

## **Exercise after stroke – Health professional information**

The Thistle Foundation is offering a range of exercise options and self management support for patients post stroke. These include:

### **1-1 exercise support**

The Thistle Foundation gym offers 1-1 sessions with a Later Life trained Exercise after stroke Instructor for six gym based sessions to build a programme of suitable exercise or as in preparation for attending the gym based exercise after stroke group. On completion of these sessions people will be offered a six month free membership to use the Thistle gym in supervised sessions. However, if they require ongoing support to use the gym safely the fitness instructor will work with a carer /support worker to enable the person to continue to use the Thistle gym. These sessions are suitable for

- People who are medically stable to exercise
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### **Group based sessions**

An Exercise after stroke circuit group will run once a week at the Thistle gym, although it may be also be possible to attend other generic groups which run on different days. The circuit group is supervised by the Exercise after stroke Instructor. This group is suitable for people who can

- Walk 5 metres with or without the use of a walking aid
- Get from sitting to standing independently

### **Self management courses**

A ten week generic self management course that aims to support people to increase their level of activity. This programme consists of ten two and a half hour sessions, with exercise, relaxation and self management topics.

### **Once referral is received**

The person will be offered an appointment to meet with one of the Health and Wellbeing team to help them explore their hopes from coming to the service and explore what might help them achieve these hopes.

All the above options are free of charge and at the end of the intervention people will be offered a review appointment with a member of the team to explore the best way forward for them to continue with regular exercise. People will be offered a free six month membership to continue using the gym in supervised sessions or signposted to other suitable exercise options. Should people wish to continue using the gym after their free six month membership they can become a gym member for £25 a year.