

Co-creating a complex intervention to increase leisure participation following stroke

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BACKGROUND

Participation in leisure activities positively influences emotional well-being, sense of self and life expectancy.

Following stroke, two thirds of survivors experience a reduction in valued leisure activities.

There is a paucity of interventions to address leisure participation post-stroke.

AIM

To co-create, with stroke survivors, carers and other stakeholders, a complex intervention to support post-stroke leisure participation.

METHODS

Consultation event with stakeholders

Stakeholders: stroke survivors, carers, clinicians, researchers, and commissioners

Facilitated activities to:

- Increase understanding of leisure
- Set the context for the project
- Frame the project aims
- Establish key components of intervention to facilitate participation in leisure

RESULTS

25 stakeholder participated and developed underlying principles.

Available when a stroke survivor is ready

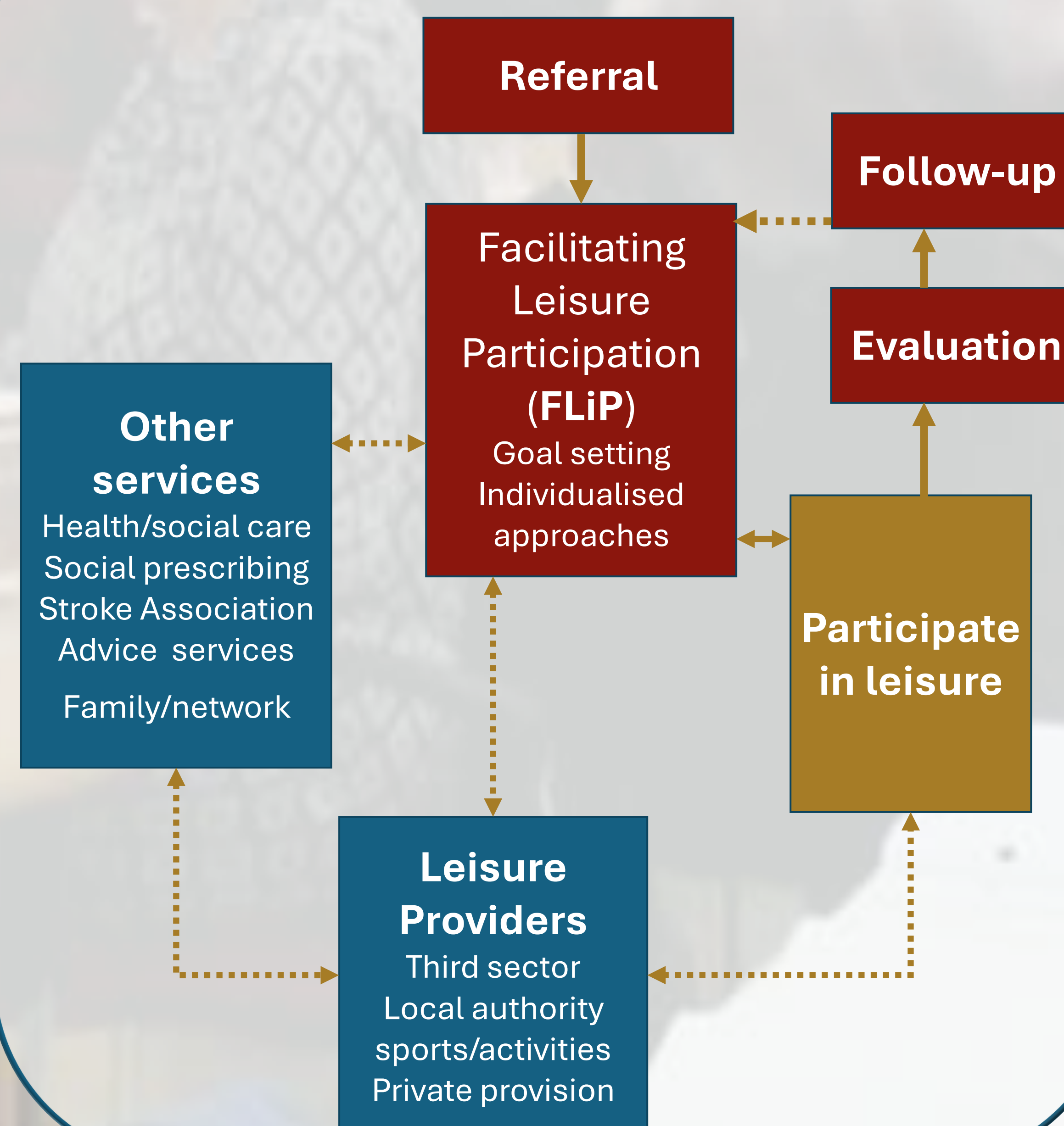
Planned with consideration of commissioning and sustainability

Collaborative across agencies

Shouldn't use prescribing terminology, instead use non-medicalised terms

Person centred and flexible within a structured pathway

A proposed pathway



NEXT STEPS

Development of a complex intervention to facilitate leisure participation.¹

A participatory research design will ensure stakeholders fundamentally shape the intervention.

Purposively sampled stroke survivors (n=15) and other stakeholders (n=15) will participate in co-creation meetings. They will explore and define:

- Intervention features
- Service parameters in relation to current provision
- Logistics
- Evaluation of the intervention

Framework analysis based on TIDieR² reporting will support data analysis.

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for more information



References

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