# Why get involved?

By partnering with us, you will:

- help identify gaps
- help build solutions together
- be a voice for your peers
- be a part of system change

"The Patient and Family Advisory
Committee has given me the
community I needed - and has
given me the opportunity to
participate in decisions impacting
stroke patients going forward."

-Catherine Gareau Patient Advisor

"I appreciate the opportunity to share my experiences and offer feedback on new initiatives. It is a privilege to contribute to the ongoing improvement of work of the Toronto Stroke Networks."

-Suzanne Schwenger Family Advisor

# Become a **Patient and Family Advisor**for the Toronto Stroke Networks







You can help make a difference!









For more information and to apply:



info@tostroke.com



www.tostroke.com







# What do Patient and Family Advisors do?

# What is a patient and family advisor?

#### Someone who:

- had a stroke or cares for someone who had a stroke
- is willing to share experiences
- is a member of Toronto's diverse population
- is willing to advise the Toronto Stroke Networks on ways to improve stroke care and the patient experience
- is a good listener and respects the views of others
- enjoys working with others and brings a positive approach



# **Share experiences**

Attend events and share your experiences and journey to recovery.



## **Participate on Committees**

Advise and work on plans to improve care across the stroke system in Toronto.



## **Collaborate on Projects**

Work with other advisors and health care providers to co-design stroke system improvement projects.



### **Guide Resource Development**

Help create and/or review education materials including websites and brochures.

Your voice matters!