

# LIFE AFTER A STROKE SUPPORT

Mercè Ayesta – Coordinator

European Life After Stroke Forum – Dublin – 11th March 2024



Fundació **Ictus**



Fundació **Ictus**

There are no conflicts of interests to declare.



# Fundació Ictus

## OVERVIEW

- Fundació Ictus
- Context in Catalonia
- ABRIC program
- ICTUSCAT



# Fundació Ictus

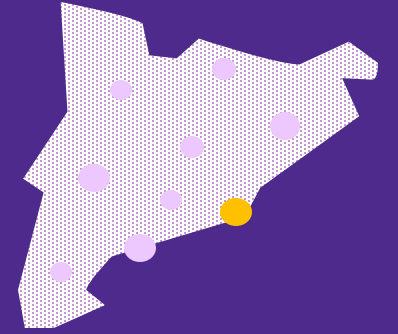
Since 2007...

- **Awareness**
- **Research**
- **Support**

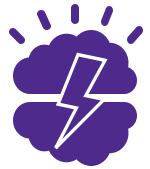




# Context in Catalonia



## Catalonia population is 8 million



**13.000**

people suffer strokes per year



**3.900**

deaths after stroke per year



**5.800**

Live with a disability per year



**9** Stroke units

**15** Tele stroke



**96** Intermediate care

**3** Intensive care RHB units



**369** Primary care centers

**BUT...  
HOW IS  
LIFE AFTER  
STROKE?**





# abric

**AFTER A STROKE  
YOU ARE NOT ALONE**



**AMILL**  
Associació de Malalts i  
Familiars d'Ictus de Lleida

 **SUPERAR  
L'ICTUS  
BCN**

  
**SOBREVIVRE  
AL ICTUS**  
TARRAGONA

Associació  
**ICTUS**  
Girona



# ABRIC = COAT

Meaning: comfort, support, wrap around,  
embrace, **giving them warm!**



# PROFESSIONAL TEAM



**COORDINATOR  
AND NURSE**

