

Supporting wellbeing after stroke

A sense of psychosocial wellbeing is important for everyone. It is often affected by stroke, and both stroke survivors and clinicians identify the need for enhanced psychosocial support.



What is involved?

We would love to talk with you about how wellbeing is supported in stroke services. This can be in an interview or focus group.

An interview will take up to one hour at a time and place of your choosing.

A focus group with your colleagues will take up to 90 minutes and take place in a quiet room in your service or on Zoom.

If you are Māori, you are welcome to attend an interview or wānanga with Māori colleagues and researchers.

What would we talk about?

We will explore how people's psychosocial wellbeing is supported in stroke services, your role in this, and what helps (or hinders) you in supporting wellbeing.

We welcome your whakaaro (thoughts) of how services could better support wellbeing for whānau who experience strokes in the future—both the stroke survivor and those who support them.

Who are the researchers?

Dr Felicity Bright (Pākehā) is a speech-language therapist and stroke researcher at AUT.

Bobbie-Jo (BJ) Wilson (Ngāti Tuwharetoa) is a physiotherapist and Māori health researcher at AUT.

Claire Ibell-Roberts (Pākehā) is a physiotherapist and researcher at AUT.

They are supported by Rukingi Haupapa (Te Arawa, Ngāti Whakaue) and the Awhi Mai Stroke Trust.

How do I find out more?

If you would like to know more, or if you would like to take part in the research, you can:

1. Phone the team on 021 713 645; or
2. Email the team at wellbeing.study@aut.ac.nz

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