



Co-design of the Toolkit for Transitioning to Employment After stroke through Mutual support (TTEAM)

A digital, self-guided, return-to-work toolkit for stroke survivors and employers



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Introduction

Stroke incidence is increasing among working age people in high-income countries. Employers **lack knowledge/skills** to support stroke survivors to return to work¹. Nearly 40% of UK stroke survivors stop working post-stroke². Vocational rehabilitation is **rarely available**, and self-guided resources **lack tools** to aid application of learning. The intervention-mapping approach³ was used to co-design TTEAM for stroke survivors and employers.

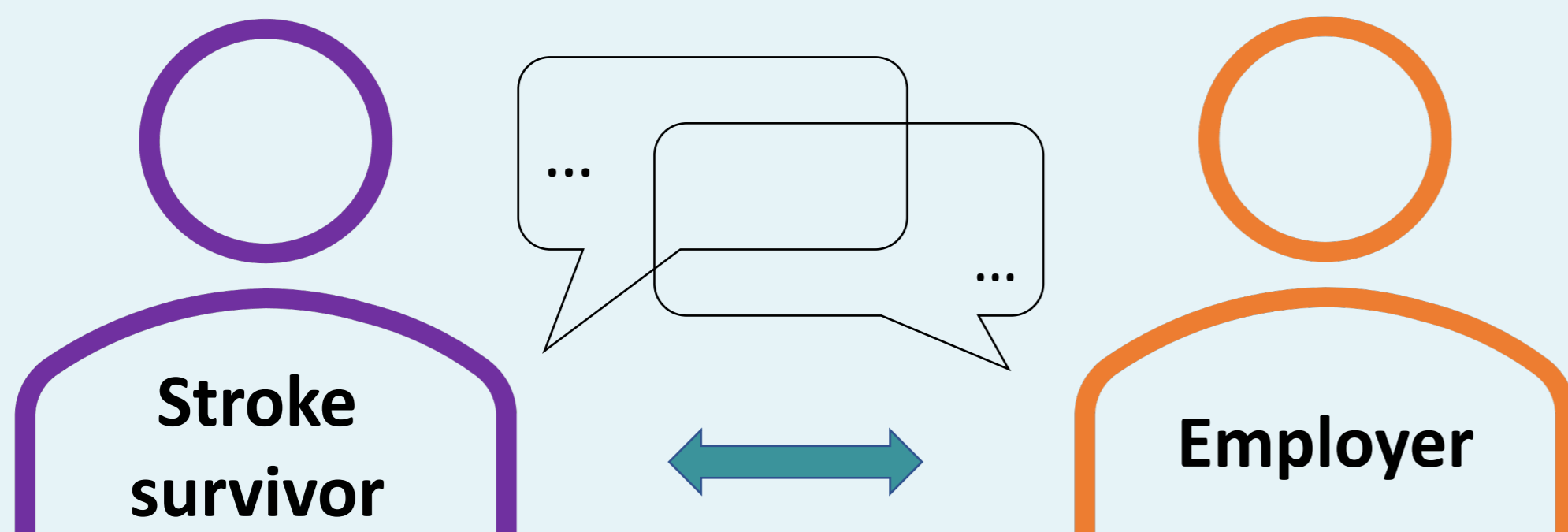
Methods

Steps 1-4 of the intervention-mapping protocol³ were followed. Decisions on intervention goal, content, and design, were informed by three online workshops with employers (n=12), including employers who were stroke survivors and/or healthcare professionals; and meetings with an advisory group (n=17), including stroke charity and trade union representatives, stroke survivors, healthcare professionals, and experts in human resources and vocational rehabilitation.

Results

TTEAM is an eLearning package hosted on the Xerte platform⁴, with theory- and evidence-based versions for a) stroke survivors and b) employers. TTEAM is interactive and includes downloadable PDF tools throughout.

TTEAM goal: Empower employers and stroke survivors to plan and manage a timely and sustainable return-to-work post-stroke.



Behavioural outcomes:

1. **Stroke survivor** discloses essential needs to employer.
2. **Employer** increases and maintains understanding of stroke survivor's abilities.
3. **Employer** provides reasonable adjustments for stroke survivor when needed.

Tools for stroke survivors:

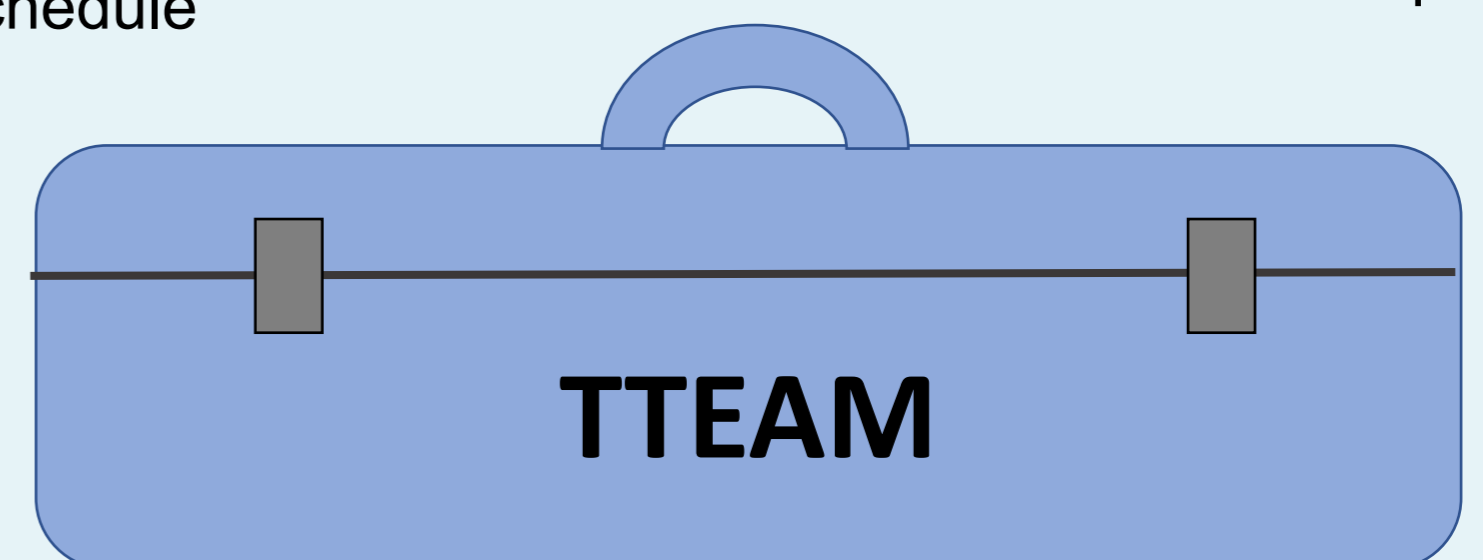
- Readiness for return-to-work: checklist, reflective prompts, pros and cons list activity
- Self-monitoring diary

Tools for employers:

- Tools to aid identification of resources, and reflection on own learning needs
- Communication schedule

Tools for both:

- Communication script templates
- Job analysis tool
- Health and safety risk assessment
- Tools for planning coping strategies/responses
- Reasonable adjustments passport
- Return-to-work plan
- Wellness action plan



Conclusions

TTEAM has potential to **improve users' knowledge, confidence, and skills** in managing return-to-work post-stroke and **increase retention** of stroke survivors in work. Further research is needed to refine, test, and evaluate TTEAM.

References

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