**Mercè Ayesta**  
35 hours / week



**NURSE AND  
NUTRICIONIST**

**Silvia Miró**  
35 hours/week



**SOCIAL WORKER**

**Marta Garcia**  
14 hours / week



**REHABILITATION  
DOCTOR**

**Roser Boza**  
6 hours / week

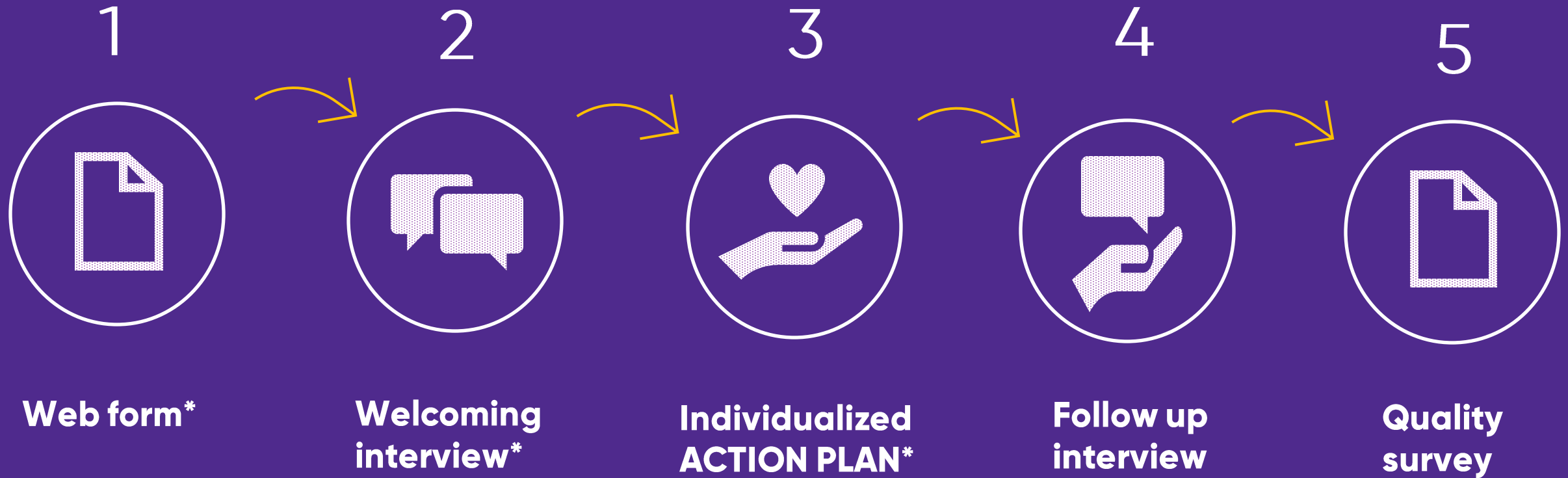


**NEUROPSYCHOLOGIST**

**Berta Vallés**  
6 hours / week

**96 hours per week**  
**offering support and assessment**

# abric



# abric



## SUPPORT



## ASSESSMENT



## INFORMATION



## EDUCATIONAL SESSIONS



**5 professional specialists**



**Bespoke assessment**



**Direct communication (P2P)**



**No cost assessment**



**Feedback email**



**Quality survey**



# SERVICES



- **Home arrangements'**
- **Legal assessment**
- **Psychological and emotional assessment 24/7**
- **Rehab accredited companies**
- **Caregivers and home services companies**
- **Back to work program**
- **Financial support**
- **Website support for Dysphagia**



# WHAT'S NEW?



## ABRIC TEAM GOALS

- ✓ NEW TEAM MEMBER
- ✓ INCREASE ABRIC TEAM HOURS
- ✓ NEW SERVICES OFFER
- ✓ NEW COMMUNITY SERVICE ONLINE

## ABRIC PLATFORM CHANGES

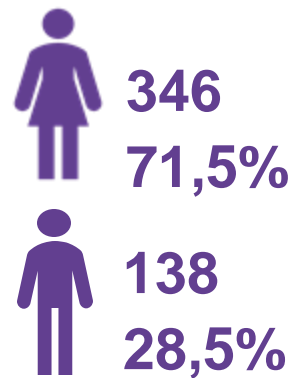
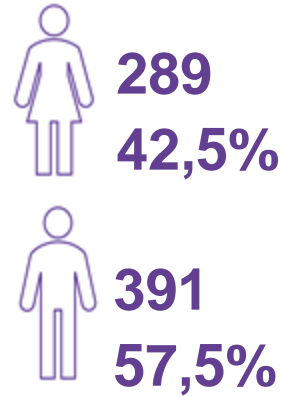
- ✓ NEW STRUCTURE WELCOME INTERVIEW
- ✓ NEW FOLLOW UP INTERVIEW
- ✓ NEW QUALITY SURVEY

