

Welcome, 09.15 - 09.30	Chair ELASF Scientific Committee, Professor Avril Drummond
Plenary 1, 09.30 - 10.45 The focus on life after stroke	
<p>Overview</p> <p>This session will highlight the importance of our focus on life after stroke. The findings of a key European report on life after stroke and plans for implementation will be presented and a project focusing on providing good life after stroke care and support will be showcased.</p>	
<p>A life saved is a life worth living</p> <ul style="list-style-type: none"> • Launch of new SAFE research report on the unmet needs of stroke survivors and carers • Review of key findings • Recommendations for future action and research 	Professor Charles Wolfe, King's College London, England
<p>How Europe is responding to life after stroke?</p> <ul style="list-style-type: none"> • Response to the new report, A life saved is a life worth living • How can we make life after stroke a political priority • Using Stroke Action Plan for Europe 	Professor Peter Kelly, European Stroke Organisation President, Ireland
<p>Life after stroke services (ABRIC) in Catalonia</p> <ul style="list-style-type: none"> • Overview of the new life after stroke services (ABRIC) project in Catalonia • Presentation of the outcomes after the first year • Stroke survivor experience of using the service 	Mercè Ayesta, Fundació Ictus Coordinator & Gloria Bou, stroke survivor, Barcelona, Spain
Q and A	
Coffee Break 10.45-11.30	
Morning Parallel Sessions 11.30-12.30	

<p>Driving after stroke - practical tips</p> <p>Mobility and driving after stroke</p> <p>Driving in Europe: rules, regulations and research</p> <p>Driving after stroke: clinical practice</p>	<p>Annika Linder MSc, Uddevalla Hospital, Sweden</p> <p>Associate Professor Helena Selander, University of Gothenburg, Sweden</p> <p>Ingrid Bolin, Mobilitetscenter, Gothenburg, Sweden</p>
<p>Creating services and a community where people live life well after stroke: a debate</p> <p>Lived experience of recovery and reintegration after stroke</p> <p>Core constituents required within a stroke service and the community for stroke survivors to live their lives well and not feel abandoned after rehabilitation ends</p> <p>Debate with the audience: What should be in place to enable people to live well</p> <p>Conclusion and call to action recommendations</p>	<p>Jim Currie, stroke survivor, Scotland</p> <p>Dr Nicola Hancock, University of East Anglia, England and Professor Marie Elf, Delarna University, Sweden</p>
<p>Intimacy, relationships and sexual wellbeing after stroke</p> <p>Dealing with intimacy, relationships and sexual wellbeing after stroke</p> <p>Peer support for intimate relationships after stroke: initial findings to inform a co-designed digital self-management programme (HOPE4ABI)</p> <p>Let's talk about it – why is it important to support communication about sexual wellbeing and intimacy after stroke?</p> <p>Panel discussion with speakers</p>	<p>Diana Wong Ramos, stroke survivor, Portugal AVC Stroke Organisation, Portugal</p> <p>Dr Hayley Wright and Aimee Walker-Clarke, Coventry University, England</p> <p>Birgitte Hysse Forchhammer and Yago Bundgaard, stroke survivor, Danish Stroke Organisation</p>

<p>Physical activity after stroke</p> <p>Light exercise session</p> <p>Developing physical activity routines after stroke</p> <p>Adherence to physical activity following stroke</p> <p>Top tips session</p>	<p>Dr Sarah Moore, University of Northumbria, England</p> <p>Mari Gunnes, Norwegian University of Science and Technology, Norway</p>
<p>Lunch Break 12.30-13.40</p>	
<p>Plenary 2, 13.40 - 14.55</p> <p>Secondary prevention</p>	
<p>Overview</p> <p>This session will present some of the challenges and solutions around secondary prevention after stroke. It will present up to date knowledge around medicines, nutrition and gadgets.</p>	
<p>Preventing recurrent stroke (medical secondary prevention)</p> <ul style="list-style-type: none"> • An outline of key (medicine) management in stroke secondary prevention • The evidence behind the most commonly prescribed medicines after a stroke 	<p>Professor Rónán Collins, Tallaght University Hospital and Peamount Hospitals, Dublin, Ireland</p>
<p>How can I improve my nutrition after stroke?</p> <ul style="list-style-type: none"> • There are more myths around nutrition than perhaps any other area in medicine- so what should stroke survivors know about nutrition post stroke? • What role does diet play in staying healthy and preventing further strokes? 	<p>Dr Jo Kwan, Charing Cross Hospital, Imperial College London, England</p>
<p>Evidence behind wearable technology post stroke</p> <ul style="list-style-type: none"> • There are many new wearable devices aimed at keeping patients healthy - what can they really measure? • Is there robust evidence that these can keep you healthy and prevent further strokes? 	<p>Dr Liam Healy, Cork University Hospital, Ireland</p>
<p>Q and A</p>	

Afternoon Parallel Sessions 15.00-16.00

Driving after stroke - practical tips

Mobility and driving after stroke

[Annika Linder MSc, Uddevalla Hospital, Sweden](#)

Driving in Europe: rules, regulations and research

[Associate Professor Helena Selander, University of Gothenburg, Sweden](#)

Driving after stroke: clinical practice

[Ingrid Bolin, Mobilitetscenter, Gothenburg, Sweden](#)

Highest scoring abstracts

Patient and Public Involvement in Stroke Research: The BEFORE Recommendations

[Marina Charalambous, Cyprus Stroke Association](#)

Unmet social needs in life after stroke – survey results from the German Stroke Foundation

[Markus Wagner, German Stroke Foundation](#)

Exploring the return-to-work experiences of people who experienced stroke during the COVID-19 pandemic

[Diane Trusson, Nottingham University, England](#)

Here for you - helping to rebuild life after stroke

[Rubina Ahmed, Stroke Association, UK](#)

Intimacy, relationships and sexual wellbeing after stroke

Dealing with intimacy, relationships and sexual wellbeing after stroke

[Diana Wong Ramos, stroke survivor, Portugal AVC Stroke Organisation, Portugal](#)

Peer support for intimate relationships after stroke: initial findings to inform a co-designed digital self-management programme (HOPE4ABI)

[Dr Hayley Wright and Aimee Walker-Clarke, Coventry University, England](#)

Let's talk about it – why is it important to support communication about sexual wellbeing and intimacy after stroke?

[Birgitte Hysse Forchhammer and Yago Bundgaard, stroke survivor, Danish Stroke Organisation](#)

Panel discussion with speakers

Physical activity after stroke

Light exercise session

Developing physical activity routines after stroke

Title to be confirmed

Top tips session

[Dr Sarah Moore, University of Northumbria, England](#)

[Mari Gunnes, Norwegian University of Science and Technology, Norway](#)