SUPPORTING FAMILIES & PATIENTS POST-STROKE FOR DISCHARGE



Abby McCormack – Registered Social worker.

WHY THIS MATTERS

Stroke impacts patients and whānau deeply

Hospital discharge is often overwhelming

Interdisciplinary teams bridge hospital and home

Safe discharge = dignity, choice, and quality of life

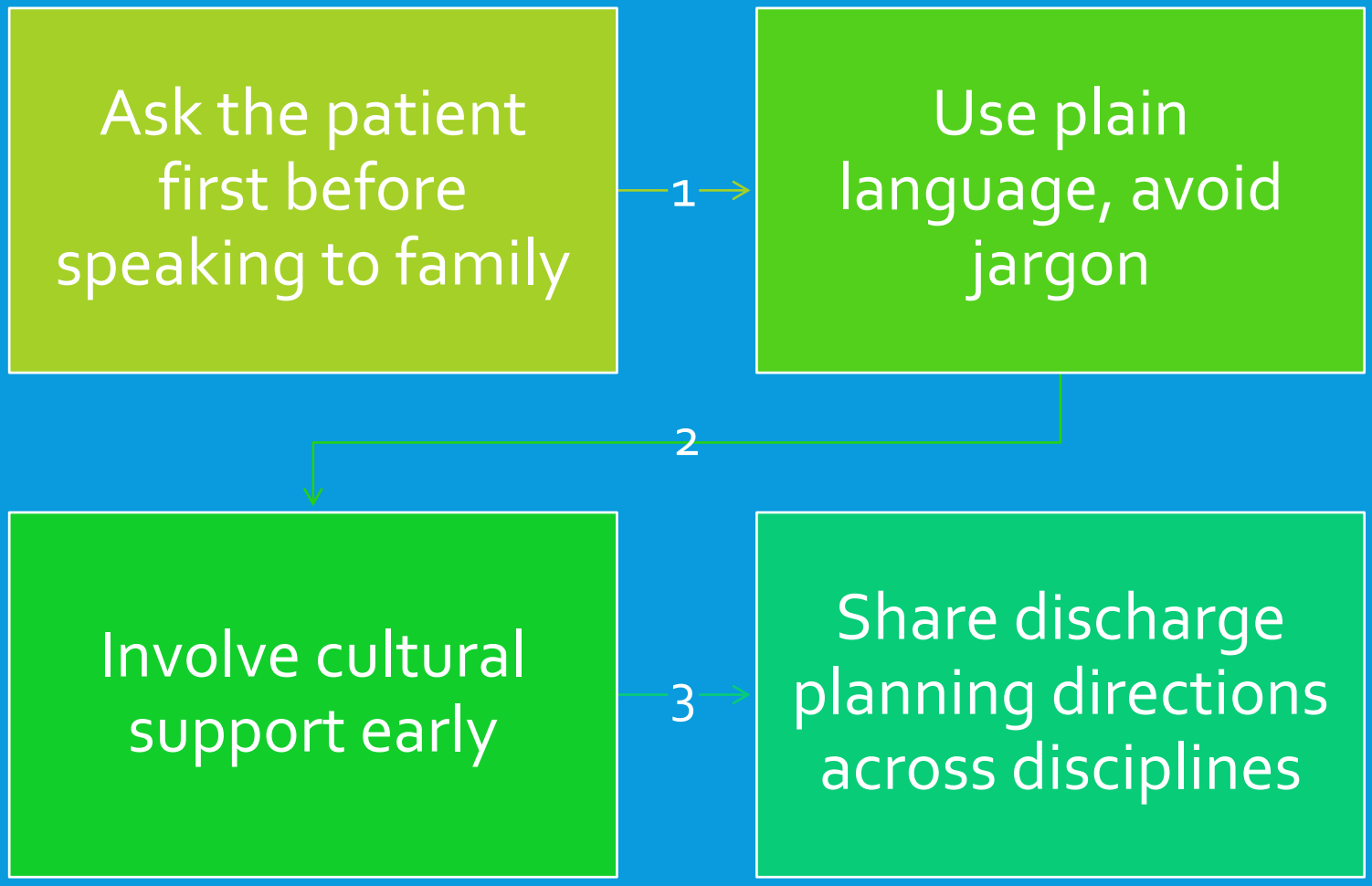
ROLE OF SOCIAL WORK IN STROKE DISCHARGE

- Advocacy for patient and family needs
- Coordinating services & resources
- Navigating systems (health, housing, income)
- Supporting emotional and psychosocial recovery

VALUES IN PRACTICE

- Rangatiratanga
- Mana-enhancing
- Patient voice
- Balancing needs
- Aroha and Korero
- Kotahitanga
- Whanaungatanga

INTEGRATING VALUES ACROSS THE TEAM



RESPECTING SELF-DETERMINATION



Looks like: patient choosing rehab location



Patient sets personal recovery goals



Barriers: 'we know best' attitudes, time pressures

MANA-ENHANCING PRACTICES



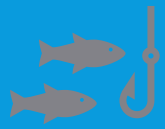
Acknowledge and affirm strengths



Involve whānau as partners



Support identity – hobbies, roles, beliefs



Example: including fishing gear in home rehab

PATIENT VOICE IN ACTION



Listen without interrupting



Validate feelings before problem-solving



Use 'teach back' method to check understanding

BALANCING NEEDS & CONVERSATIONS

Challenges: conflicting views between patient & family

Strategies: restate common goals

Break complex decisions into steps

Offer options, not ultimatums

KIND & CLEAR COMMUNICATION



Timely conversations – discharge planning starts at admission



Use 'What matters most to you?"