# Results 2021-23

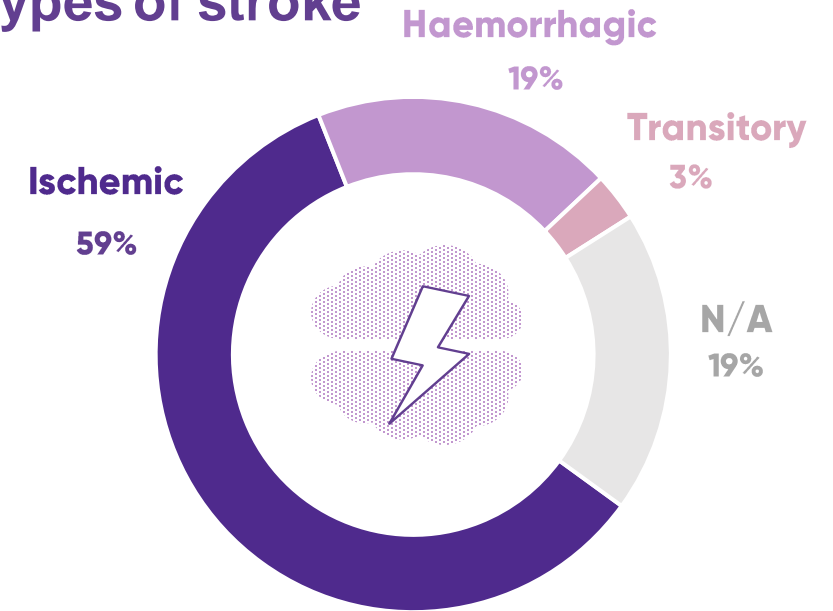




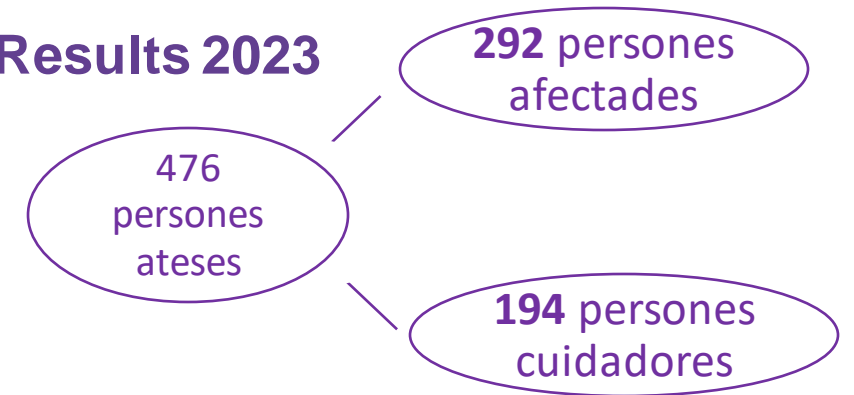
# RESULTS



## Types of stroke



## Results 2023

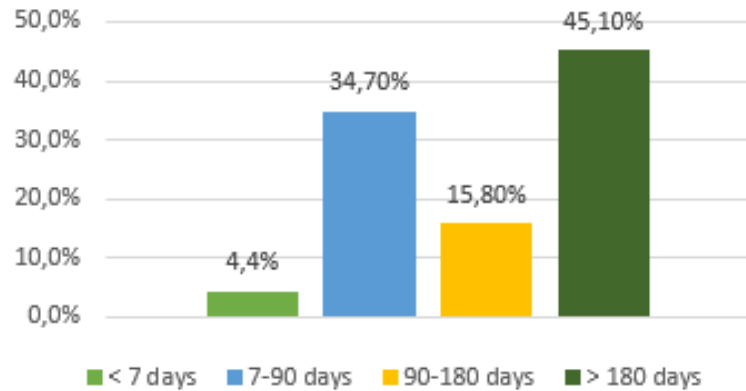




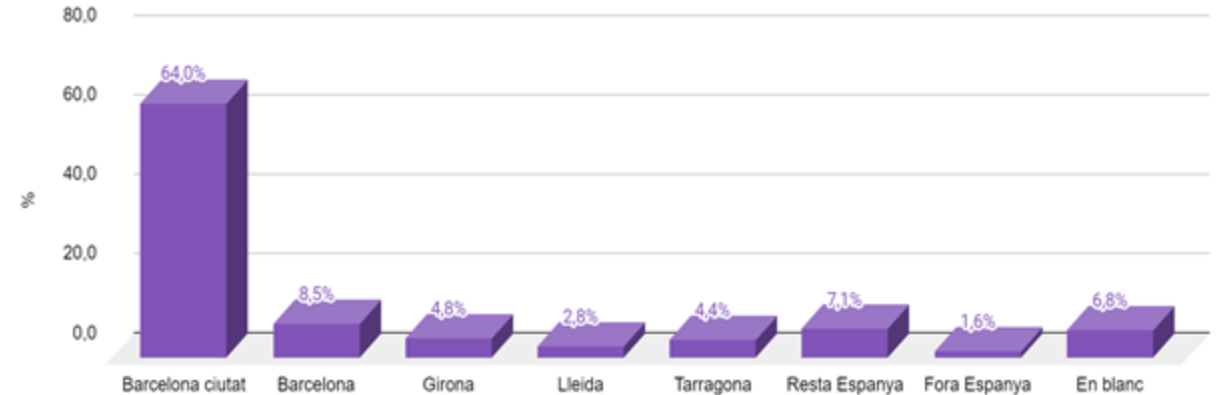


# RESULTS

### Time lapse Stroke - ABRIC



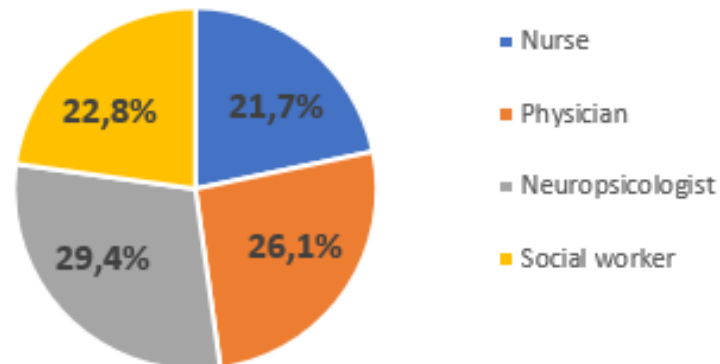
### Origin



## Interviews



### One to one interviews



## Quality survey



# **ABRIC** is a program

- Innovative multidisciplinary meetings**
- Scalable**
- Adaptable and flexible**
- Users get a wide vision on LAS**
- No cost for users**
- Improves users' quality of life after stroke**



