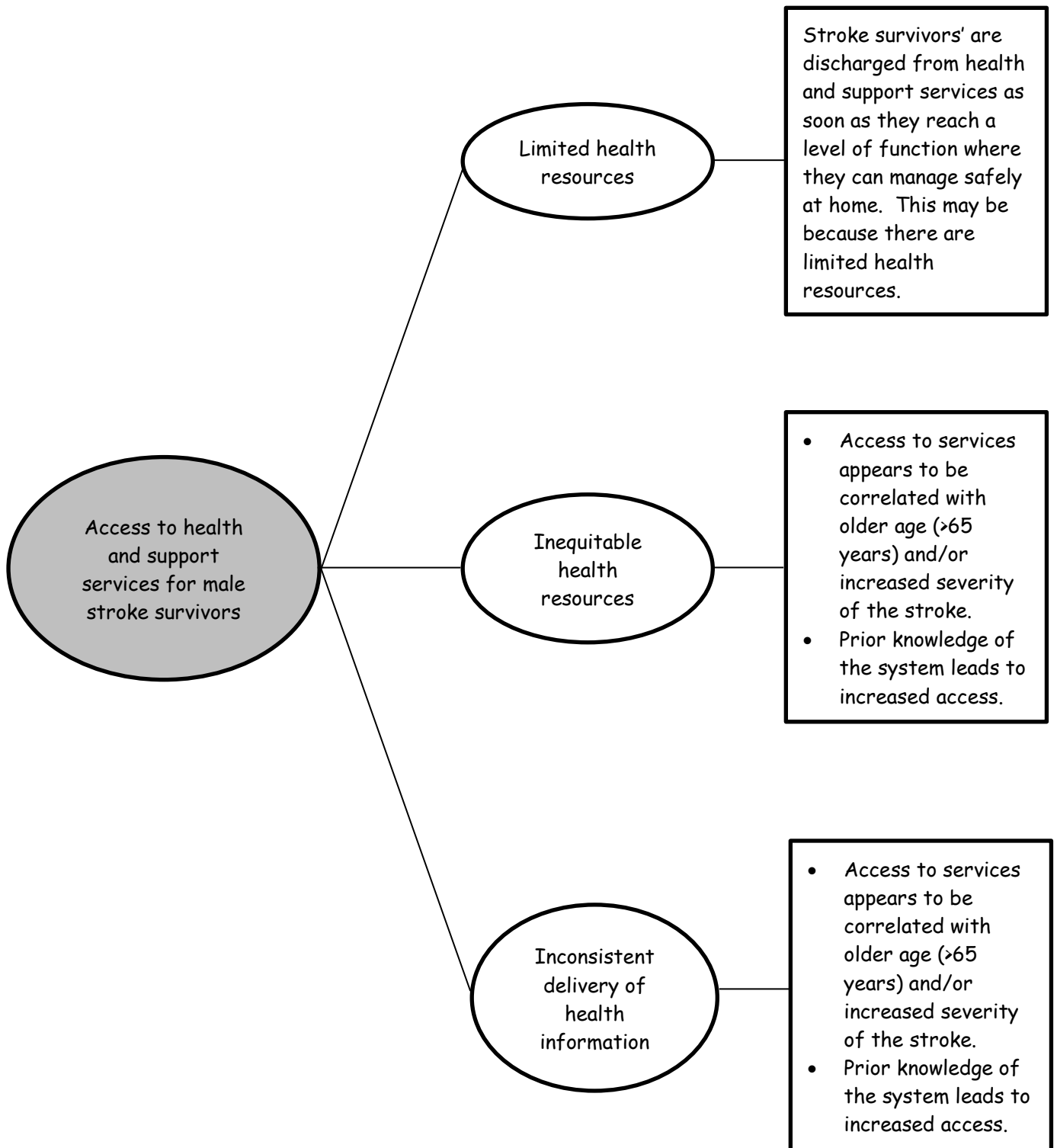


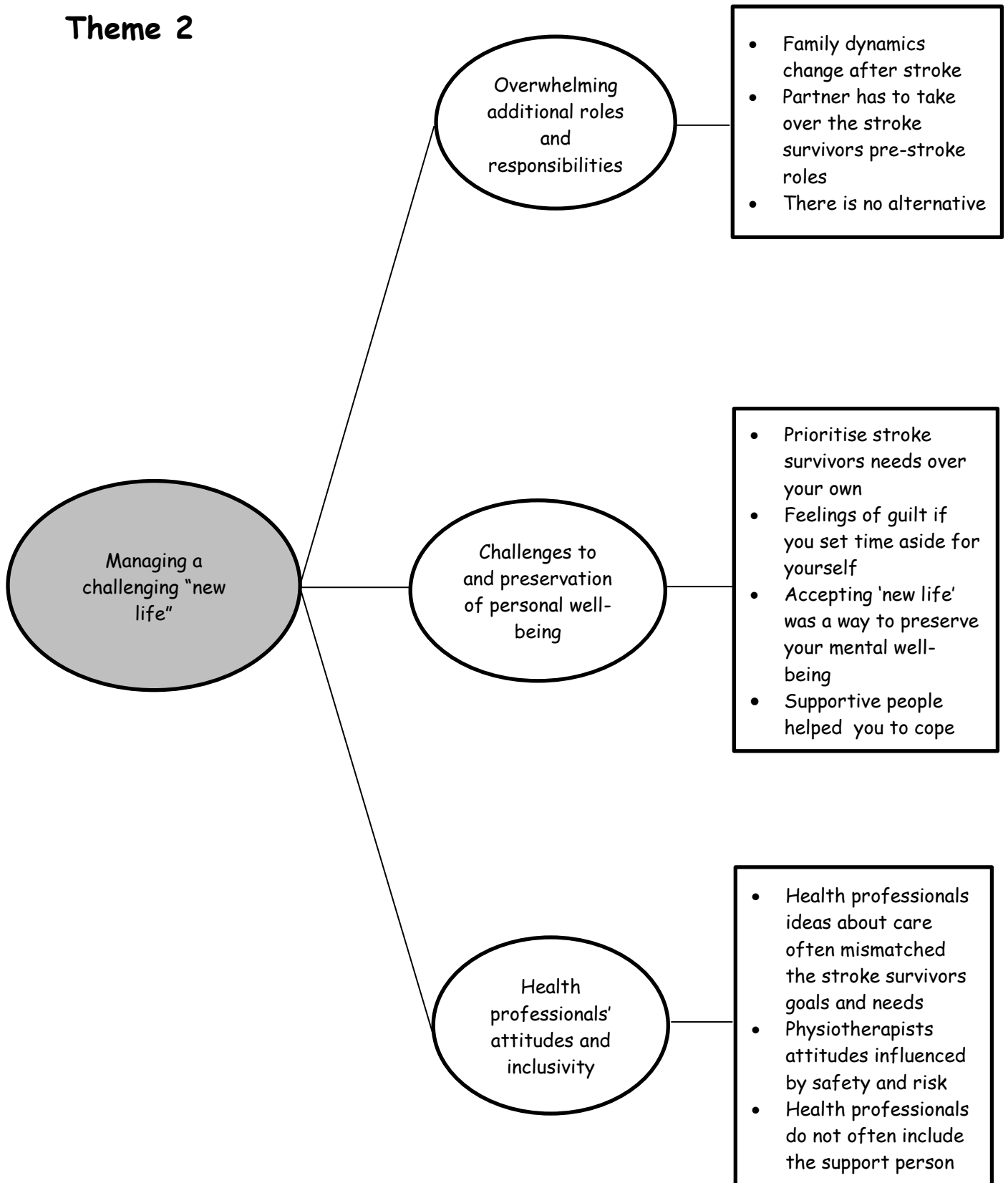
Draft findings from individual interviews with partners of male stroke survivors

