

SAHK

Citation: Leung, S. M. and Liu, C. H. (2009). *Continuing Stroke Rehabilitation in the Community*. Abstracts of the HKEC Symposium on Community Engagement IV “Healthy Community: We Can Make A Difference”. Hong Kong.

Introduction:

Stroke is by itself complex and multidimensional. In stroke management, special attention should be paid to the overall well-being of the survivors. Major problems for stroke survivors lie on their difficulties in integrating and generalizing skills learned from individual departmental units of conventional therapy into real life situations. The Continuing Rehabilitation Centre of SAHK is a self-financed unit that has adopted the Hungarian Conductive Education (CE) as a common philosophy shared by its entire team of allied health professionals. It creates a common platform that brings together multi-departmental specialists to apply their expertise in a holistic manner to address the all-round needs of community-dwelling stroke survivors.

Purpose of the Project:

Engagement in training under natural environment is the major objective in community rehabilitation. With the CE framework, we have established infrastructures that facilitate stroke survivors’ re-integration into the community. We focus on ‘leading out’ self-efficacy and competency for real-life training. We support life-wide learning in major life domains among these survivors (i.e. self-care and leisure) by ‘unlocking’ underlying potentials to interact with the environment, to experience success and to develop self-efficacy and competency. Fear of fall is one of the major psychological barriers that prevents stroke survivors from participating in real-life events.

Material & Methods:

Self-efficacy and competency for real-life trainings are founded on balance control and reflected by community participation that were evaluated by the Berg’s Balance Scale (BBS) and the Community Integration Questionnaire (CIQ) respectively.

Results & Conclusion

20 community-dwelling stroke survivors participated in our center’s rehabilitation program volunteered to the study. Despite the fact that most of our clients were at their convalescent stage of recovery, improvement was found in both balance control and community integration. Advancement in community integration and balance ability provide a solid foundation for the life-long rehabilitation of community-dwelling stroke survivors at home.



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