundation, doctor, internet (www.stroke.org.nz)
			<ol style="list-style-type: none"> 1. 2. 3. 	<ol style="list-style-type: none"> 1. 2. 3.
			<ol style="list-style-type: none"> 1. 2. 3. 	<ol style="list-style-type: none"> 1. 2. 3.
<p>Stroke Foundation of NZ</p> <ul style="list-style-type: none"> - www.stroke.org.nz - Community stroke advisors - Stroke clubs 0800 STROKE 			<ol style="list-style-type: none"> 1. 2. 3. 	<ol style="list-style-type: none"> 1. 2. 3.

Financial issues like paying the bills, returning to work, using a budget, knowing about available supports

	Date	Goals in own words	Specific objectives + time frame	How to achieve these
	e.g.	To reduce travel costs	1. Mobility car sticker 2. Taxi chits and other supports 3. Informed about WINZ support	1. GP to provide 2. Stroke foundation, local providers 3. WINZ information
			1. 2. 3.	1. 2. 3.
			1. 2. 3.	1. 2. 3.
			1. 2. 3.	1. 2. 3.

My support network – where I go for help, support, having a good time

	Date	Goals in own words	Specific objectives + time frame	How to achieve these
	e.g.	To get more of my support team involved	1. Support team understand my main hopes for the future 2. Enough help for me and my carers	1. Information/SF/support group 2. Meet with support needs assessor (GP can arrange)
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Preventing strokes and heart attacks in the future

