

PRESENTER DISCLOSURE

- **Presenter:** Mara Manzato
- **Relationships with commercial interests:**
 - **Grants/Research Support:** none
 - **Speakers Bureau/Honoraria:** none
 - **Consulting Fees:** none
 - **Other:** none

LEARNING OBJECTIVES

- 1) Understand the Role of Peer Support in Stroke Recovery**
Participants will be able to explain how peer support, provided by volunteers with lived experience of stroke, can bridge the emotional and psychological gaps experienced by newly diagnosed stroke patients in hospital settings.
- 2) Assess the Impact of Peer-to-Peer Interactions on Stroke Survivors**
Participants will evaluate the psychological benefits of peer-to-peer support for both stroke survivors and volunteers, including increased empowerment, confidence, and participation in the recovery process.
- 3) Implement a Peer Support Program in Hospital Settings**
Participants will identify the necessary components and collaboration strategies required to establish and sustain an in-hospital peer support program, integrating hospital staff, volunteer services, and community programs.



In-Hospital Peer Support: a win-win for stroke survivors

Presenter: Mara Manzato, Regional Manager, After Stroke
March of Dimes Canada

The Brag.

- MODC has been offering in-hospital peer support since 2008
- Hospital Peer Connections is an in-hospital peer support program where trained volunteers who have lived experience of stroke, visit newly diagnosed stroke patients in the hospital and provide messages of hope and inspiration, share their own stories of recovery and life after stroke, and begin to introduce programs that will support recovery.

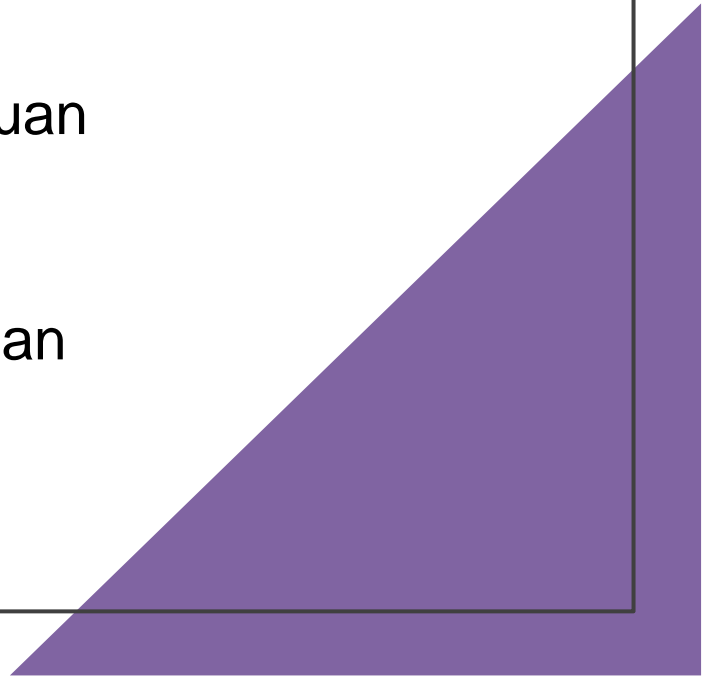
The Brag.

“I walk into a room and I am providing hope and letting them know what the road looks like, what to expect from their journey and that there is life after stroke. And that’s the most important thing, because when you are in the hospital you don’t know what life is going to look like.”
– *Peer Volunteer*

There are a lot of unknowns and that is where fear grows and its people like [the Peer Volunteer], who can help reduce some of those fears. – *Hospital staff*

The Why.

- Connecting with someone who has been through a similar experience can help new stroke survivors and family members find answers and can provide comfort. (Xiaojuan W., 2021).
- Hospital Peer Connections aligns with the 2019 Canadian Stroke Best Practice Guidelines.



The Win-Win-Win-Win.

Patients

- Reduce feelings of loneliness
- Connect with someone who knows first-hand what they are going through
- Know there is a community they will be welcomed to
- Increase feelings of hope and motivation
- Better understanding that there are supports and services available when they leave the hospital

Peer Volunteers

- Report feeling a sense of purpose, motivation, the ability to give back and make a difference.
- Get to share their story of recovery and resilience
- Practice skills that can further aide their recovery
- Stay active and involved in the community
- Increase confidence

Families

- Reduce feelings of anxiety of the future
- Increase feelings of hope and inspiration
- Better understanding of stroke recovery and resources available
- Better understanding of the stroke survivor's needs & feelings

Unit Staff

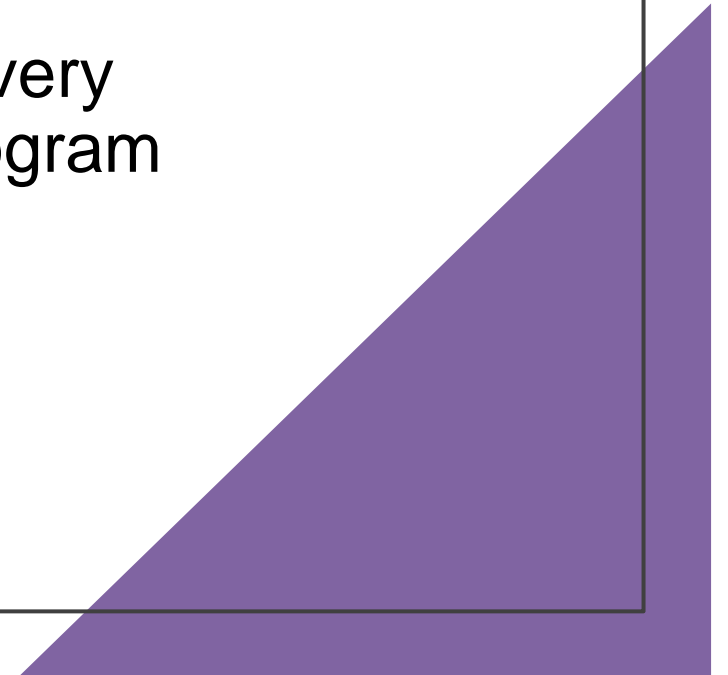
- Peer Volunteers can provide support that unit staff cannot (ie, emotional)
- Increase feelings of hope and inspiration
- Comfort in knowing patients are being introduced to services that can support the transition home

The Steps.

1. Environmental scan
2. Partnership agreement with MODC
3. Staff engagement
4. Volunteer recruitment, screening and onboarding
5. Program promotion and education
6. Establish a schedule
7. Launch
8. Monitor and evaluate

The Steal.

You could make a difference in the stroke recovery journey of your patients by implementing this program in your hospital.



Thank you!



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