

# Living Well After Stroke

## 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

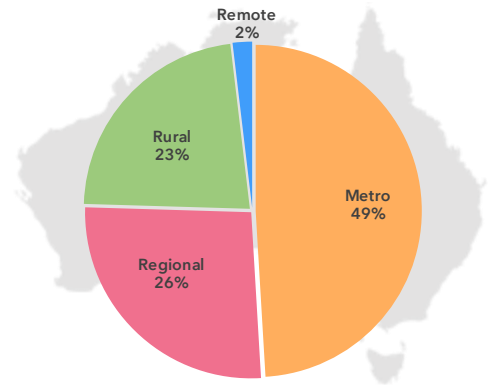


**Stroke History**  
63% only stroke;  
7% only TIA; 32%  
both stroke and TIA



**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...



66%



26%



4%



4%

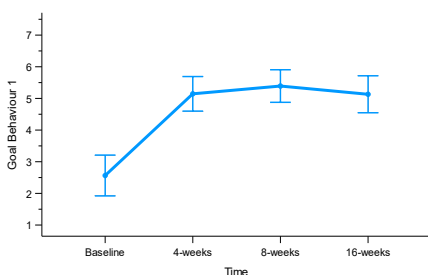


0%

## Primary Outcomes

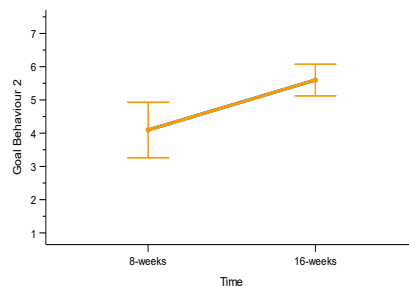
### Improved Performance of Secondary Prevention Behaviour

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



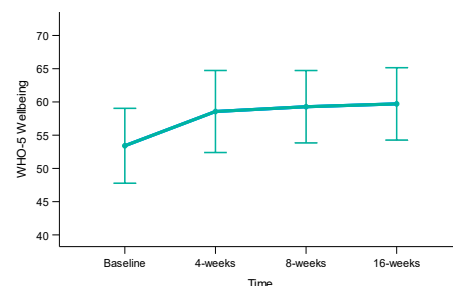
### Adoption of Self-Management Skills

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."*