



HI-STEPS

New Starter Pack - please read,
complete and bring to week one.

Name:

Emergency Contact Name & Number:



HI-STEPS:

Welcome to HI STEPS.

HI STEPS is a 12 week exercise and education programme for people following a stroke. We understand that stroke affects people in different ways and that people may need different things from our service and support offer. Our aim is to help build your knowledge to manage health and wellbeing following your stroke, to increase your confidence to exercise and to make and sustain healthy behaviours.

Timings:

Each HI STEPS group lasts 2 hours (from 12:40 until 2:40) every Monday, with 55 minutes spent exercising in a gym and 55 minutes for education related to stroke. On week one, timings may alter to enable you to meet with a physio or nurse before the group starts. Please see your invite letter for week one times.

Family/Friends:

If you wanted to bring a family member or friend they will be able to join the education part of the group and there is an area they can wait and have refreshments whilst you are in the gym.

What to bring:

Please bring this document with you on week one. Please wear comfortable clothing and footwear that is suitable for exercising in. Refreshments will be available, water available in the gym. Please bring any medications you may need (such as inhalers).

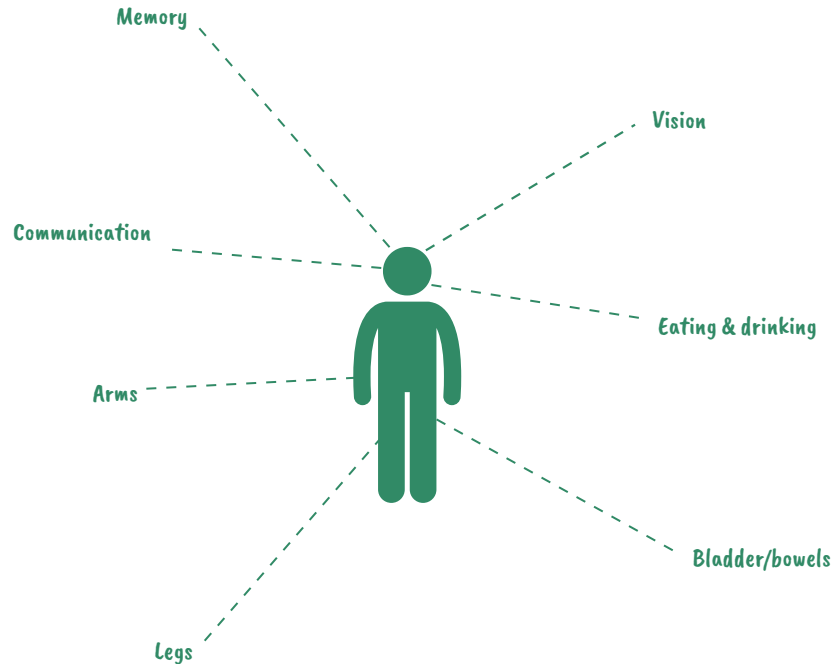
Parking:

A permit will be provided for your time in the group. Please park in car park C by the Day hospital entrance.

Preparation for HI-STEPS:

Before week one, please complete these following pages.

Use the box and image on the left to note any ongoing symptoms of your stroke. This may include weakness, altered sensation, and how this may be altering daily life and activities.



Recent blood pressure:

Do you feel your stroke has stopped you doing things that you enjoy/give you pleasure – if so, what are these things and how has this been affected?

What would you like HI STEPS to help you with? Do you have any goals in mind for things you would like to get out of this programme?

Preparation for HI-STEPS:

Current exercise:

How many times per week do you currently exercise? (please tick)

- 0
- 1-2
- 3-4
- 5-6
- every day

For how long do you currently exercise: (please tick)

- 0-30 minutes
- 31-60 minutes
- 60+

What activities do you regularly do?

Do you have any limitations to exercise or other needs that we should be aware of?

What medications are you currently taking?

On a scale of 0-10 how confident to you feel to manage your health following your stroke?

How are you feeling emotionally since your stroke?

Have you noticed any changes to your mood recently or feelings of low mood /anxiety /stress?