

European life after stroke forum 2025  
Prague 10 - 11 March

# Concept of long-term support for caregivers



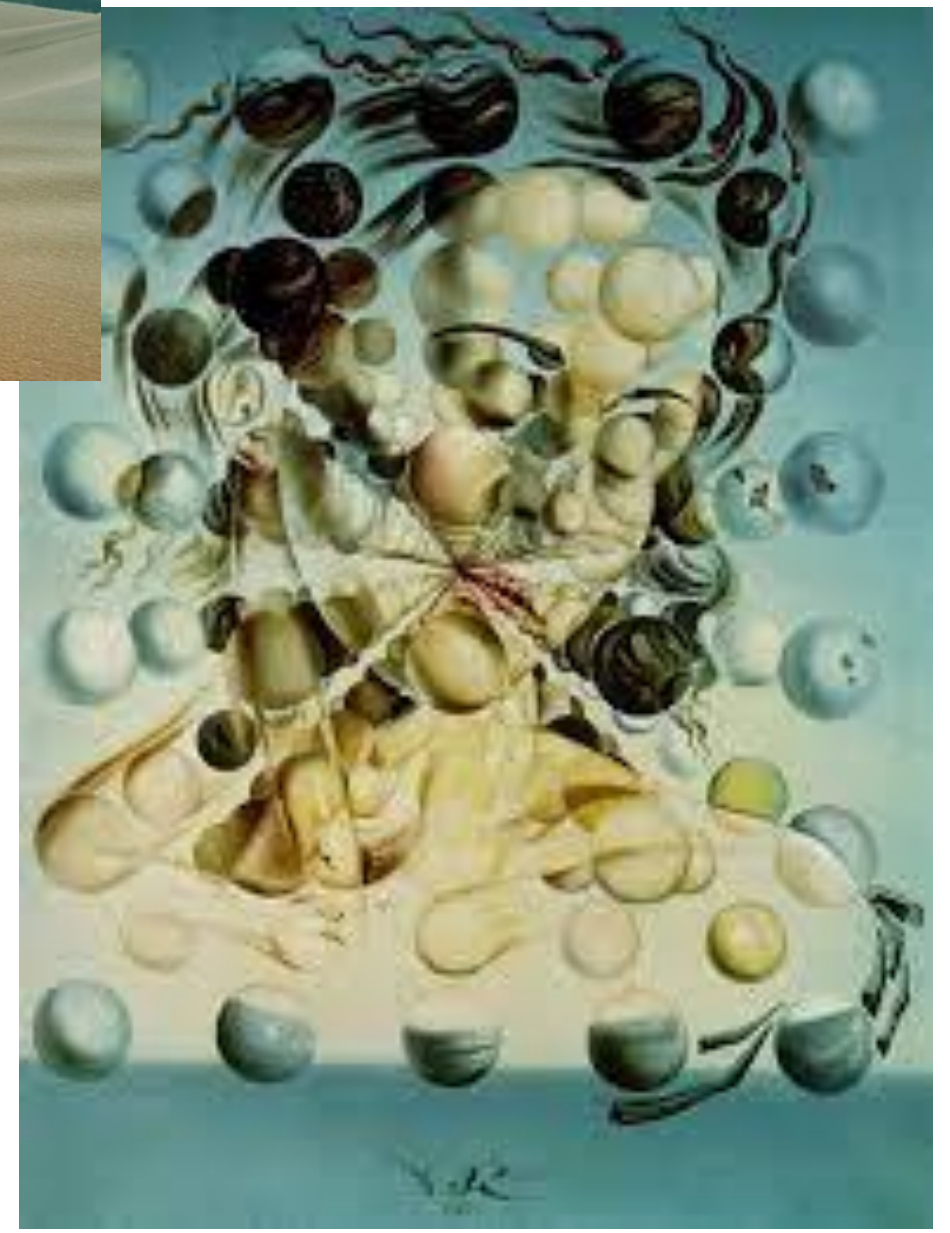
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# Road of life



Which suddenly  
collapses....

