

SHARED DECISION-MAKING FLOWCHART

This flowchart will guide you through the process of shared decision-making (SDM) with stroke survivors and caregivers. The shared decisions you need to make together are:

- Is a physical activity (PA) program necessary for the stroke survivor?
- What will this PA program involve?
- How will this PA program be implemented safely and effectively?

FIT 4 ME After Stroke

STAGE 1:
Start of shared decision-making

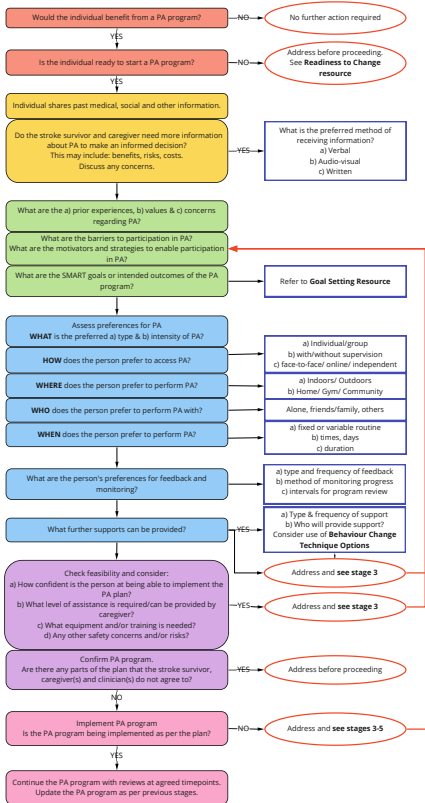
STAGE 2:
Information exchange

STAGE 3:
Explore values and set goals

STAGE 4:
Develop PA program and Assess preferences

STAGE 5:
Check feasibility and Confirm plan

STAGE 6:
Implementation and Monitoring



RESOURCES

STAGE 1

- Infographic for stroke survivors
- PA information (written/video)

STAGE 1

- Readiness to Change Resource

STAGE 3-4

- Goal Setting Resource

STAGE 4

- PA Options: resources for Stroke Survivors & Therapists

STAGE 4

- Feedback and Monitoring Options

STAGE 4

- Behaviour Change Technique Options

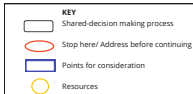
ALL STAGES

- SDM Guide and Worksheet

This shared decision-making flowchart is designed to be used by therapists to support stroke survivors and their caregivers to devise a personalised physical activity program.

For more information, see the supplementary Shared Decision-Making Guide.

This flowchart has been adapted from the Shared Decision-Making Tree developed by C Said, E Ramage, C McDonald, N Fink, K Bower, D Hitch, E Bicknell, E Lynch, G McKay, K English and C English. V2 17/09/2021



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