EQL Stroke

Enhancing Quality of Life: The Impact of Social Networks, Collective Efficacy, and Physical Environment on Home-Based Rehabilitation for Stroke Survivors EQL

KEYWORDS

Rehabilitation at home, Social networks, Physical environment, Community care, Co-design, Quality of Life, Stroke

DURATION

36 months

ABSTRACT

This project aims to address the challenges faced by stroke survivors (often older) who are rehabilitated at home by focusing on strengthening their social networks for self-management. The study acknowledges that rehabilitation at home presents unique obstacles due to physical and social barriers that impact recovery and well-being. While social networks and collective efficacy are known to support self-management, little is understood about their influence on the quality of life of older stroke survivors within the context of their physical environment. This project seeks to fill this knowledge gap by investigating these factors through a mixed-method approach, examining the roles of social networks, collective efficacy, and the physical environment in the recovery and well-being of older stroke survivors receiving home-based rehabilitation. The project involves a co-creative process with older stroke survivors, their relatives, and healthcare professionals to design a social network-based intervention. This intervention aims to promote self-management, enhance social support, and improve the well-being and quality of life of older stroke survivors. The research questions that will be addressed include the influence of social networks on recovery and well-being, the role of collective efficacy in promoting social support and enhancing recovery outcomes, the impact of the physical environment on social networks and collective efficacy, and effective measures for assessing these factors in this population. The background of the study highlights the importance of stroke rehabilitation at home, the unmet needs of stroke survivors, and the significance of social support and the environment in their recovery. The project aims to develop a person-centered approach grounded in self-efficacy theory to support self-management and social support among stroke survivors rehabilitated at home. The study will employ a mixed-methods approach, including qualitative social network methods, surveys, and participatory design. The research will involve phases such as qualitative social network analysis to understand the role of social networks, participatory co-design workshops to develop the intervention, and an evaluation phase to assess the intervention's effectiveness and identify facilitating or hindering factors. By integrating knowledge from various disciplines and involving key stakeholders, this project aims to contribute to the understanding of how social networks, collective efficacy, and the physical environment influence the quality of life of older stroke survivors. The findings will have implications for developing targeted interventions and improving stroke rehabilitation practices in community and home settings.

PARTNERS

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Elf	Dalarna University	Sweden
Kylén	Lunds University	Sweden
Meijering	University of Groningen	The Netherlands
Tomsone	Riga Stradin University	Latvia
Verbeek	Maastricht University	The Netherlands