

Educator Handout

Using *Driven: A Post-Stroke Journey* in Stroke Education & Rehabilitation Programs

By David G. Robb

Purpose of This Resource

Driven: A Post-Stroke Journey is a patient-authored recovery narrative that complements clinical education by illustrating lived experience across acute care, inpatient rehabilitation, outpatient therapy, and long-term community reintegration. This book can be used as an educational support tool for patients, families, caregivers, and clinicians.

Educational Value

This resource supports learning in the following areas:

- Patient engagement and motivation
- Realistic recovery expectations after hemorrhagic stroke
- Neuroplasticity and long-term rehabilitation
- Fatigue, frustration, and emotional adjustment
- Adaptive problem-solving in daily life
- Caregiver and spousal roles in recovery

The narrative reinforces evidence-based rehabilitation principles through real-world application.

Alignment with Best Practices

Themes in the book align with Canadian Stroke Best Practices including:

- Person-centred care
- Goal-oriented rehabilitation
- Long-term recovery beyond discharge
- Importance of intensity, repetition, and persistence

- Patient and family education as part of recovery
 - Community reintegration and participation
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Suggested Uses in Education & Practice

For Clinicians (PT, OT, SLP, Nursing, Social Work):

- Supplement patient education discussions
- Facilitate goal-setting conversations
- Normalize slow or non-linear recovery
- Support discussions around acceptance vs. “giving up”
- Encourage sustained participation in therapy

For Educators & Program Leads:

- Assign as optional or recommended reading
 - Use selected excerpts for group discussion
 - Incorporate into stroke education classes
 - Pair with formal patient education materials
 - Use as a reflective learning tool for students
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Discussion Prompts (Optional)

Educators may wish to explore:

- How patient expectations evolve over time
 - The role of self-efficacy in rehabilitation outcomes
 - Balancing optimism with realism
 - Strategies for managing fatigue and frustration
 - Caregiver involvement without burnout
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Appropriate Audiences

- Stroke survivors (subacute and chronic phases)
 - Family members and caregivers
 - Rehabilitation students and new clinicians
 - Interprofessional stroke teams
 - Community stroke support groups
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Educator Notes

- This book does not replace clinical guidance
 - Individual recovery experiences vary
 - Use alongside evidence-based education materials
 - Particularly valuable for long-term recovery conversations
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Author Perspective

David Robb is a stroke survivor who documents recovery through the lens of discipline, adaptation, and persistence. His background as a business analyst and endurance athlete shapes a structured, goal-driven narrative that resonates with many patients and clinicians.

Distribution:

This handout may be shared in stroke rehabilitation programs, education sessions, outpatient clinics, and community stroke initiatives.