



European  
**Life After  
Stroke  
Forum**

**10-11  
March  
2025**

Welcome to  
**PRAGUE**

Hosted by

**SAFE**  
STROKE ALLIANCE FOR EUROPE



**21**

years  
against  
stroke

**#lifeafterstroke**

# Day 1: 10 March 2025

08:45 - 09:00	<b>Welcome from our chairs</b> Professor Anita Arsovska, University Ss Cyril and Methodius, North Macedonia Ass. Professor Nicola Hancock, University of East Anglia, UK	Meridian
09:00 - 09:30	<b>Life after stroke in the Czech Republic</b> Chair: Dr Dagmar Souckova, Hospital Na Homolce, Czech Republic  <b>Our life after stroke in the Czech Republic</b> Karolina Rysova, Stroke survivor, Czech Republic Katerina Bockova, Peer support, Czech Republic	Meridian
09:30 - 10:45	<b>Plenary: Long-term secondary stroke prevention</b> Chairs: Ass. Professor Aleš Tomek, Czech Republic Nenad Nikolic, Stroke Association, Serbia  <b>Long-term secondary prevention after stroke</b> Professor Simona Sacco, University of L'Aquila, Italy  <b>Approaches to lifestyle modifications and rehabilitation strategies for long-term secondary stroke prevention</b> Ass. Professor Olive Lennon, University College Dublin, Ireland  <b>Holistic prevention post-stroke</b> Stacie Broek, Public Advocate, Person with Lived Experience, Switzerland	Meridian
10:45 - 11:30	<b>Refreshments, exhibition and poster viewing</b>	Foyer
11:30 - 12:30	<b>Parallel: Quality of life after stroke in women: When gender matters</b> Chairs: Diana Wong Ramos, Stroke survivor, Portugal Katherine Staley, Stroke Association, UK  <b>Cognitive impairment after stroke in women</b> Ass. Professor Hrvoje Budincevic, University Hospital Sveti Duh, Croatia  <b>Pain and depression after stroke in women</b> Professor Ivan Milojevic, General Hospital Cuprija, Serbia	Meridian
11:30 - 12:30	<b>Parallel: How to involve people with stroke as research partners</b> Chair: Dr Marina Charalambous, Cyprus University of Technology, Cyprus  <b>A personal experience as a research partner</b> Alexia Kountouri, Stroke survivor, Cyprus  <b>Enhancing patient involvement in stroke research</b> Dr Hatice Ozkan, UCL Queen Square Institute of Neurology, UK  <b>How to involve patients with communication difficulties in stroke research</b> Ass. Professor Jytte Isaksen, University of Southern Denmark, Denmark	Zenit
11:30 - 12:30	<b>Parallel: Enhancing health literacy and skills to reduce risk of secondary stroke</b> Chairs: Grethe Lunde, Stroke survivor, Norway Ass. Professor Carina Persson, University of Gothenburg, Sweden  <b>Prevention strategies through multiple methods and engaging everyday activities</b> Professor Susanne Guidetti, Karolinska Institutet, Sweden  <b>Mood management for stroke secondary prevention</b> Dr Suzie Xu Wang, Leeds Beckett University, UK  <b>Lifestyle behaviour change theories/techniques relevant to stroke secondary prevention</b> Ass. Professor Olive Lennon, University College Dublin, Ireland	Nadir
12:30 - 14:30	<b>Lunch, exhibition and poster viewing</b>	Veduta

<p>14:30 - 15:45</p> <p>15:45 - 16:15</p> <p>16:15 - 17:30</p> <p>16:15 - 17:15</p> <p>16:15 - 17:15</p> <p>19:00 - 21:00</p>	<p><b>Plenary: Life after stroke and the Stroke Action Plan for Europe</b> Chairs: Ass. Professor Melinda Roaldsen, University Hospital of North Norway, MD with lived experience, Norway and Professor Avril Drummond, University of Nottingham, UK</p> <p><b>My perspective on life after stroke</b> Ass. Professor Melinda Roaldsen, University Hospital of North Norway, MD with lived experience, Norway</p> <p><b>The new Stroke Action Plan for Europe, life after stroke focus</b> Professor Avril Drummond, University of Nottingham, UK</p> <p><b>Life after stroke care provision in England: A collaborative approach</b> Jacqui Cuthbert, Stroke Association, UK and Katherine Staley, Stroke Association, UK</p> <p><b>Life after stroke care provision in Estonia: A new national stroke navigator programme</b> Professor Janika Kõrv, University of Tartu, Estonia</p> <p><b>Refreshments, exhibition and poster viewing</b></p> <p><b>Workshop (by pre-event registration only): Reimagining wellbeing for life after stroke: A call to action</b> Chairs and facilitators: Ass. Professor Felicity Bright, Auckland University of Technology, New Zealand Saran Chamberlain, Stroke advocate, researcher and survivor Professor Avril Drummond, University of Nottingham, UK Professor Marie Elf, Dalarna University, Sweden Professor Susan Hillier, University of South Australia, Australia Professor Lisa Kidd, Glasgow Caledonian University, UK Ass. Professor Elizabeth Lynch, Flinders University, Australia</p> <p><b>Parallel: A technology enabled life after stroke</b> Chairs: Yago Bundgaard, Stroke Survivor, Denmark Ass. Professor Nicola Hancock, University of East Anglia, UK</p> <p><b>Co-creating a technological approach to rehabilitation and life after stroke</b> Dr Andy Kerr, Strathclyde University, UK</p> <p><b>Patient Virtual Assistant and insights into the RES-Q+ project</b> Veronika Nemcova, Health Management Institute, Czech Republic</p> <p><b>Parallel: Caregiving</b> Chair: Christina Franzisket, German Stroke Foundation, Germany Dr Hrvoje Jurlina, Specialised Doctor of Family Medicine, Croatia</p> <p><b>My experience of being a caregiver</b> António Célio Ramos, Carer, Portugal</p> <p><b>The role of a stroke patient support organisation in supporting caregivers</b> Dr Esther Duarte, Fundacio Ictus, Catalonia</p> <p><b>Concept of long-term support for caregivers</b> Doubravka Koubková, ERGO Aktiv, Czech Republic</p> <p><b>Welcome reception</b></p>	<p>Meridian</p> <p>Foyer</p> <p>Nadir</p> <p>Meridian</p> <p>Zenit</p> <p>Foyer</p>
---	---	---