Prepared by Ally Calder PhD Candidate
June 2015

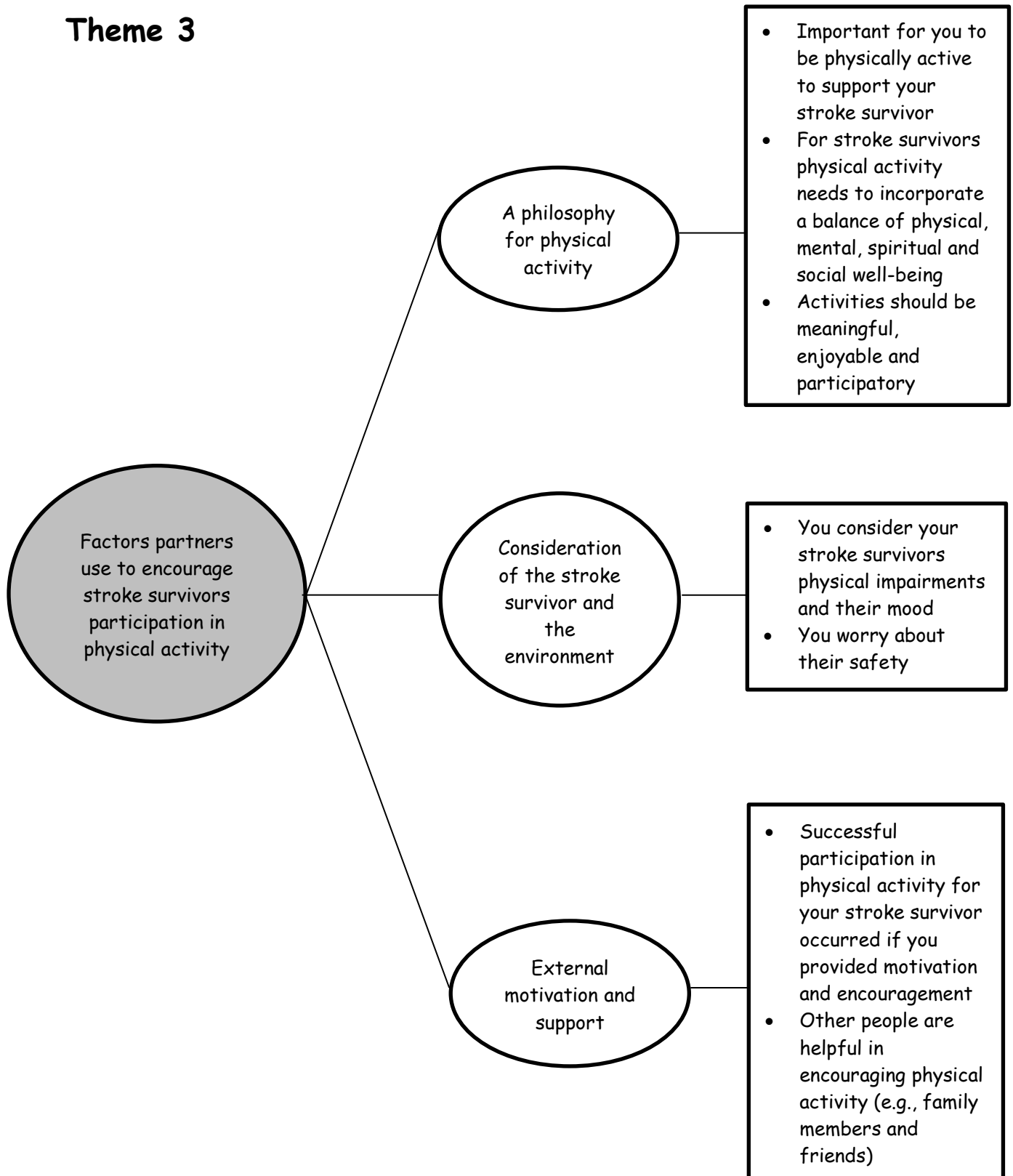
Theme 1



