

Figure 1: Overview of the Bridges Stroke self-management package

Training for practitioners including:

- Theory, research and practical examples relating to stroke and self-management
- Debate and discussion about integration into practice, using case-based examples
- Practice using Bridges principles and patient workbook
- Completion of case reflections from using Bridges SMP in practice
- Developing individual and team action plans



Supporting self-management skills using:

Daily interactions	Patient-held workbook
<ul style="list-style-type: none">• Encouraging problem-solving• Enabling use of personal resources• Changing focus of therapy	<ul style="list-style-type: none">• Peer example 'vignettes'• Reflecting on progress• Recording aspirations/hopes• Small targets

(Jones and Bailey, 2013)