



European  
**Life After  
Stroke**  
Forum

9-10  
March  
2026

Welcome to  
**STOCKHOLM**

Hosted by



**#lifeafterstroke**

# Day 1: Monday 9 March

08:45 - 08:55	<b>Welcome from our chairs</b> Prof. Anita Arsovska, University Ss Cyril and Methodius, North Macedonia Ass. Prof. Nicola Hancock, University of East Anglia, UK	T1 / T2
08:55 - 09:45	<b>Life after stroke in Sweden</b> Chairs: Ass. Prof. Carina U. Persson, University of Gothenburg, Sweden Prof. Bo Norrving, Lund University, Sweden <b>The Swedish model of life after stroke care: Organisational success factors</b> Prof. Bo Norrving, Lund University, Sweden <b>Monitoring life after stroke in Sweden</b> Prof. Mia von Euler, President Sophiahemmet University, Sweden <b>Champions or dedicated advocates</b> Annelie Heikenborn, Stroke survivor, Sweden <b>Speak to the patient: Counselling support and regular follow-up questions will accelerate the recovery</b> Helen Palmqvist Novik, Stroke survivor, Sweden	T1 / T2
09:45 - 11:00	<b>Plenary: Life after stroke – What does it actually mean?</b> Chairs: Prof. Frances Horgan, Ireland Prof. Bo Norrving, Lund University, Sweden Ass. Prof. Olive Lennon, Ireland <b>Update on the Stroke Action Plan for Europe’s life after stroke pillar</b> Prof. Avril Drummond, Loughborough University, UK <b>Life after stroke – what do we mean and how can we support it better?</b> Ass. Prof. Olive Lennon, National Rehabilitation Hospital, Ireland <b>Working together to co-design a life after stroke support pathway</b> Dr Mary O’Neill, RCSI Faculty of Nursing and Midwifery, Ireland <b>Taking back control by degrees – My life after stroke journey</b> Clíodhna Ni Bhroin, Stroke survivor, Ireland	T1 / T2
11:00 - 11:45	<b>Refreshments, exhibition and poster viewing</b>	Foyer
11:45 - 12:45	<b>Parallel: Fatigue in life after stroke – Research insights and real-world journeys</b> Chairs: Dr Jennifer Crow, Imperial College London, UK Prof. Avril Drummond, Loughborough University, UK <b>Recommendations from the International 3rd Stroke Recovery and Rehabilitation Roundtable: A roadmap for research in post-stroke fatigue</b> Prof. Annens Lerdal, University of Oslo, Norway <b>Co-designing and testing a management programme with peer support for post-stroke fatigue: Nottingham fatigue after stroke study (NotFAST3)</b> Prof. Avril Drummond, Loughborough University, UK <b>Holding on to Progress: Fatigue, work and what really matters after stroke</b> Vasileios Maligkos, Lived experience, UK	T1 / T2
11:45 - 12:45	<b>Parallel: The same, but different – implementation of an evidence-based approach to supporting self-management across 4 European nations</b> Chairs: Prof. Fiona Jones, City St George’s University of London, UK Ass. Prof. Nicola Hancock, University of East Anglia, UK <b>Key evidence and principles in relation to self-management support in stroke services</b> Prof. Fiona Jones, City St George’s University of London, UK	T5

## Same but different: A comparison of successful self-management support in Estonia, UK, Portugal and Sweden

Mari-Liis Ööpik-Lok, Neurorehabilitation Centre (HNRC), Estonia

Erika Klockar, Student, Sweden

Scott Ballard-Ridley, Bridges Self-Management and Stroke survivor

11:45 - 12:45

### **Parallel: Understanding the mind after stroke: How thinking and emotions shape daily life after stroke**

Chairs: Dr. Anna Tsiakiri Neuropsychologist, Democritus University of Thrace, Greece