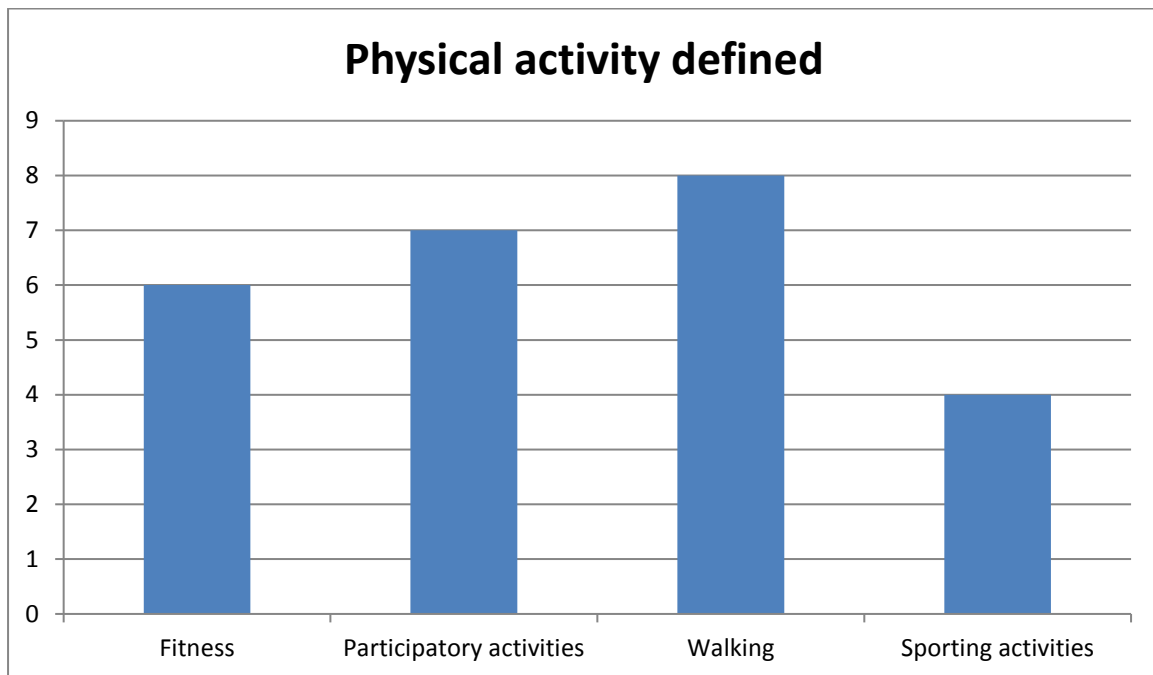
Theme 2



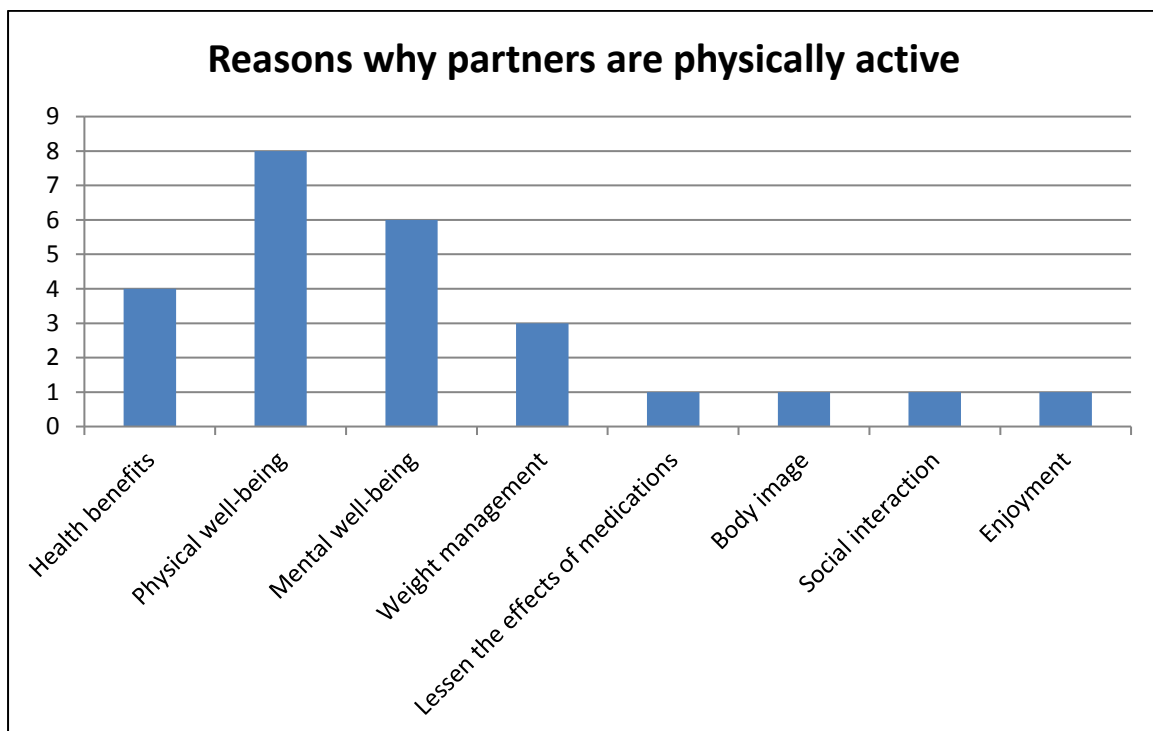
