PARAS

Physical Activity Routines After Stroke

INVITE

www.paras-strokerehab.org

Are you interested in improving your future independence, wellbeing and health?

Physical activity is any movement of the body that requires energy. This could be moving your arm to dress yourself, standing, walking on the ward or to the shops or going to the gym.

Increasing your everyday levels of physical activity and reducing the amount of time you spend sitting is beneficial for your wellbeing and long-term health after stroke.

Physical Activity Routines After Stroke (PARAS) has been designed to help you achieve the benefits of being active after stroke. The main aim of PARAS is to help you move more, sit less and increase your independence and function. We have two versions of PARAS one for the ward and one for the home and community.

PARAS supports stroke survivors to make short and long-term everyday physical activity changes. PARAS is all about what you want to achieve through the activities that interest you.

PARAS was developed and tested with stroke survivors, carers and healthcare professionals and is designed to support your current stroke rehabilitation.

"It's done me the world of good. It changed my whole outlook!" *

"PARAS takes rehab to another level and can encourage independence of an individual." *

* Feedback from stroke survivors who have taken part in PARAS.

If you are interested in taking part or learning more about PARAS please get in touch with your local PARAS team.

PARAS Co-ordinator:

Contact Details:

If you are not ready to take part in PARAS at this point in time please keep hold of this information in case you change your mind at a later date.

Health Innovation North East and North Cumbria

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