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Canadian Stroke Network

Réseau Canadien contre
les accidents cérébrovasculaires

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Mission Possible



A project about community based stroke programs

Supported by:
The Canadian Stroke Network

Who are we?

We are a research group from McGill University, who are studying the value of providing goal directed activity programs for stroke survivors who live in the community.

What is Mission Possible?

Mission Possible is a collaborative community research project to provide opportunities for stroke survivors to engage in these activities so that they may continue to improve function, develop social contacts, learn, and re-engage as contributing members of the community.

We are asking you to participate in this program to evaluate the benefits of community based programs for persons with stroke.

Who are we looking for?

If you have had a stroke in the last five years, are living in the community, have finished active rehabilitation, are able to walk on your own with or without any walking aids, are able to understand verbal instructions, participate in less than three activities outside your home, you are eligible to participate in this study.

What is Involved?

You will be asked to complete some simple walking tests and some health status and psychological questionnaires about your physical and mental health, mood, and usual activities.

You will then be assigned to either one of two groups. Your group assignment will be determined by a random process, much like flipping a coin. Both groups will attend "*Mission Possible*". Group I will start after the initial assessment and Group II will start 4-6 months later.

Mission Possible will take place twice a week for a period of one year where you will be able to take advantage of an exercise program for stroke survivors. As well, you will be invited to attend a group meeting twice a week where you will have the opportunity to participate in a variety of activities, some of which include music, leisure activities, socialization, games and conversation.

There will be two group leaders and volunteers at this meeting who will be available to provide you with assistance during the time you are with us. You will be encouraged to participate in other activities in your community.

You will be re-evaluated at 3, 6, 12 and 15 months after being enrolled in the program.

Deciding to Participate

Participation is completely voluntary. You can refuse to participate or you can withdraw from this study at any time for any reason. If you decide not to participate or withdraw from the study, this decision will not involve any penalty or loss of any benefits to which you are entitled.

If you decide to participate, you will be asked to sign a consent form indicating that you understand what is involved and agree to participate.

What will we do with the information we collect?

All information you give us will be confidential and securely kept.

When all information has been collected, it will be used to evaluate the program and introduce them in various communities across the country.

Any new information which is discovered during the course of this project will be made available to you.