Theme 3



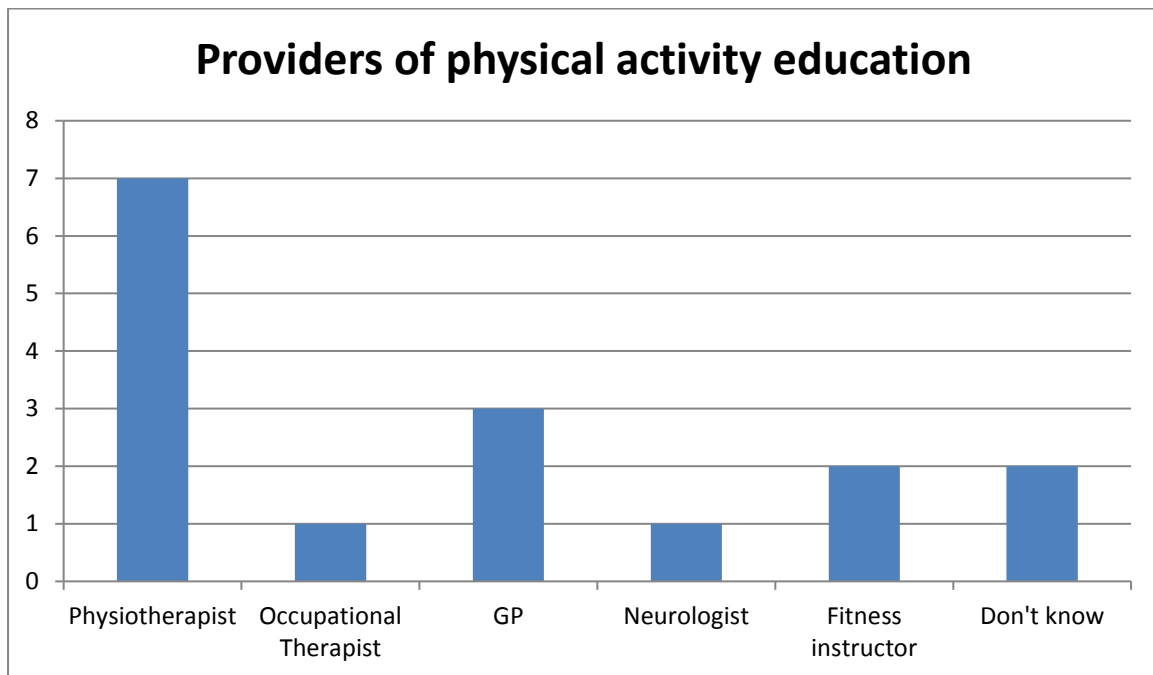
Partners defined physical activity....