Chair: Dr Dagmar Součková, Na Homolce Hospital, Czech Republic

#### **Thinking, memory and emotions after stroke: What to expect**

Dr Anna Tsiakiri Neuropsychologist, Democritus University of Thrace, Greece

#### **Brain tools that guide your recovery: Scans and stimulation**

Ass. Prof Foteini Christidi, National and Kapodistrian University of Athens (NKUA), Greece

Dr Sofia Kitmeridou, University Hospital of Alexandroupolis, Greece

#### **Real stories: Living with brain changes after stroke**

Dimitra Fotoudi, Carer, Greece

T6

12:45 - 14:30

### **Lunch, exhibition and poster viewing**

Main hall

14:30 - 15:45

### **Plenary: A good life after stroke – The contribution of the physical environment**

Chairs: Prof. Marie Elf, Dalarna University, Sweden

Prof. Fiona Jones, City St George's University of London, UK

#### **Stroke, environment and participation: Why place matters**

Prof. Marie Elf, Dalarna University, Sweden

Ass. Prof. Maya Kylén, Kristianstad and Lund University, Sweden

#### **Place Mapping: A participatory tool to explore meaningful environments post-stroke**

Martian Slagter, University of Groningen, Netherlands

#### **If you can't use the environment, is it recovery?**

Grethe Lunde, Stroke survivor, Norway

Ass. Prof. Tony Svensson, Dalarna University, Sweden

T1 / T2

15:45 - 16:15

### **Refreshments, exhibition and poster viewing**

Foyer

16:15 - 17:45

### **Workshop: From Experience To Expertise: Survivor-led models that strengthen stroke research, policy, treatment and care (by invitation only)**

Chairs: Stacie Broek, Public Advocate, Person with lived experience, Switzerland

Christina Franzisket, German Stroke Foundation, Germany

Facilitators: Sarah Belson, International Lead, Stroke Association, UK

Dr Jennifer Crow, Imperial College London, UK

Prof. Marie Elf, Dalarna University, Sweden

Grethe Lunde, Stroke survivor, Norway

Dr Francesca Pezzella, San Camillo Forlanini Hospital, Italy

Paul Quinn, Stroke survivor and Patient advocate, UK

Diana Wong Ramos, Stroke survivor, Portugal

Ass. Prof. Melinda B. Roaldsen, Arctic University of Norway, Norway

T5

16:15 - 17:15

### **Parallel: Empowering people living with aphasia: sharing learning through community groups**

Chairs: Hysse Forchammer, Danish Stroke Association, Denmark

Sabine Renner Christiansen, Stroke survivor, Denmark

#### **Online Aphasia Café: A springboard for creating stroke survivor-led aphasia communities**

Ass. Prof. Helen Kelly, University College Cork, Ireland

#### **The Aphasia Communication Team (TACT) – A supportive, motivational, practical and educational community for people with aphasia**

Dr Marina Charalambous, Cyprus University of Technology, Cyprus

T1 / T2

**Online aphasia groups for people with aphasia – from a temporary Covid-19 initiative to a sustainable community**

Sabine Renner Christiansen, Stroke survivor, Denmark  
Ass. Prof. Jytte Isaksen, University of Southern Denmark, Denmark

**Peer-to-peer support: digital networking to improve participation and quality of life in people with aphasia**

Professor Sabine Corsten, Catholic University of Applied Sciences, Germany

16:15 - 17:15

**Parallel: Making secondary prevention work – Empowering people beyond hospital walls**

Chairs: Ass. Prof. Olive Lennon, National Rehabilitation Hospital, Ireland  
Prof. Anita Arsovska, University Ss Cyril and Methodius, North Macedonia

**Risk factors and secondary prevention in younger people with stroke – are we asking the right questions?**

Janeil Bennett, PHD Student, Leeds Beckett University, UK

**Living with stroke: what does prevention really look and feel like after discharge?**

Inigo Uriarte, Stroke survivor and Educator, Spain

**Working collaboratively with a Stroke Support Organisation to implement a co-designed, evidence-based stroke secondary prevention intervention**

