

March 2015

Personal Handbook

Social and Leisure Activities After Stroke: Development and Feasibility Testing of a Peer-Led Coaching Intervention Project



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Work funded by:



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Section 1 Introduction

The Project

Many people who suffer a stroke find it difficult to get back to the sort of social and family activities that were important to them before their stroke. Being able to get out and about, visiting friends, or finding new hobbies can be difficult, and often people lack the confidence to 'give things a go'.



The School of Healthcare Sciences in Bangor University is working on a joint project with the local Health Service, Betsi Cadwaladr Health Board and Dr Salah Elghenzai (Consultant Physician Elderly/General medicine), as well as Nottingham and Stirling Universities to develop new ways of helping people to discover or re-discover social and leisure activities after a stroke.

The team led by Professor Chris Burton from Bangor University's School of Healthcare Sciences is completing a study to see if people who have experienced and recovered from a stroke can be 'peer coaches' for recent stroke survivors.

The study will train and support the peers as part of this small initial study in North Wales and will evaluate the effect of 'peer coaches' on all those involved.

The main aim is to encourage wider participation in activities which are beneficial to people with stroke as part of daily life, building on recovery in the community, such as a broad spectrum of individual or group social events, activities or pastimes – from pottery to arts groups; also focusing on a wide range of potential leisure activities, including but extending beyond walking, the gym or swimming.



The involvement of stroke peers brings ‘people power’ through experience and knowledge of what works, when and for who in the local community.



What are ‘Peers’ and what is ‘coaching’ in the project?

The evidence suggests that if people with stroke have support from other people who have experienced stroke they may benefit from the experience of other ‘peers’.

‘Peers’ act as guides and support people to think about what is possible and to regain a focus on social activities or those centred on leisure. Importantly these are bound up in people’s own lives and do not consist of a list. However as part of the peer work there are areas that are not appropriate to discuss and these will be

explained later. So the project uses 'peers' as a way of delivering coaching for YOU.

This coaching is about how a person thinks about a problem and having someone to 'talk through things' as a sounding board rather than direct instructions on 'what to do'. There are some basic 'ground rules' used for coaching in the project, these are listed below:

GROUND RULES FOR PEER WORK

- Respect for each other's opinion
- Provide an opportunity to listen to each other when talking
- Agree how long each meeting will last before it starts
- The relationship as part of peer coaching is part of a programme and peer work will be done in a supportive and professional manner
- The purpose of the peer work and the peer is help identify and shape goals
- The peer will only be involved in 6 sessions
- The peer cannot be involved in any way with the person having coaching outside these sessions

As part of the project a number of tools have been developed to assist and guide the process of coaching.

These provide a framework for YOU and the PEER to explore potential areas for action. Also, they help to re-think what may be possible, to take part in social or leisure activities in daily life.

Section 2 Your Paperwork! Sessions One to Six

Session One: *Connecting and Sharing*

The first session is focused on working on the purpose of coaching – that is, going through ‘what’s it all about’, also talking about ground rules for your meeting with your peer and building a relationship between you and your peer.

What is it all about? Looking for things to do that make me feel good!

AREAS for ACTION!

- What gives you a sense of satisfaction in your life
- Things that make you feel good about yourself
- Things that give you a sense of enjoyment
- Hobbies/interests
- Activities and pastimes
- Social things or things you do on your own
- Things you enjoyed doing before the stroke that you would like to pursue again
- A simple pleasure from your past you have not done for some time or wanted to do and would like to have a go now after the stroke

The first session is about getting to know you, sharing experiences and ‘connecting’ as much as possible as part of the programme.

At the end of the first session the peer needs to get an idea of what you may want to talk about in the next few sessions and get to know what you would like to achieve.

At the end of the first session the peer will try to get you to choose a number of things you want to ‘have a go at’ and put them in a diagram looking at what might be the most important for you – you can look at the order again another time with the peer – but just put your first set of ideas down on paper.



