

Programme Information

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Dates:

Saturdays

12th Jan 2019 – 30th Mar 2019

(6 sessions in total)

Time:

10 am to 12 pm

Location:

Integrated Building

Level 3, Medical Social Services Office

To register, please contact:

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Educate . Equip . Empower



Living Well After Stroke

A Stroke Self-Management Programme



**Sponsored by the Singapore National Stroke Association
In collaboration with:**

Changi General Hospital, St. Andrew's Community Hospital,
and Tan Tock Seng Hospital Community Rehabilitation Program

Living Well After Stroke

“Each patient carries his own doctor inside him.”

- Norman Cousins, *Anatomy of an Illness*

The **stroke self-management programme** aims to enhance the quality of life for stroke survivors by helping them build their confidence and ability to take charge of their own health. This is achieved through three ways:

Educating

Participants will learn about stroke, its symptoms, impact on both mind and body, and how to identify its risk factors.

Equipping

Participants are equipped with tools and practical advice on how to monitor their own physical health and manage their emotions. This includes blood pressure monitoring, coping skills, information on alternative therapies, community resources and nutrition.

Empowering

Armed with new knowledge and skills facilitated through group discussions and sharing, participants are empowered when they are able to take active steps to manage their own health. This helps them to gain a better understanding of stroke, and build their self-confidence in managing it, thus leading to a better quality of life.



“After this stroke, it’s a realisation that health is more important than anything else, and I would like to start taking charge of my health. I like to know how, and I also like to meet others who are in the same shoes as me.”

– Mr Tan S.T.

Session Dates and Time	Programme Topics
12/01/2019 (Sat) 10am to 12 pm	<ul style="list-style-type: none">● Learn about stroke● Develop a habit to monitor stroke symptoms● Learn to monitor your blood pressure on your own
26/01/2019 (Sat) 10am to 12 pm	<ul style="list-style-type: none">● Identify risk factors of stroke● Identify early warning signs and symptoms of stroke● Establish exercise habits
23/02/2019 (Sat) 10am to 12 pm	<ul style="list-style-type: none">● Develop healthy diet and cooking habits● Understand the power of positive vs. negative thinking
09/03/2019 (Sat) 10am to 12 pm	<ul style="list-style-type: none">● Acquire the principles for choosing alternative therapies● Acquire new coping skills in dealing with negative emotions
23/03/2019 (Sat) 10am to 12 pm	<ul style="list-style-type: none">● Consolidate a personal emotion management plan● Explore community resources available
30/03/2019 (Sat) 10am to 12 pm	<ul style="list-style-type: none">● Understand the importance of a balanced life● Expand your knowledge of community resources● Build your confidence in self-management capabilities