

## **“Cook Well After Stroke” Program Study**

### **INFORMATION FOR PARTICIPANTS/CONSENT FORM**



We know that **eating well** can help **reduce** the **risk** of



stroke and keep you **healthy**.



We have designed a **Stroke Recipe Book** and **Cooking Videos**



that may help you **eat better**



## **What** will you do in the study?

**Join** for **10 weeks**.

You can join with your **carer** or **family member**



You will **cook**



with our **Stroke Recipe Book**



and **3**

**Cooking Videos**



You will get a **\$100 gift card** to help with the **costs of food**.

You will **join 3 Peer Support Sessions**



on **Zoom**



to talk

with **researchers** and other **stroke survivors**



You will **answer** simple **questionnaires**



at the start and end of study.

## Your privacy

Your name and personal details will be kept private.



Only the researchers will see your information.



You can say no at any time.



If you want to **join**, **contact Nicole**.

**Phone:** 49216420

**Email:** [ChianThong.Chun@uon.edu.au](mailto:ChianThong.Chun@uon.edu.au)

**Do you understand the study?** (select one)

**Yes**

**No**

**Would you like to join?** (select one)

**Yes**

**No**

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_

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**For researcher:**

Name:

Signature:

Date: