

‘Life after stroke’ – a Scotland perspective

Monday 22 October 2018, Radisson Blu Hotel Glasgow

DRAFT PROGRAMME



Plenary talks



Workshops

Time	Programme	Location
09:00	Registration and refreshments	
09:50	<p>Welcome address (10 minutes) Andrea Cail, Director of Scotland, Stroke Association</p> <p><i>This will include asking 2-3 questions to be answered as the day unfolds (link to our work / new strategy). Answers to these will be sought throughout the day from staff talking to attendees and on the interactive SA exhibition stand to take views and share on the ‘post It’ wall.</i></p> <p><i>Answers to be collated during afternoon and a few points for the Chair to share in closing remarks.</i></p>	
10:00	<p>Plenary 1 (45 minutes inc time for Q&A with the speakers)</p> <p>Our story: inspirational talks from people affected by stroke</p> <ul style="list-style-type: none"> <p>My stroke story and the hope to return to work Tom Middlemas - stroke survivor, member of the Edinburgh Community Stroke Services return to work group and Stroke Association Volunteer Tom will be sharing his stroke journey. Tom, a chef by profession, had his stroke at work during the breakfast rush. Tom will be talking about his life post stroke and the return to work group he participates in.</p> <p>Our family’s stroke journey Moira Clark - Wife of stroke survivor and Stroke Association volunteer Moira will be sharing how her life changed suddenly after her husband had a stroke while participating in a triathlon. As a wife and the mother of three young children, Moira shares her experiences and how this motivated her to start her own online support group.</p> <p>From stroke survivor to stroke thriver Jennifer Gall - stroke survivor, member of Tayside Speakability and Stroke Association volunteer Jennifer had her stroke when she was 18 years old. Since then she has gone on to win a Life After Stroke award, be an active volunteer and sits on the Tayside Speakability</p> 	

	committee.	
10:45	Refreshments	
11:15	<p>Workshop: Session 1 (45 minutes)</p> <p>a) Use of iPad technology to support communication Laorag Hunter - Speech and Language Therapist, Dundee</p> <ul style="list-style-type: none"> - The workshop will highlight standard iPad features which can make communication easier and more successful for people with aphasia. - Suggest specific skills that are useful to master and will signpost the participants to resources for developing their skills. - Describe a specific way of using the Instagram app to help people with aphasia connect with their friends and families. <p>b) A demonstration and interactive discussion – Our Stroke Helpline Sian McClure, Head of Stroke Information Services Stroke Helpline is a place where people affected by stroke can call to ask for information and seek support. Follow a demonstration of a typical phone call, ask questions about how the service works, and share any ideas you have about what the Helpline could offer</p>	
12:00	Lunch, exhibition and networking (90 minutes)	
13:30	<p>Workshop: Session 2 (60 minutes)</p> <p>a) Exercising after stroke Friederike Klinghammer - Moving Forward After Stroke Friederike Klinghammer - Moving Forward After Stroke <i>Moving Forward After Stroke</i> is a programme to help people affected by stroke recover their mobility and independence. It delivers specially designed exercise programmes to help people who have had a stroke across the UK regain their fitness, strength and stamina, as well as improve their balance. This will be a taster of a typical session.</p> <p>b) Have your say! This is an opportunity to join a discussion about stroke treatment and stroke support in Scotland.</p>	
14:30	Refreshments	
14:50	<p>Plenary 3: What's happening in post stroke research in Scotland (60 minutes – each speaker 10 minutes each and 2 Q&A, then 20 minutes Q&A at end with panel)</p> <ol style="list-style-type: none"> 1. Non ambulatory exercise after stroke – Megan Lloyd <ul style="list-style-type: none"> - Stroke guidelines recommend physical activity (PA); however, there is a lack of evidence and service provision for non-ambulatory stroke survivors (i.e. those who need support of one person to walk). 	



	<ul style="list-style-type: none"> - This is an important gap, because non-ambulatory stroke survivors are at higher risk of ill-health as they spend more time sitting. - Megan shares her research findings from stroke survivors in Scotland <p>2. Stroke rehabilitation & technology – Dr Andy Kerr</p> <ul style="list-style-type: none"> - There is a need for rehabilitation technology to support stroke care - However, we know that there are barriers for both patients and therapists - In this talk I discuss a way forward <p>3. Incontinence post-stroke – Prof Jo Booth</p> <ul style="list-style-type: none"> - Professor Booth will explore developments in continence care and the effective management of urinary bladder symptoms in stroke survivors. - Bladder problems are common in older adults, affecting more than half of older women and a third of older men. The symptoms can have a devastating effect on the person’s quality of life, severely affecting their family and social life. However, up to three-quarters of these people can be helped – or even cured – using simple approaches that support them to understand and self-manage their symptoms. <p>4. Psychological problems post stroke Dr Terry Quinn</p> <ul style="list-style-type: none"> - Psychological problems (depression, anxiety, fatigue, memory and thinking issues) are common following stroke. - People living with stroke consistently rate psychological problems as the most troublesome stroke related issue. - We know very little about managing psychological problems (but stroke association are investing in research in this area) 	
15:50	<p>Closing remarks (10 minutes – including answers to 2-3 questions asked in opening talk) Stephen King – Chair, Stroke Association</p>	
16:00	Depart	