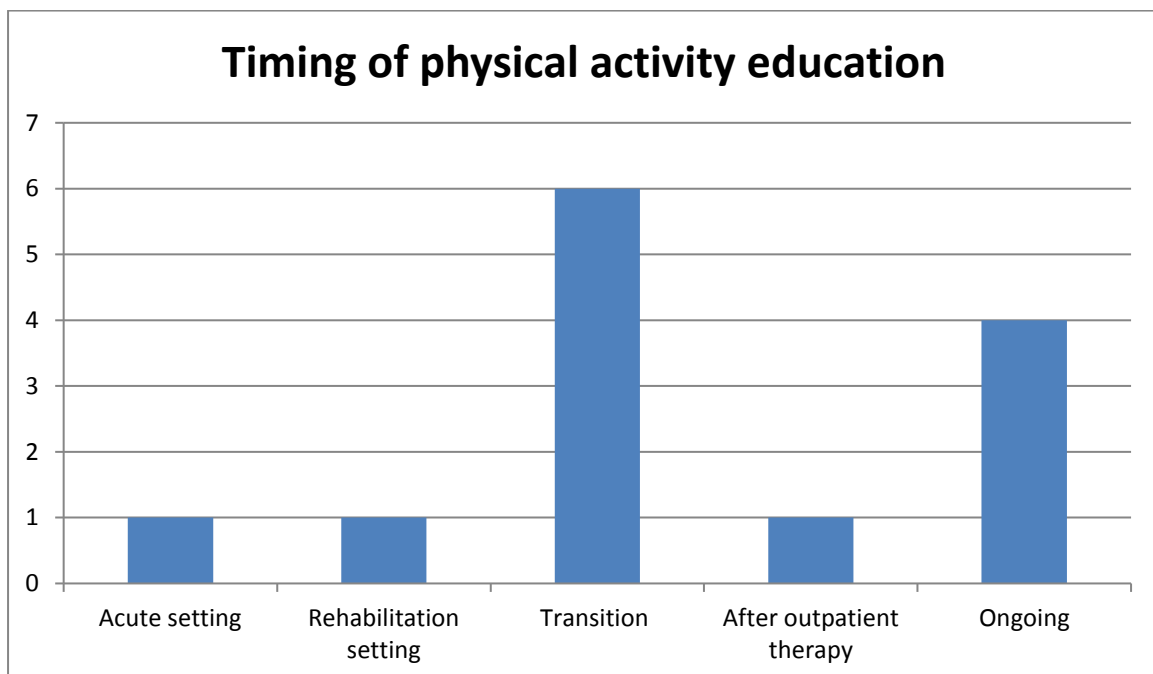
Reasons partners are physically active....



Education about physical activity should be provided by...



Timing of physical activity education....



Educational resource ideas so far

Encourage physical activity but do not insist

Stories are ok if they 'fitted' the stroke survivor situation

Think smarter

Try not to use the wheelchair if you can

Keep frustration to a minimum

Get your family involved as much as possible

Try to have someone to support you

Give everything a go and keep trying if you do not succeed the first time

Try things that you did pre-stroke

Try to go to activities with your stroke survivor

People learn and understand things differently

Examples of physical activities suitable might be useful

Let things slide, accept help from others, be strong and demanding

Do not be afraid to ask for help and support

Get as much help as you can

Need information of people that you might need to contact

Simple easy interactive apps would be a good way to share information

Do not lose hope as there are often alternatives to achieving your goals

Having an app that accommodated the stroke survivor goals would be good

Places to walk, ways to walk and easy physical activities to do would be useful

Information about healthy eating

Deal with physical activity day 1 following stroke

Make a plan

Routine is important

Be firm

Be confident

Try to be even tempered

Share time together

Talk about the positive things rather than dwelling on the negative

Be aware that men do not tell you when they are unwell

Use a belt for safety with activities

Although need to have a safe uncluttered environment recognise that the stroke survivor also needs to learn to be safe for themselves

Reinforce information as this helps learning

Ideal to have a permanent place where support person can go and share their knowledge and experiences to help other/new support persons

Did not find other people's stories helpful because you are too busy trying to work out how stroke has affected your own life

Record your achievements as this might add some hope

Apps that inform about how to involve family and friends would be useful for physical activity in stroke survivors

Information of where you can access help if you need it would be helpful

Inspirational stories

Keep the limbs moving is important

Information about how to support stroke survivors but also have your own space as support person would be helpful

Would be great to have a stroke survivor hotline

Education for support person about how to handle balancing support person personal life with new roles would be useful

Homework activities

Before the next meeting:

1. Consider the themes and sub-themes that Ally has constructed.
 - Do they represent your thoughts, ideas and experiences as a support person of a male stroke survivor?
 - Are there any themes that are missing?
 - Is the wording correct?

Please make any changes you wish and bring them to the next meeting. Feel free to scribble on the booklet.

2. Consider the ideas we have currently for the educational resource and jot down your thoughts about:
 - Headings of things that need to be covered (e.g., why is physical activity important for male stroke survivors etc).
 - Any other specific information that you think will be useful for other support persons of male stroke survivors.
 - Are there any items that you don't think would be useful in the resource
 - What would be the best mechanism for this information to be accessible for support persons of stroke survivors (e.g., written booklet, DVD, website etc)?

Thank you for your continued support with this research project

Notes

Notes