

Department of
Care and Counselling

Support Groups and Programmes (CART @ Annex 2)



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Introduction

Adjusting to a new medical condition can be challenging for you and your family members.

The following support groups and programmes have been developed to provide a platform for sharing of experiences and learning of useful strategies.

Stroke Support Groups

1. Living Well After Stroke –
A Stroke Self-Management Programme
2. Community Living Programme
3. Stronger Together!

Spinal Support Groups

1. Spinal Support Group
2. Spinergy



Benefits

These are the benefits of joining a support group:

- Connect with other people, feel less lonely.
- Improve your mental well-being, reduce distress and depression.
- Improve your coping skills and reduce challenges in dealing with stressful events.
- Stay motivated!
- Gain a sense of empowerment!



Stroke Support Groups

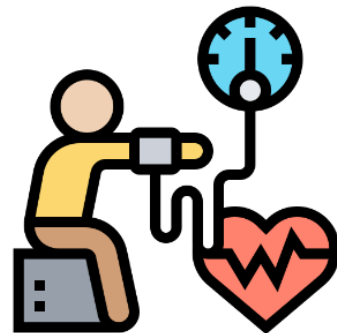
Living Well After Stroke – A Stroke Self-Management Programme

This group is for stroke survivors who want to:

- Learn about stroke and its impact on the body and mind
- Be equipped with tools and practical advice on how to monitor their physical health and manage their emotions
- Enhance their self-confidence and take active steps to manage their own health

When are the sessions?

- 6 sessions, once a week
- 2.5 hours per session
- Face-to-face or online Zoom sessions



Stroke Support Groups

Community Living Programme

This group is for stroke survivors who want to:

- Be equipped with the knowledge and skills to exercise and use public transport during post-injury period
- Enhance their self-confidence when going out and participating in social life

When are the sessions?

- 6 sessions, once a week
- 2.5 hours per session
- Face-to-face or online Zoom sessions



Stroke Support Groups

Stronger Together!

This group is for stroke survivors* who want to:

- Be equipped with the knowledge and skills to self-monitor their recovery progress
- Enhance their confidence for a successful transition back into the community

When are the sessions?

- 12 sessions, twice a week
- 2.5 hours per session
- Face-to-face



* Stroke survivors who are interested to join will need to be assessed by therapists. They will need to be deemed fit to participate as this is a physical circuit training programme.

Spinal Support Groups

Spinal Support Group

This group is for Spinal Cord Injury (SCI) survivors who are:

- Keen to be part of a network to build mutual support among SCI survivors
- Keen to learn about available resources and knowledge to cope with their conditions

When are the sessions?

- Ongoing
- Face-to-face or online Zoom sessions
- Annual group outing



Spinal Support Groups

Spinergy

This group is for Spinal Cord Injury (SCI) survivors who want to:

- Manage their emotional, mental and social well-being and adjustment during post-injury period
- Learn management strategies from other SCI survivors

When are the sessions?

- 6 sessions, once a week
- Face-to-face or online Zoom sessions



Feedback From Participants

“The programme helped build friendships, confidence, group encouragement and enhanced motivation. It helped to improve my physical fitness, walking stability and limbs mobility. Most importantly it helped me to set realistic and achievable functional goals. 😊”

– Francis, Participant of Stronger Together!



Stronger Together! – Goal Achievement Tree

Feedback From Participants

“Overall, I found it very interesting and engaging, and actually even fun! I learnt many new and relevant things too as I progressed with each weekly session of SSMP, regarding being more independent and pro-active, while having a more **positive attitude** when effectively self-managing life that had been affected by stroke.

I made new friends too, and enjoyed each and every SSMP session so much.

I highly recommend participating in SSMP, to all other stroke survivors - to **experience it for yourself!**”

– Audrey, participant of Living Well After Stroke – A Stroke Self-Management Programme (SSMP)



Feedback From Participants

“Spinal Support Group (SSG) has been helpful for me. It allows me to share my experience and **build my confidence**. I made **new friends, new connections** and **learn about new technology** from others.”

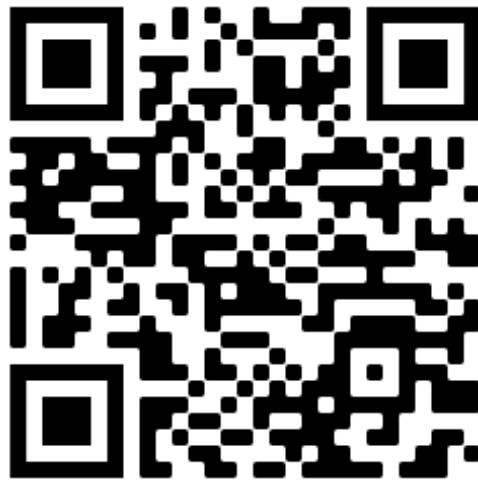
– Janetta, Spinal Support Group
Member / Volunteer



SSG outing to Bicentennial Experience

Register Your Interest!

Sign Up Here!



<https://tinyurl.com/ttshrehabsupportgroup>

Kindly allow our staff two to four weeks
to get back to you.

Notes

Notes

Care and Counselling

TTSH Medical Centre, Level B2

Contact:
6357 8222



Scan the QR Code with your smart phone to
access the information online or visit
<http://bit.ly/TTSHHealth-Library>

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