Simone Ryan, University of Limerick, Ireland

T6

19:00 - 21:00

**Welcome reception**

Foyer

## Day 2: Tuesday 10 March

09:00 - 10:15

**Plenary: Addressing health inequalities in stroke care across Europe**

Chairs: Dr Dagmar Součková, Na Homolce Hospital, Czech Republic  
Dr Jo White, University of the West of England, Bristol, UK

**Who gets stroke rehabilitation? Utilization, access and decision-making**

Martin Ringsten, Lund University, Sweden

**The inclusivity in stroke self-management support project to improve self – management by Black African and Afro-Caribbean communities living with stroke in England**

Dr Jo White, University of the West of England, UK

**The importance of co-designing resources to improve self-management by Black African and Afro-Caribbean communities living with stroke**

Akaaba Emmanuel Akino, Stroke survivor, UK  
Sarah Akino, Carer, UK

**A pathway to addressing health inequalities in Kyrgyzstan**

Dr Francesca Pezzella, San Camillo Forlanini Hospital, Italy

T1 / T2

10:30 - 11:30

**Parallel: The impact on families of children affected by stroke**

Chairs: Katherine Staley, Stroke Association, UK  
Abi Bisset, Stroke Association, UK

**My childhood stroke – Lived experience: Story of a family whose child was affected by stroke, from a young adult and parent perspective including what helped them on their recovery journey**

Nancy McStravick, Carer, UK  
Emily McStravick, Stroke survivor, UK

T5

**Clinical perspective of childhood stroke: Presentation of data on the neuropsychological impact of childhood stroke, including the unique challenges faced by families and children seen from a clinical perspective**

Prof. Maja Steinlin, University Hospital of Bern, Switzerland

**Better together: A co-creating journey developing patient information and a community platform**

Michael Karantonis, Project Manager, German Stroke Foundation, Germany

10:30 - 11:30

**Parallel: Is six months post-stroke the end of rehabilitation? Challenging limited thinking to maximise potential**

Chairs: Stacie Broek, Public Advocate, Person with lived experience, Switzerland  
Dr Jennifer Crow, Imperial College London, UK

**Is six months post-stroke the end? Challenging limits to maximise neurological potential beyond this**

Associate Professor Melinda B. Roaldsen, MD and stroke expert with lived experience, Norway

**Optimising physical recovery when back at home**

Dr Kenneth Monaghan, ATU Sligo and Neuroplasticity Research Group, Ireland

**Investigating changes in quality of life after high-dose, high intensity upper limb rehabilitation in people later after stroke**

Amanda Strawson, University College London, UK

T1 / T2

10:30 - 11:50

**Parallel: Top scoring Lived experience, scientific and service abstracts**

Chairs: Dr Marina Charalambous, Cyprus University of Technology, Cyprus  
Diana Wong Ramos, Stroke survivor, Portugal

**Lived experience: Falling off a cliff – How getting involved helped the climb back to a full life!**

Margaret Cheng, Lived experience, UK

**Lived experience: Finding my voice again – Turning silence into strength**

Richard Djan-Krofa, Stroke survivor, UK

**Scientific: Effectiveness of abobotulinumtoxin A in stroke survivors with lower limb spasticity**

Ass. Prof. Stephen Ashford, Northwick Park Hospital, UK

**Scientific: From voices to action: A women-centred toolkit for parenting after stroke**

Emine Kocabas, University Health Network and Krembil Brain Institute, Canada

**Service development: Safe and inclusive patient involvement: Embedding Lived experience in health policy and advocacy**

Kate Yearsley, Stroke Association, UK

**Service development: Sex and intimacy after stroke: developing an education package for healthcare staff**

Joanna Stevens, Chair of the National Stroke Nursing Forum (NSNF), UK

T6

11:30 - 12:00

**Refreshments, exhibition and poster viewing**

Foyer

12:00 - 12:30

**Closing remarks**

Prof. Anita Arsovska, University Ss Cyril and Methodius, North Macedonia  
Ass. Prof. Nicola Hancock, University of East Anglia, UK

T1 / T2

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