



Community Partnership Program for Older Adults with Multiple Chronic Conditions and Stroke: A Pragmatic Multi-Site Randomized Controlled Trial

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Summary of Project

Most strokes occur in the context of other chronic conditions, such as Type 2 Diabetes, hypertension, and heart disease, which have the potential to negatively affect stroke rehabilitation. Stroke survivors with multiple chronic conditions (MCC) transition across multiple care settings and are at high risk of receiving fragmented care. Most stroke rehabilitation programs and guidelines do not address the challenges to patients and home care providers of managing MCC.

An interprofessional (IP) team approach to community-based stroke rehabilitation was developed to support older adult stroke survivors receiving home care services and their family caregivers. This program includes additional in-home visits from the specially trained IP team and monthly team case conferences to develop a client-centered plan of care. The objectives of this study are to examine the feasibility, acceptability, effectiveness and costs of the Aging, Community and Health –Community Partnership Program for older adults (≥ 65 years) with MCC and stroke and their family caregivers.

Our hypothesis is that participants receiving the IP team approach to community-based stroke rehabilitation will show greater improvement in quality of life, self-efficacy, and community reintegration, at no additional cost from a societal perspective, compared with those receiving usual home care services. The results of this study will inform policy and practice regarding the delivery of home care services for stroke rehabilitation.

The study will commence in January 2016 in Alberta and Ontario.