

## Is being a patient or family advisor with the Toronto Stroke Networks right for you?

Being a patient or family advisor may be a good match with your skills and experiences if you can:

- Talk about your experiences.
- Share your thoughts on what went well with your care and how things could be done better.
- Enjoy working with others.
- Bring a positive attitude.
- Keep any information you may hear as an advisor private and confidential.

### Contact Us

For more information about being a patient or family advisor or to find out how to apply:

**Call:** Donna Cheung at 416-603-5800 ext 4099

**Email:** [info@tostroke.com](mailto:info@tostroke.com)

**Visit our website:** [www.tostroke.com](http://www.tostroke.com)

Look for “*Patient and Family Advisor*” under the “*For the Public*” tab.

## Become a Toronto Stroke Networks Patient or Family Advisor

**Working Together to Improve Stroke Care**



**My Voice Matters**

## What is a patient and family advisor?

A patient or family advisor is someone who has experienced a stroke and is:

- Able to share their experiences to help others understand stroke care and recovery.
- Willing to advise the Toronto Stroke Networks on ways to improve the patient experience.
- A good listener who respects the views of others.
- Focused on improving care for others.

## Why get involved?

We want to hear your ideas.

By partnering with us, you will:

- Give fresh views on issues.
- Help build solutions together.
- Help improve care and services.
- Be a voice for persons with stroke and their families.

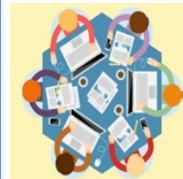
You can help make a difference in stroke care.

## What do patient and family advisors do?

If you want to be an advisor, here are some ways we can work together.



**Share your story** - advisors help by attending events and talking about their experiences and recovery.



**Serve on a patient and family advisory committee** – an advisory committee discusses and plans changes to improve care. Advice from the committee helps with making decisions at a planning level.



**Work on short-term projects** – advisors work together on projects that address specific needs.



**Create education material** – advisors help create and/ or review patient education material including websites and brochures.



**Offer peer support** – One-to-one support for patients and families with stroke, through the Peers Fostering Hope Program.