## Conclusion

**No one deserve to be alone after stroke!**

**So, everyone deserve to have **ABRIC!****



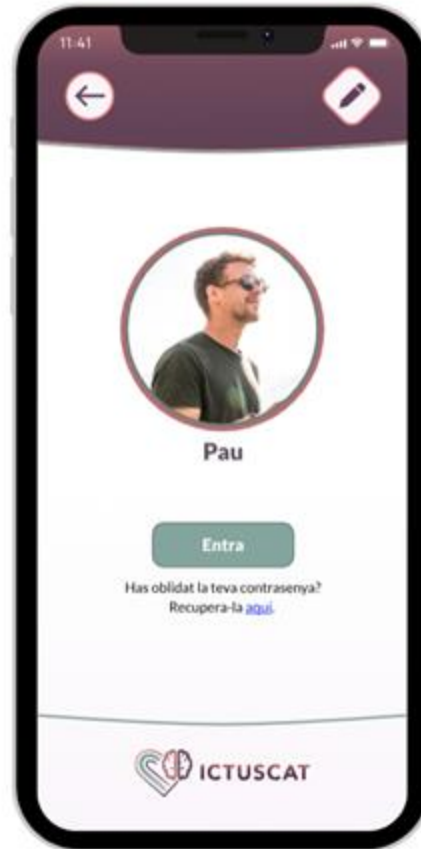
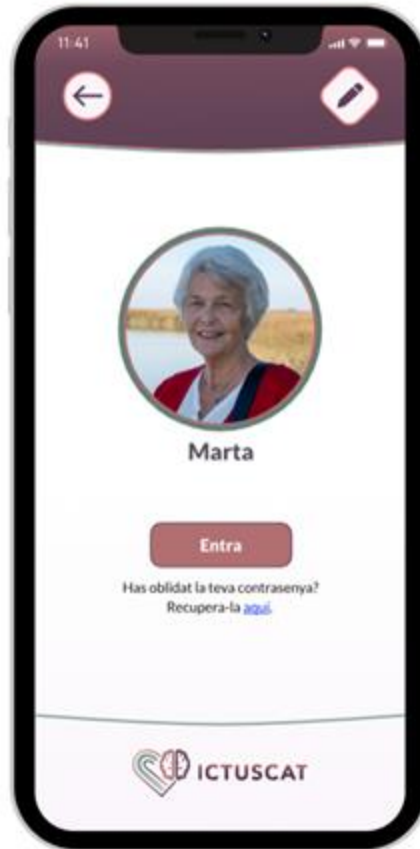
Technological solution that allows the **health, social and cultural continuum** for **all actors** involved in the **stroke world**





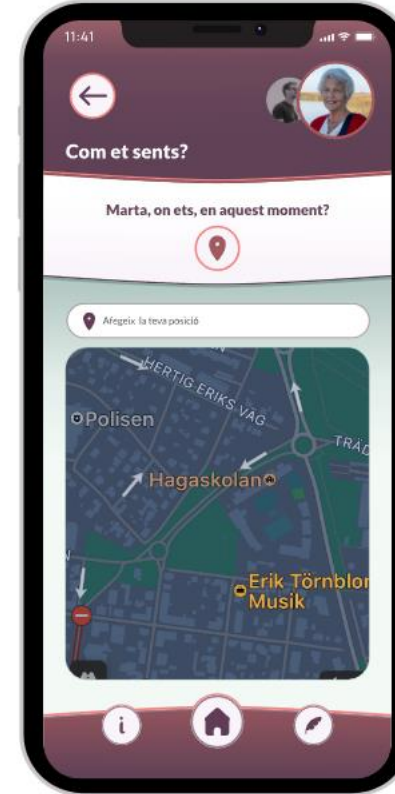
<b>R</b> 	<b>A</b> 	<b>P</b> 	<b>I</b> 	<b>D</b> 
Pot <b>(R)</b> iure? Canvis en el gest de la cara	<b>(A)</b> ixeca el braç? Pèrdua de força a una banda del cos	<b>(P)</b> arla estrany? Canvis en la parla	<b>(I)</b> ctus, alerta!	<b>(D)</b> e pressa, truca al 112!

