

Key Findings

Participants were 54 Australian adults who had experienced a stroke or TIA within a range of 3 months to 5 years and had not been referred to inpatient rehabilitation



Age and Gender

63% women,
age range 31-78
years



Stroke History

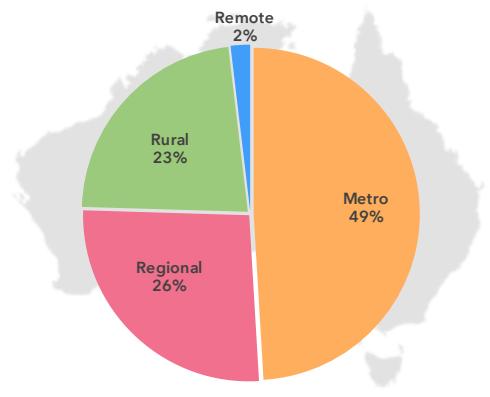
63% only stroke;
7% only TIA; 32%
both stroke and TIA



Time Since Stroke/TIA

Most participants had
their stroke/TIA 2-5
years (42.6%) or 1-2
years (33.3%) ago

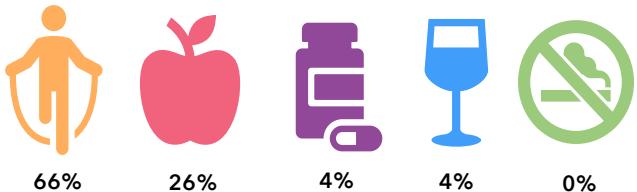
Location Classification



Participants' most common symptoms/activities affected post-stroke/TIA

- Exercise (50%) and socialising (43%) were the most affected activities for participants
 - The most common symptoms reported by participants were fatigue/tiredness (81%), memory issues (63%), balance problems (59%), and speech/language difficulties (50%)

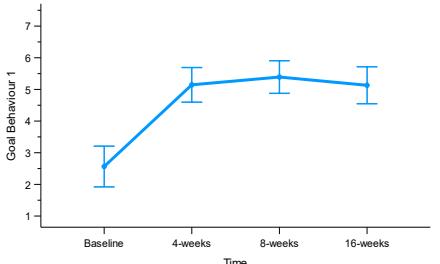
Most participants set goals related to physical activity or healthy eating...



Primary Outcomes

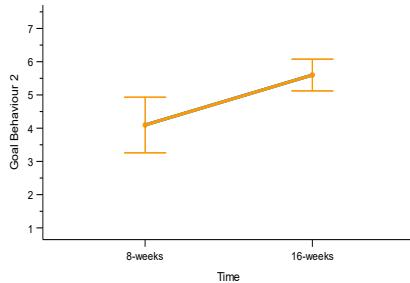
Improved Performance of Secondary Prevention Behaviour

We observed significant and sustained gains in participants' self-chosen behaviour for secondary prevention of stroke



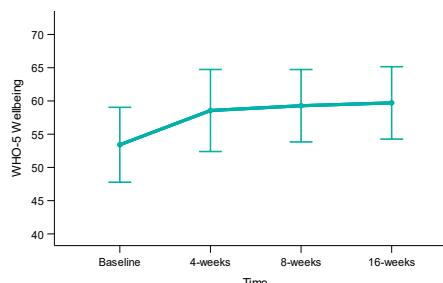
Adoption of Self-Management Skills

Participants independently applied the LWAS toolkit to change an additional behaviour after finishing the program



Improved Wellbeing

We observed significant and sustained gains in participants' wellbeing



Participant Feedback

Living Well After Stroke was overwhelmingly positively received, with 94% of participants reporting...

- High levels of satisfaction with their experience
 - The content was highly relevant to their health needs
- LWAS met or exceeded their expectations

Personalised and Empathetic Support from Facilitator

Participants valued the facilitator's guidance, empathy, and tailored support, with their strong communication skills contributing to the program's success.

"I felt our coordinator was able to work with each member of our group and with each diversity... [he] adjusted to this and to any of our own difficulties on the day."

Positive Group Dynamics

Participants commended the LWAS program for enhancing stroke survivors' recovery and wellbeing through shared narratives, empathetic engagement, and community support, resulting in positive outcomes.

"I enjoyed and benefited from being part of a small group... talking with others and hearing their experiences was very beneficial for me."