What kind of activity?

Since you are now further on in your stroke rehabilitation process you might feel:

You would like to think about starting to do some activities that you used to do and haven't been able to do for a while

or

Maybe you would rather explore the possibility of doing something that you have never done before

These activities:

- Can be any sort of thing that you enjoy doing
- Might or might not require you to socialize with other people
- Can take place in your home or they might require you to go somewhere

Some examples can be things like: making a crumble, gardening, going to Tesco, going for a walk, going to the cinema, playing cards...

What to focus on?

Can you think of some activities that you would like to start doing at this stage?

Session Two: *Developing vision/goals*

The aim of the second session is to build on the initial 'list' of areas for potential action and move forward in terms of thinking about actions and plans.



Think about the order in which you wrote the things you like in a list. Think about what might help and what might be a problem in achieving each. The peer will help you choose ONE to try and 'have a go at', looking at developing a plan of action – focused on WHAT needs to be done, by WHEN and involving WHO.



Initial thoughts - **Action Plan**

What are you wanting to do / achieve?

Things to do/Achieve	What is important	Who is required to help	Where will it take place	By when will it take place	Problems that may happen - how to tackle them

Session Three: *Making a start*

The third session is about taking the **ACTION PLAN** further and having a fully worked out plan that is agreed with the peer. This final plan will be agreed after thinking further about what needs to happen to achieve this, also who needs to help and check that everything is in place to take it forward.

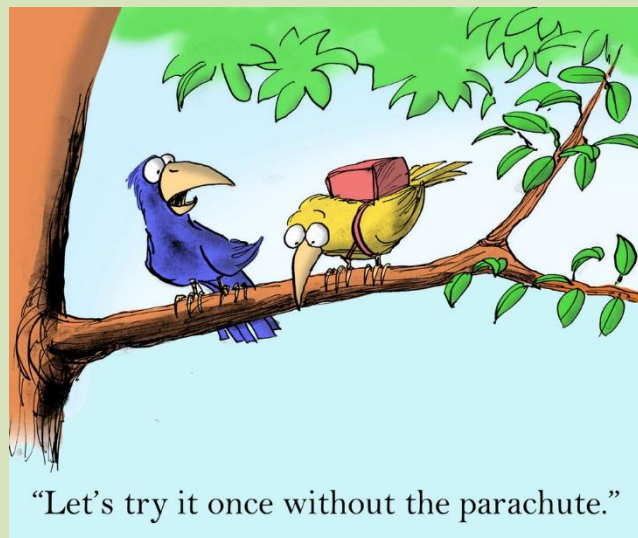


It will focus on the **ACTION PLAN** and look at '**PREPARING FOR WHAT IFS**' and '**PROBLEM SOLVING**', in case things do not go according to the plan.

Session Four: *Seeing how things are going*

The fourth session is about '*seeing how things are going*' and what else needs to be done to help or look again at the timescale and the activity. The peer looks again at the plan and what you have accomplished and guides the development of the plan – either working on smaller steps or moving forward.

Do more people need to be involved? Do you need more assistance or specific advice? Let's reflect and see where you are and the direction of travel!



Session Five: *Supporting and learning*

The fifth session carries on checking to see how things are going with the plan and tries to build on any learning and, if possible, build on the activity. It looks at the success and setbacks you have come across and how you have overcome barriers. It also looks at the support you have had and what you need for the next steps.



Session Six: *Evaluating and future directions*

The final session is about a final look at what you have **ACHIEVED** and how things have gone. It looks at the **CHANGES** and lessons you have learnt in taking forward your action plan.

The peer may revisit the original list of activities you thought of during the first session in order to identify other potential areas to build on in the future.



Future directions - **Action Plan**

What are you wanting to do / achieve?

Things to do/Achieve	What is important	Who is required to help	Where will it take place	By when will it take place	Problems that may happen - how to tackle them



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