
Developing a Stroke Camp Program

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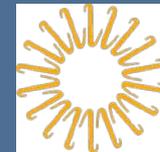
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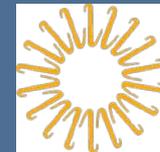
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Disclosures

- Joint Commission surveyor for stroke center certification
- Adjudication for SOCRATES and WHI studies
- Medicolegal malpractice review
- Authorship for Ebix, Medlink, and Medscape



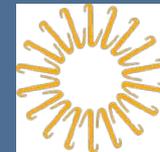
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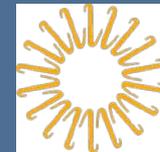
What is stroke camp?

- Definition: “A camp for stroke survivors and caregivers, intended as a day of relaxation and respite, which typically includes activities found at traditional camps as well as educational activities. Camp duration may be one day to or an entire weekend.



History of Stroke Camp in the US

- First stroke camp started in Lexington, Michigan in 1993 and has continued for 22 straight years
- Refresh & Retreat Stroke Camp, the largest organization of stroke camps in the United States, started its first camp in 2004 and became a non-profit in 2007
 - At the end of 2013, a total of 85 camps in 12 states had been held
- Other stroke camps have focused specifically on patients with aphasia (Wisconsin and Oregon)
- In the Northeast, stroke camps have started in New Hampshire, New Jersey, Rhode Island
- A statewide stroke camp initiative is planned in Rhode Island for 2016 through the Stroke Coordinators Network

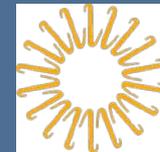


Setting up a stroke camp

- Campers
- Volunteers
- Legal forms
- Activities
- Money



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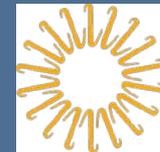
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Campers

- Stroke support groups
- Hospital flyers
- Stroke coordinators network



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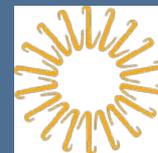


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Volunteers

- 1 volunteer for every 2-3 stroke survivors
- Health care providers (nurses, physicians, advanced practice providers)
- Therapists (PT, OT, speech)
- Young people (high school and college students)

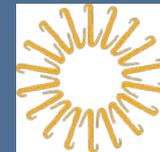


Legal stuff

- Health care forms
- Indemnity forms
- Volunteer forms



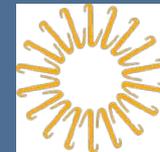
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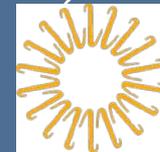
Activities

- Use your imagination!
 - Arts and crafts
 - Music and dancing
 - Potting plants
 - Board and outdoor games
 - Heart healthy meals
 - Bonfires and s'mores (yummy!)
 - Wheelchair accessible hayrides
 - Wheelchair accessible beaches and water
 - Massage treatments
 - Yoga and modified chair exercises
 - Photo booths
 - Caricature artists
 - Cruises
 - Ask the professional



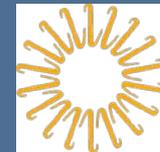
Raising money

- \$5000/100 people/day
 - food, entertainment, and facilities
- Private philanthropy
- 501(c)
- Industry sponsorship
- Affiliate with strokecamp.org
- Form a collaborative through a network (e.g. stroke coordinators, hospitals, etc.)



Research opportunities?

- Quality of life metrics? Survivor? Caregiver?
- Longitudinal assessment of recovery?
- Provide research opportunities for recovery studies to attendees

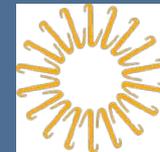


Inside secret

- The volunteers have a great time and partake in the activities as well



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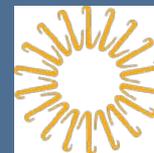


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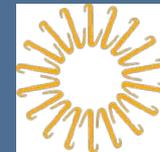


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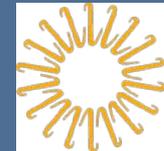


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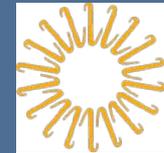
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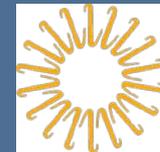
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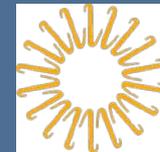
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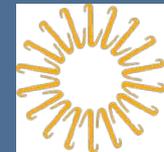
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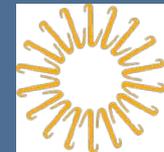
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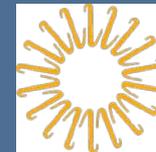
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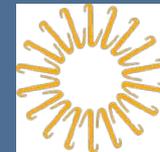
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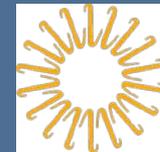
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