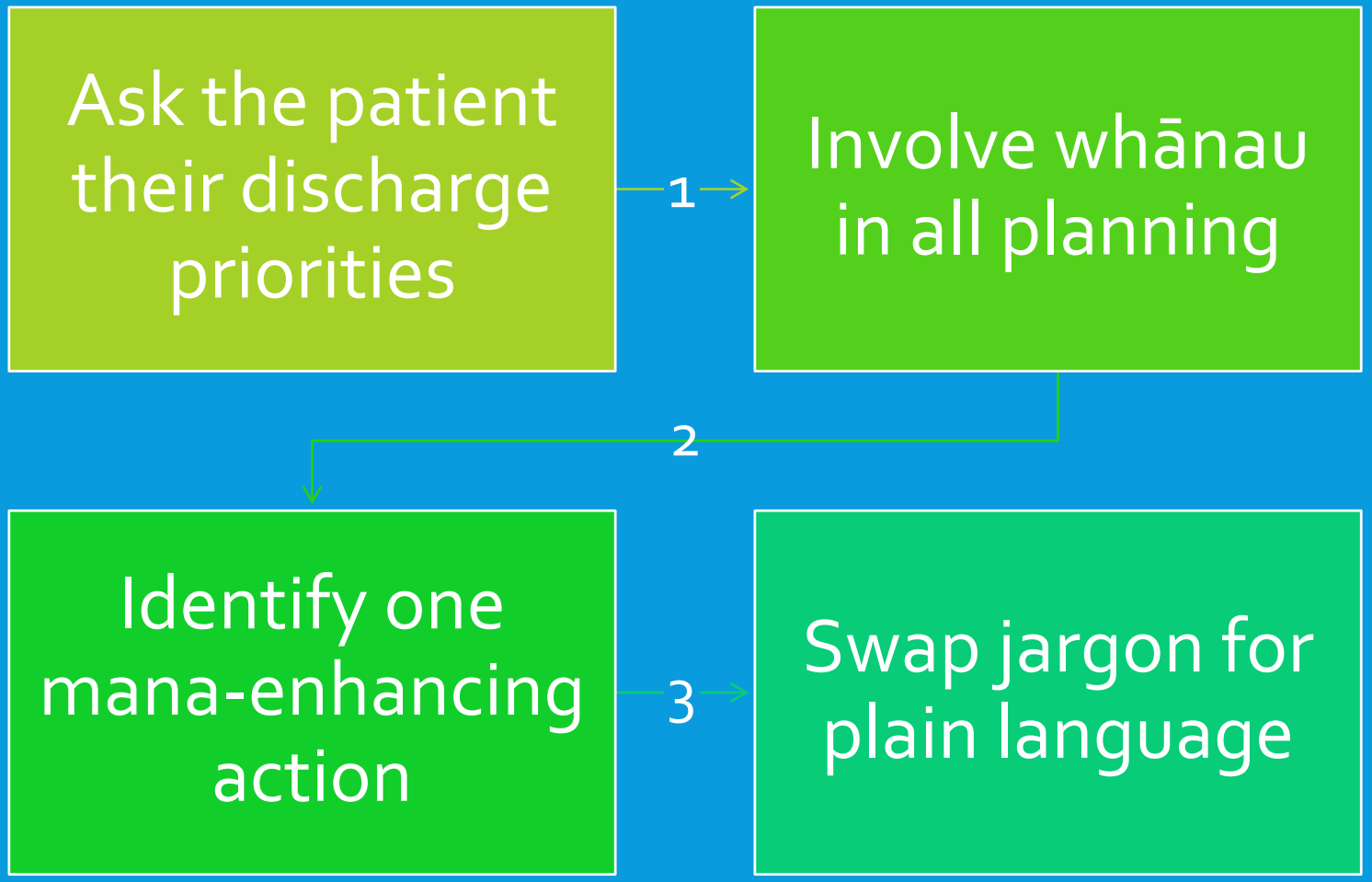


Share realistic expectations without removing hope

CASE EXAMPLE



WHAT CAN YOU DO TOMORROW?



INTERACTIVE DISCUSSION



Prompt: Think of a recent discharge – what worked well?



What could be improved?

CLOSING & CALL TO ACTION

Every discharge is a chance to strengthen recovery, independence, and dignity

Every discipline plays a role

Apply one new practice tomorrow

MAURI ORA, NOHO ORA MAI RĀ

