



ISCHEMIC STROKE CAREGIVER CHECKLIST

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|-------------------------------------|--------------------------------------|--------------------------------------|------------------------------|
| <input type="checkbox"/> Chesley | <input type="checkbox"/> Lion's Head | <input type="checkbox"/> Southampton | <input type="checkbox"/> HDH |
| <input type="checkbox"/> Durham | <input type="checkbox"/> Markdale | <input type="checkbox"/> Tobermory | |
| <input type="checkbox"/> Kincardine | <input type="checkbox"/> Meaford | <input type="checkbox"/> Wiarton | |
| <input type="checkbox"/> Walkerton | <input type="checkbox"/> Owen Sound | | |

PATIENT ID _____

Resources: - Heart and Stroke Foundation Booklet "Let's Talk about Stroke"
 - Community Resources for Stroke Survivors and Their Families
 - Unit and discipline specific materials and demonstrations
 - For more information/resources, contact District Stroke Centre at (519) 376-2121, Ext. #2920

Patient preferences for caregiver involvement - Name: _____ Relationship: _____

<u>LEARNING GOALS:</u> Caregiver shows understanding of information given	<u>STRATEGIES:</u> Caregiver / Patient participates in active goal setting and training	<u>COMMENTS:</u> (i.e. Caregiver / Patient understanding)	DATE	INITIAL
SPECIFIC MEDICAL INFORMATION: ♦ Knows name of each team member ♦ Understands the signs and symptoms of stroke ♦ Understands the prognosis and recovery from stroke ♦ Understands the medications and their side effects ♦ Aware of treatment options	♦ Living with Stroke (pages 2-16) ♦ Caregiver Handbook (page 15) <input type="checkbox"/> Information presented <input type="checkbox"/> Resource contacts given <input type="checkbox"/> Follow up contacts given			
NUTRITION: ♦ Aware of the importance of nutrition to recovery and secondary prevention ♦ Understands the recommendations for nutrition ♦ Able to perform/comply with taught strategies ♦ Able to transfer information and training to post-discharge location	♦ Living with Stroke (page 31) <input type="checkbox"/> Information presented <input type="checkbox"/> Resource contacts given <input type="checkbox"/> Follow up contacts given			
COMMUNICATION: ♦ Aware of communication problems ♦ Understands the recommendations for communication ♦ Able to perform/comply with taught strategies ♦ Able to transfer information and training to post-discharge location	♦ Living with Stroke (page 9) <input type="checkbox"/> Information presented <input type="checkbox"/> Home program taught <input type="checkbox"/> CCAC SLP <input type="checkbox"/> Outpatient SLP <input type="checkbox"/> Community resources			
COPING STRATEGIES: ♦ Understands the implications of the stroke, including role changes ♦ Informed about power of attorney ♦ Linked with mental health/social work/psychology/chaplaincy ♦ Linked with community resources for assistance in planning ♦ Able to perform/comply with taught strategies ♦ Able to transfer information and training to post-discharge location	♦ Living with Stroke (pages 46-51; 70) ♦ Caregiver Handbook (pages 3-6; 9-14) ♦ Caregiver Handbook Resources (pages 22-33) <input type="checkbox"/> Information presented <input type="checkbox"/> Resource contacts given			

LEARNING GOALS	STRATEGIES	COMMENTS	DATE	INITIAL
COGNITION: ♦ Understands the recommendations for cognition, depression and behaviours ♦ Able to perform/comply with taught strategies ♦ Able to transfer information and training to post-discharge location	♦ Living with Stroke (pages 41-42) <input type="checkbox"/> Information presented <input type="checkbox"/> Home program taught <input type="checkbox"/> CCAC <input type="checkbox"/> Outpatient <input type="checkbox"/> Community resources <input type="checkbox"/> Recovery/Caregiver support group			
INTIMACY: ♦ Understands the implications of the stroke ♦ Understands the change of role which may occur ♦ Able to perform/comply with taught strategies ♦ Able to transfer information and training to post-discharge location	♦ Living with Stroke (page 52) ♦ Caregiver Handbook (page 19) <input type="checkbox"/> Information presented <input type="checkbox"/> Resource contacts given			
ACTIVITIES OF DAILY LIVING: ♦ Understands the recommendations for perception, dressing, grooming, feeding ♦ Understands the implications of "no driving" ♦ Understands the importance of leisure activities and high-risk activities ♦ Able to perform/comply with taught strategies ♦ Able to transfer information and training to post-discharge location	♦ Living with Stroke (pages 55-60) ♦ Caregiver Handbook (page 20) <input type="checkbox"/> Information presented <input type="checkbox"/> Home program taught <input type="checkbox"/> CCAC PT/OT <input type="checkbox"/> Outpatient PT/OT <input type="checkbox"/> Community resources			
ENVIRONMENT: ♦ Understands the need to assess the home ♦ Understands an enabling environment ♦ Knows who to contact for assistance ♦ Able to perform/comply with taught strategies ♦ Able to transfer information and training to post-discharge location	♦ Living with Stroke (page 34) <input type="checkbox"/> Information presented <input type="checkbox"/> Home assessment <input type="checkbox"/> CCAC <input type="checkbox"/> Adaptive/Assistive aides <input type="checkbox"/> Community resources			
MOBILITY: ♦ Understands the recommendations for transfers, ambulation ♦ Knows the precautions, especially prevention of falls ♦ Able to perform/comply with taught strategies ♦ Able to transfer information and training to post-discharge location	♦ Living with Stroke (page 38) <input type="checkbox"/> Home program taught <input type="checkbox"/> CCAC PT/OT <input type="checkbox"/> Outpatient PT/OT <input type="checkbox"/> Community resources			
MODIFIABLE RISK FACTORS: ♦ Understands the recommendations for risk factor modification ♦ Able to perform/comply with taught strategies ♦ Able to transfer information and training to post-discharge location	♦ Living with Stroke (page 22) <input type="checkbox"/> Information presented <input type="checkbox"/> CCAC <input type="checkbox"/> Community resources			