Sign in



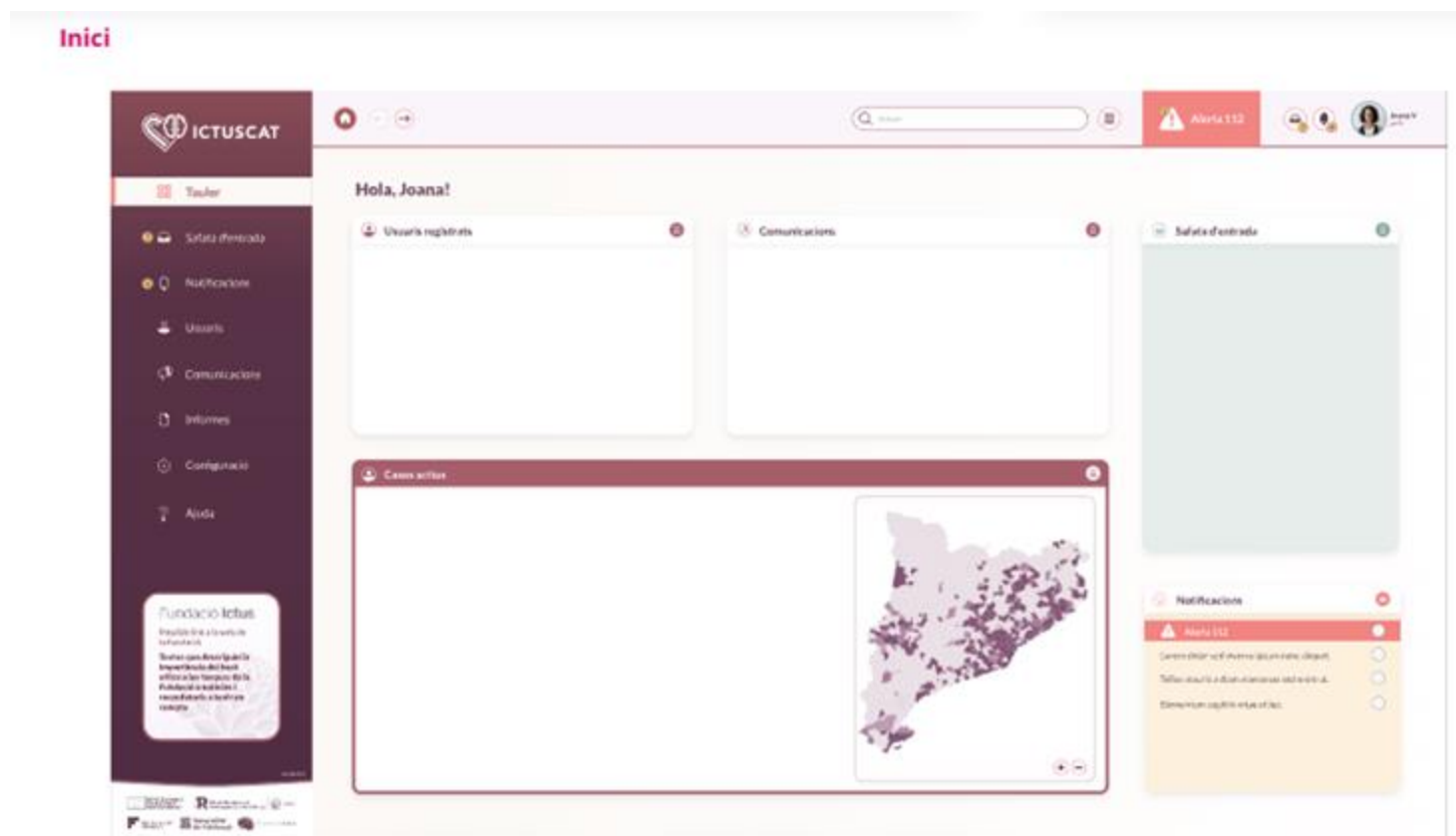
# ICTUSCAT – Landing, agenda and chatbot







# Prototip Web platform



# The digital solution to improve people's quality of life

- For everyone, free! (universal)
- Accessible and easy to use by all actors in the stroke world
- Focused on the patient and the family with professional consensus
- Coverage of the entire territory – without limits (equity)
- It breaks the existing gaps between each care level
- Proactive for users and professionals
- Support and continuity
- Obtain post-stroke data in Catalonia (Backoffice)



Fundació Ictus

**Taking care of  
what matters!**

