



Stroke Recovery Association of Manitoba

Up's and Downs

Winter Newsletter 2015

Words from the President

Hello everyone!

I want to wish everyone a Happy New Year. I hope that you had great Christmas.

I would like to thank all the people who helped with the Christmas Party. It was held for the first time at St. Luke's Church which was a huge success. I also would like to thank the Campfire Junkies for their entertainment.

We also had for the first time a Christmas Bazaar. It was held for our members to avoid the busy malls in December. It was also a success so next year we are going to hopefully have more tables.

With the New Year we are planning our Annual Valentine Tea. It will be held at St. Luke's Church this year. Our hosts for the event will be Beau and Heather from 99.9 BOB FM.

We are in need of volunteers for the bake table, knit table, front door and of course people to help serve. Please contact Sherry, LaDawn or

Amber at SAM 942-2880 if you or someone you know can assist.

Hope to see you there!

~April Takacs



Coming Up



Annual Valentine Tea 2015

When: Sat., February 14th

Where: 130 Nassau St. N. –
St. Luke's Anglican Church

Time: 10 am – 1 pm

No admission – Donations
greatly appreciated!

Join us for some light
refreshments, bake table,
knit table, silent auction,
music and Beau and
Heather from 99.9 BOB FM!

**Please note: Wheelchair
access located at the side
door at the parking lot**



Occupational Therapy Stroke Study on Client-Centered Practice

Dear SAM members,

This past spring, four University of Manitoba Master of Occupational Therapy students conducted a study to learn more about how stroke survivors experienced their occupational therapy services. To gather information for this study, we had the privilege of interviewing four members of the Stroke Recovery Association of Manitoba (SAM). They shared their stories of stroke recovery and experiences with occupational therapy. Two main ideas were uncovered after interviewing these SAM members.

Most of the study participants reported experiencing a positive and trusting relationship with their occupational therapist(s). They defined positive experiences as occurring when occupational therapists were respectful, genuine, invested, and encouraging. In contrast, some less positive experiences were also noted. These experiences were due to the belief that the occupational therapist showed limited investment in the client, offered little to no choices, and lacked professionalism and knowledge.

The study participants described the relationship between the client and the occupational therapist as changing throughout the stroke rehabilitation journey. Depending on the stage of recovery and the effects of stroke, the amount of input clients wanted in their occupational therapy services varied. For example, immediately after experiencing the stroke, clients relied on their occupational therapist as the expert to make treatment decisions. However, later on in rehabilitation journey, some study participants

described that they appreciated having more say in the activities they do in their occupational therapy treatment.

These study participants confirmed the importance of asking clients how involved they want to be in making decisions about their treatment, as well as how presenting all the options available for treatment can help people who have had a stroke make informed choices. Including clients and offering the best care is something we will continually strive to do in order to create respectful, genuine, and individualized treatment. We will take the experiences and suggestions made by the participants and integrate them into our future practice as occupational therapists. We will share this information with other occupational therapists working in stroke rehabilitation to continue to highlight the importance of the client/occupational therapist partnership.

We would like to thank the study participants and the SAM for supporting this endeavour. If you would like to learn more about the study results, please contact us at otstrokestudy@gmail.com.

Sincerely,

Katie Bell, Tina Bos, Jayme Bryan,
and Carollyn Kriski
Student Occupational Therapists



Become a Member!

Only \$25 a year
Membership entitles you to:
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Contact us:
204-942-2880

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