Blood pressure

Smoking

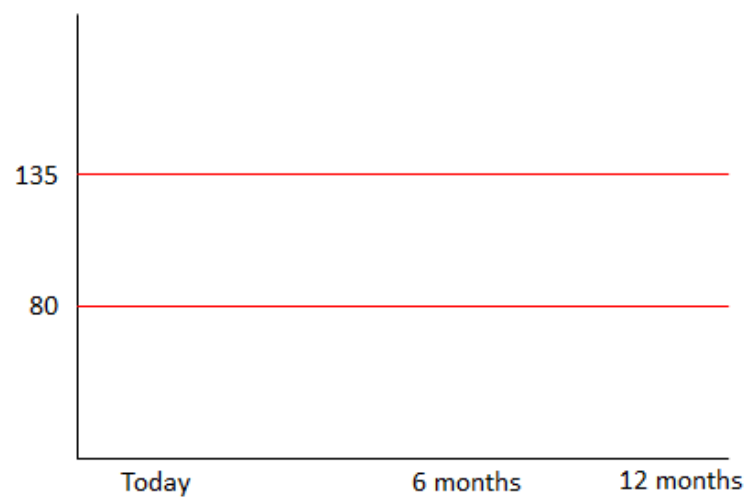
Diet

Exercise

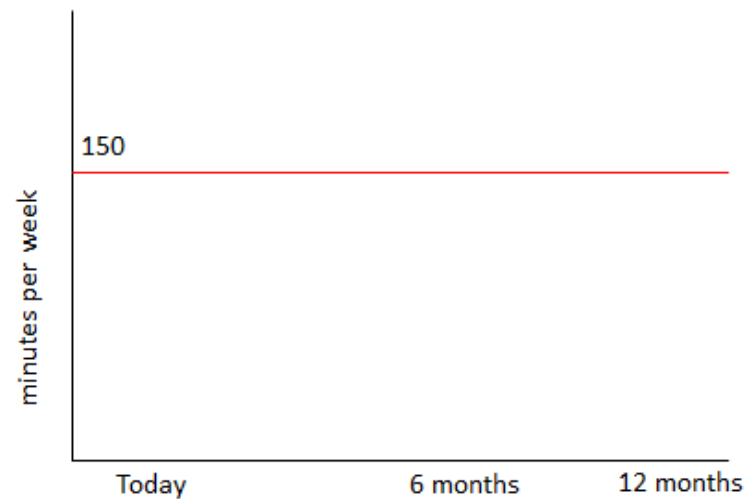
Diabetes

Date	Goals in own words	Specific objectives + time frame	How to achieve these
e.g.	<i>To reduce my risk of stroke (my problems are high blood pressure, diabetes and cigarettes!)</i>	<ol style="list-style-type: none"> 1. BP < 135/80 2. HbA1C < 50 3. Quit smoking 	<ol style="list-style-type: none"> 1. Reduce salt, take medicines, measure myself at home 2. Nutrition and exercise 3. Enrol quit programme
		<ol style="list-style-type: none"> 1. 2. 3. 	<ol style="list-style-type: none"> 1. 2. 3.
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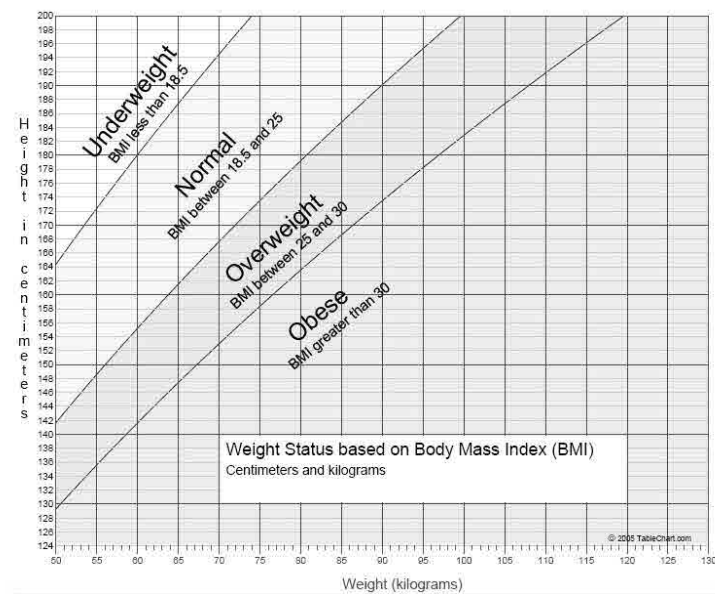
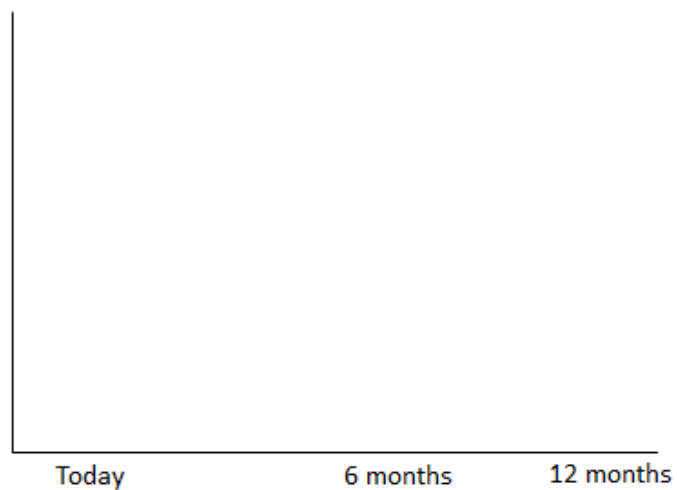
BP Target



Exercise Target



Your Target for _____



Taking charge

For example:

*weak, hard to talk, hard to walk,
feel funny, tired, can't concentrate,
lonely, sad, can't work, need help*



A stroke person



For example:

*Mother, daughter, wife, choir member,
helper, walker, gardener, grandma, teacher,
friend, reader, joker, volunteer, strong, happy,
energetic, warm, kind, gentle and lots more!*



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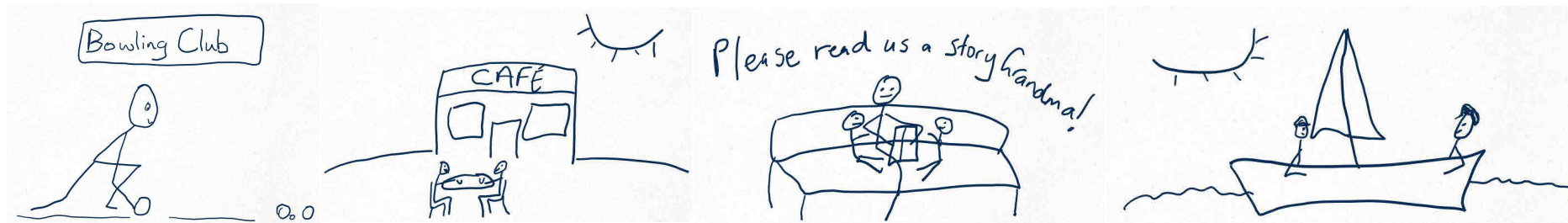
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