A change in life  
that impacts everything



Stroke impact

# What caregivers seek and need



# LONG TERM SUPPORT CONCEPT/CASE MANAGEMENT

Professional counselling



Personal meeting



Use of the tool  
Life steering wheel/rudder



Contract



Individual plan

Goal setting, Strength and resources



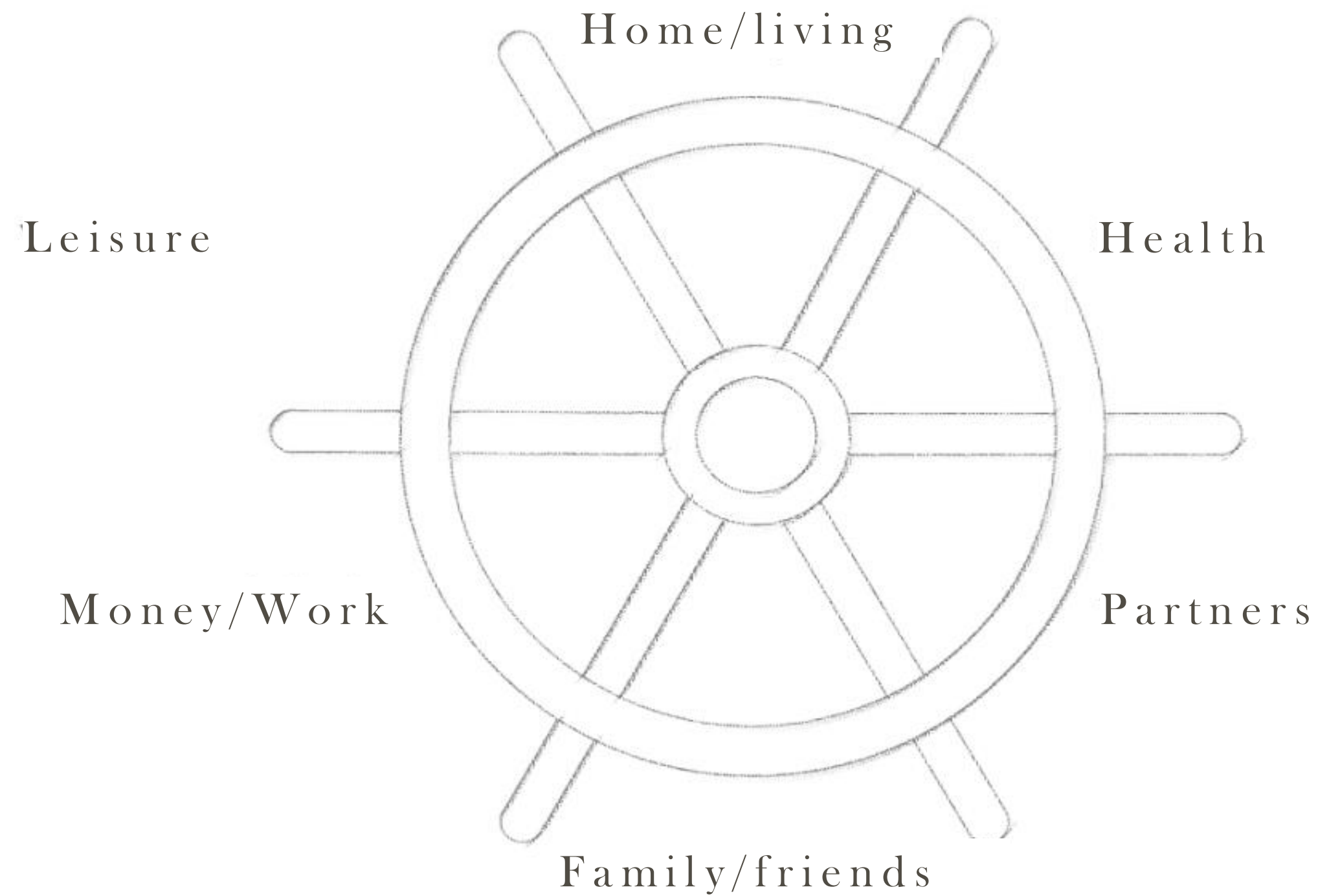
Networking, interdisciplinary cooperation, other services connection  
- Advocacy of the client - from the client's point of view

Reevaluation every 3 months



COMPREHENSIVE APPROACH ACCORDING TO INDIVIDUAL NEEDS – seeking OPTIONS

# Life steering wheel/rudder



# What is important

- Defining precisely to whom we will give support.
- Building a relationship, trust.
- Mapping the situation, identifying the client's needs.
- Setting priorities and goals of cooperation.
- Networking, and cooperation with professionals.
- Possibility of Case conference.



