RESEARCH PARTICIPANT RECRUITMENT

Stepping On After Stroke

7 Weeks falls prevention program for community stroke survivors

We want you if you are:

- ☑ Aged 50 and above
- ☑ Diagnosed with stroke in the last 2 years
- ✓ Medically stable
- ☑ Able to walk minimum 10 meters unsupported with or without aid
- ☑ Has concerns about falling
- ☑ Able to communicate in conversational English or Mandarin
- ☑ Cognitively intact
- ☑ Able to make decision and give consent
- ☑ Staying with a caregiver (either family member or domestic helper)

- ☑ One 2-hour group session each week facilitated by our experienced therapists
- ☑ Individual community outing
- ☑ Post-intervention home visit
- **☑** 3 months booster session
- ☑ Caregiver training
- ☑ Educational sessions for family members and caregivers

Where? When?
SPD rehabilitation centre XXXday 3-

SPD rehabilitation centre XXXday, 3-5 pm

Become part of this research project to **reduce falls after stroke**. Help us to help you and others who are at risk of falls after stroke to reduce falls and increase community participation.

Interested? Please contact:

Mr Tim Xu (SIT OT Lecturer / PhD Student, The University of Sydney)

Email: tim.xu@singaporetech.edu.sg or tixu4146@uni.Sydney.edu.au

Mobile No.: (65) 96955918

If writing, enclose this part of the circular

I have had a fall and want to know more about this fall prevention program.

Name:	T el:	Email:	