## Day 2: 11 March 2025

<p>09:00 - 10:15</p>	<p><b>Plenary: By survivors, for all: Inclusive approaches to life after stroke</b> Chairs: Stacie Broek, Public Advocate, Person with Lived Experience, Switzerland Ass. Professor Nicola Hancock, University of East Anglia, UK</p> <p><b>Advocacy in action: personal perspectives and broader impact</b> Stacie Broek, Public Advocate, Person with Lived Experience, Switzerland Grethe Lunde, Stroke Survivor, Norway Diana Wong Ramos, Stroke survivor, Portugal Ass. Professor Melinda Roaldsen, University Hospital of North Norway, MD with lived experience, Norway</p> <p><b>The power of changing mindset</b> Elin Andersson, Stroke Survivor, Sweden</p> <p><b>Lived experience of acalculia after stroke</b> Colin Jenkinson, Stroke Survivor, UK</p>	<p>Meridian</p>
----------------------	--	-----------------

10:30 - 11:30	<p><b>Parallel: Returning to work: Empowerment to make the invisible visible</b></p> <p>Chairs: Grethe Lunde, Stroke Survivor, Norway Helen Gaynor, Irish Heart Foundation, Ireland</p> <p><b>Navigating invisible disabilities in the workplace: a stroke survivors perspective</b> Grethe Lunde, Stroke Survivor, Norway</p> <p><b>Navigating the road back to work after stroke: what does the evidence say</b> Ciara Breen, Galway University Hospitals, Ireland</p> <p><b>Acceptance and Commitment Therapy (ACT): Pr"ACT"ical Takeaways for Stroke Survivors Returning to Work</b> Dr Emma Patchwood, University of Manchester, UK</p>	<b>Zenit</b>
10:30 - 11:30	<p><b>Parallel: Communication challenges in long-term stroke</b></p> <p>Chairs: Professor Jean-Marie Annoni, University of Fribourg, Switzerland and Board of Aphasia International and Dr Marina Charalambous, Cyprus University of Technology, Cyprus</p> <p><b>Survivors' choice: a Roadmap to select topics in communication impairment after stroke</b> Professor Jean-Marie Annoni, University of Fribourg, Switzerland and Board of Aphasia International</p> <p><b>Awareness of aphasia and the communication challenges of long-term stroke</b> Jernej Sluga, Person with lived experience of stroke and aphasia, Slovenia Dr Jelena Bartolović Vučković, University Hospital Sveti Duh, Croatia</p> <p><b>Psychological changes in people with communication difficulties after stroke</b> Hanka Mayhew, Person with lived experience of stroke and aphasia, UK Dr Marina Charalambous, Cyprus University of Technology, Cyprus</p> <p><b>ESO aphasia rehabilitation guidelines</b> Professor Katerina Hilari, City University London, UK</p>	<b>Meridian</b>
10:30 - 11:30	<p><b>Parallel: Top scoring scientific and service development abstracts</b></p> <p>Chairs: Jennifer Crow, Imperial College London, UK Chris Macey, Irish Heart Foundation, Ireland</p> <p><b>Service development: Experience implementing best practices in a stroke support organization: navigation, peer support and virtual programs</b> Suzanne Smith-Bayley, March of Dimes, Canada</p> <p><b>Service development: A vocational return to work programme for stroke survivors in Ireland</b> Helena Heffernan, Irish Heart Foundation, Ireland</p> <p><b>Scientific: Prevalence and Predictors of Patient-Reported Sexual Dysfunction After Stroke: A multi-centre observational study</b> Dr Hatice Ozkan, UCL Queen Square Institute of Neurology, UK</p> <p><b>Scientific: Exploring Unmet Psychosocial Care and Recovery Needs in Young Survivors of Stroke</b> Dr Syeda Hashmi, University of Toronto, Canada</p>	<b>Nadir</b>
11:30 - 12:00	<p><b>Refreshments, exhibition and poster viewing</b></p>	<b>Foyer</b>
12:00 - 12:30	<p><b>Closing remarks</b></p> <p>Professor Anita Arsovska, University Ss Cyril and Methodius, North Macedonia Ass. Professor Nicola Hancock, University of East Anglia, UK</p>	<b>Meridian</b>

**Sign up to our newsletter  
to be the first to hear news about**

**#ELASF2026**

Scan to sign up

