



Potential participants should be adults (over 18 years of age) who have had a stroke between three and eighteen months ago.

Participants will receive two programs (six weeks each) of upper limb therapy, that can be **delivered remotely** to the survivor of stroke in their own home.

Participants in the study will be asked to attend the **Hunter Medical Research Institute (HMRI)** 7–8 times over a period of twelve months.

If you are interested and would like further information, please contact your local TAILOR & CONNECT Centre on:



**02 4042 0310**

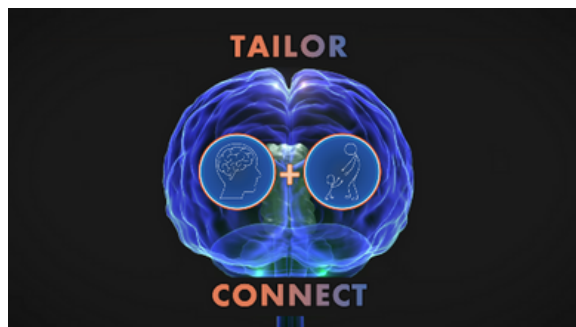


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This study has been approved by the Austin Health Human Research Ethics Committee Reference Number HREC/89411/Austin–2022

Information pamphlet :

Newcastle Version: 2, 18 February 2025  
from Master Version (Austin Version Number: 1.2, 6 December 2022)



**Want more information?  
Interested in becoming involved?**

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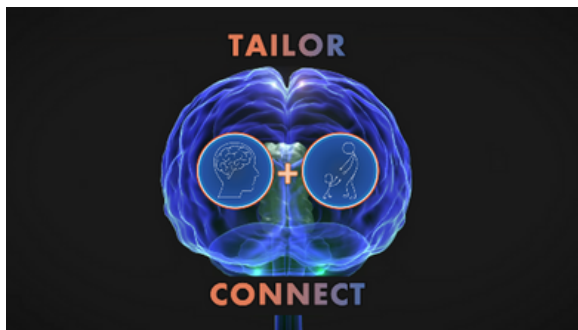
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# Staying Connected

Staying connected: Personalising stroke recovery and rehabilitation through new technologies for people living with stroke living at home.

**Short Title: TAILOR & CONNECT**



The **TAILOR & CONNECT** Therapy Centres have been established through a partnership between La Trobe University, The Florey Institute of Neuroscience and Mental Health, and Austin Health, with the support of the National Health and Medical Research Council (NHMRC)

This is a multi-centre study and will involve study sites in Victoria, South Australia and New South Wales.

The **TAILOR & CONNECT** Therapy Centre is recruiting people with stroke who have identified activity goals that they would like to focus on achieving through receiving evidence-based upper limb therapy, that can be delivered remotely to them in their own home.



@NeuroRehabSci



### What does participating in **TAILOR & CONNECT** involve?

- Obtaining **background information** about your stroke and how it affects your daily activities
- Asking you about **important activities** that you would like therapy to focus on
- **Assessment** of your hand and arm function using clinical tests
- Participating in two programs of **therapy** (six weeks each) over a 12-month period that can be delivered remotely via telehealth

### Who can be involved?

Anyone who:

- Has experienced a stroke between 3–18 months ago
- Is 18 years of age or above
- Has specific goals to work on

### Who provides the therapy?

An experienced Occupational Therapist or Physiotherapist – otherwise called a Research Therapist

### What does therapy involve?

You will receive two programs of therapy for your arm that go for six weeks each. Therapy can be delivered remotely through telehealth, directed by the Research Therapist. Any equipment you may need for therapy will be provided. You may choose to have someone you know (a “Therapy Buddy”) to help you with therapy if you wish



### How often are the sessions?

Each program of therapy consists of approximately 10 therapy sessions over six weeks