



TIPS FOR ADDRESSING PHYSICAL ACTIVITY PARTICIPATION TO SUPPORT PEOPLE WITH STROKE

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EUROPEAN LIFE AFTER STROKE FORUM
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Personal preferences are important

Choice of activity



Variety of options

Setting



Outdoors

Home

Gym

Delivery Mode



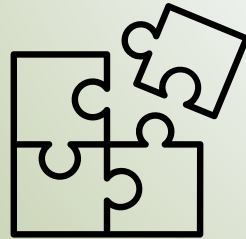
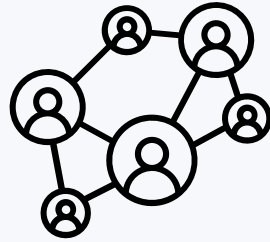
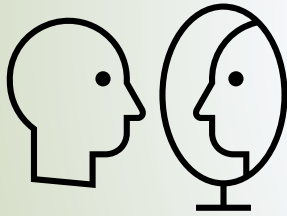
Individual

Online

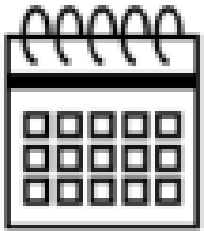
Group

Work together

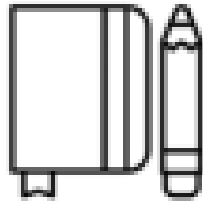
Shared decision making to understand goals and facilitators, identify and overcome potential barriers.



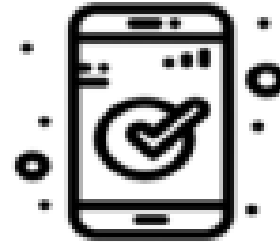
Use resources and technology



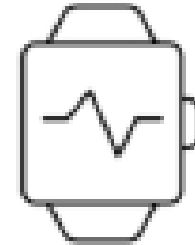
Wall planner



Diary



Apps



Trackers



THANK YOU!