



# Timing it Right Stroke Family Support Program

Official Newsletter  
Issue 1, December 2010 **Holiday Edition**

## INTRODUCING THE TIR NEWSLETTER

We'd like to end our year by introducing you to our newsletter, which will be created every few months and distributed to all team members. The newsletter will feature announcements, friendly reminders, enrollment updates and a "tip of the hat" section to recognize outstanding contributions. If you have any news you'd like to share, or any questions/suggestions, please contact the Toronto Research Coordinator, Anna Czerwonka, at [anna.czerwonka@utoronto.ca](mailto:anna.czerwonka@utoronto.ca) or 416-978-5694.

## ANNOUNCEMENTS



**Wishing you and your loved ones a safe and happy holiday season, and all the best in the new year.**

## TIP OF THE HAT

Thanks to all the research assistants and stroke support people (SSP) at each site for all your hard work and commitment while kicking off the study. All 7 sites are up and running, and we anticipate a great year ahead.

## PLANS FOR THE NEW YEAR

As Anna has been wrapping up her introductory calls with research assistants and SSPs at each site, we plan to schedule a **teleconference in the new year** as a refresher to the study and to address any issues you may be experiencing. If you have any questions or suggestions for the teleconference, you're encouraged to e-mail Anna with your feedback, and your topic will be added to the agenda.

## FRIENDLY REMINDERS

Research assistants, don't forget to check EmPower to ensure caregivers are completing their online and mailed questionnaires. For incomplete questionnaires, you should follow up with caregivers over the phone and re-mail surveys if needed.

We're also in the process of submitting an ethics amendment that will **relax our inclusion criteria** to include stroke survivors who have had a previous mild stroke and went directly home without in or outpatient rehabilitation. With this change, we hope to **reach a greater population of caregivers** that could benefit from our intervention, and **increase enrollment numbers**.



## ENROLLMENT UPDATE

Below are the enrollment updates from EmPower as of Dec 10, 2010:

Site	Site Initiation Date	Caregivers Enrolled	Target Enrollment	No. Follow-up Questionnaires Completed:		
				3month	6 month	12 month
Toronto	07/JAN/2010	28	55	11	8	0
Ottawa	03/MAR/2010	16	55	5	2	0
Pembroke	15/APR/2010	3	30	1	0	0
Calgary	25/MAR/2010	9	50	3	2	0
Halifax	11/JAN/2010	7	50	3	1	0
South Shore	12/JAN/2010	4	30	0	0	0
Thunder Bay	05/AUG/2010	4	30	0	0	0
<b>All Sites</b>		<b>71</b>	<b>300</b>	<b>23</b>	<b>13</b>	<b>0</b>

**Keep up the great work and let's hit our target enrollment!**  
**If we can be of assistance please don't hesitate to contact us.**

