



## **“Take Charge”**

Take Charge is an evidence-based talking intervention designed in The Medical Institute of New Zealand to help people with their recovery after stroke. It promotes self-rehabilitation and helps a person who has had a stroke, focus on what and who is most important to them, and gives them the permission and tools to take charge of their life after a stroke.

### **What does it involve?**

Take Charge involves a visit or a video call with a staff member from the Irish Heart Foundation Stroke Support team who has been trained to deliver this intervention. They will meet with you on at least two separate occasions. This home visit /call will last approximately 1 hour.

You will be sent a Take Charge booklet in advance of the first meeting. You can have a friend, carer, or family member with you during the session. To take part you will need to complete some quick outcomes measures at the start and end of the intervention. These measures are standardised validated tools that are widely used for people who have had a stroke. They help us to find out if the Take Charge was helpful and they will be shared with you.

### **Does it work?**

Research into Take Charge has proved that it can help people after a stroke. It appears to work best with people who have had a recent stroke and are living in the community.

According to the researchers who designed Take Charge, the programme helps to support self-motivation after stroke, in other words, the person who had a stroke is doing the therapy themselves and not having the therapy “done to them”. More information can be found at <https://www.mrinz.ac.nz/programmes/stroke>

If you would like further information on “Take Charge” please contact us at [strokeservices@irishheart.ie](mailto:strokeservices@irishheart.ie)