# CASE CONFERENCE



Meeting together to resolve a complicated life situation in cooperation with professionals, family, community and other.

## **What is necessary to consider:**

- The topic of the conference – what is the goal/purpose of the meeting.
- Who to invite - experts on the specific issue.
- Facilitator/Moderator – with experience, who will guide the topic, frame and direct the entire meeting
- Who else will be present – family, friends, community...
- Possible challenges – resources, time, communication method, finances.



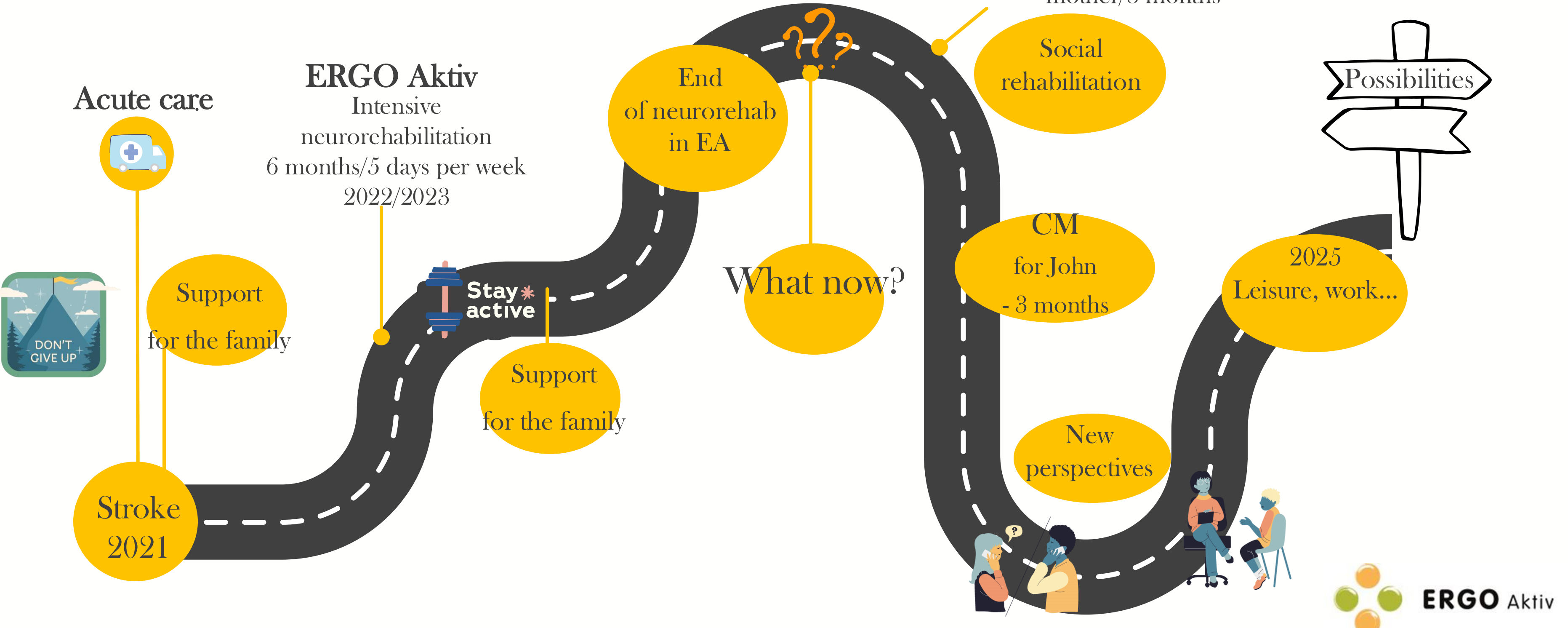
Efficiency is in complex/holistic approach for the whole family

John 24 years old client after stroke

Case management (CM)

Long term support for caregiver (mom)

- mother/3 months



# Conclusion

WHAT IS ESSENTIAL in PROVIDING GOOD QUALITY SUPPORT TO OUR CLIENTS

Complexity - Systemic approach

Possibility of Long term support  
/CASE MANAGEMENT



Good cooperation

Within team

Doctors and other healthcare  
professionals

Caregivers

Municipalities

Organizations, services

....

# Questions (?)



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**THANK YOU  
FOR YOUR ATTENTION**