



ESTEEM – Exercising, Socialising and Thinking - an Environmental Enrichment Model in the community After Stroke

Is this you?

- 18 years or more
- Have previously had a stroke OR are a carer for someone who has had a stroke
- Live in the community (own home, with family or in an independent living unit)

What is ESTEEM?

- Researchers are designing a group where stroke survivors can exercise, socialise and participate in art based thinking activities in the community.
- These community programs provide physical, cognitive and social enrichment, offering further opportunities for rehabilitation.
- ESTEEM aims to enhance stroke survivor independence, emotional health and quality of life.
- We are seeking input from stroke survivors and their carers to help design the program, so that it meets the needs and wants of stroke survivors, now and into the future.

What will I be asked to do?

- You will be invited to attend a workshop at Hunter Medical Research Institute, or via an online platform (eg. Skype, Zoom) to share your knowledge, experiences and opinions with researchers.
- The workshop will run for no longer than 2 hours.
- Free parking will be provided.

What are the Benefits?

- You will be helping design a program that will help improve the lives of stroke survivors, and reduce their risk of a further stroke.

How to find out more

Contact the ESTEEM study coordinator Email: heidi.janssen@health.nsw.gov.au.
Telephone: (02) 4042 0417.