



Stroke Unit

Interdisciplinary care plan

WHAT YOU NEED TO KNOW

This document explains how the interdisciplinary care plan (ICP) works in your care on the stroke unit, to get you ready for your meeting.

What's in your ICP?

The ICP is a document added to your file and filled out during the ICP meeting.

It includes information and sections to identify:

1. Your needs and expectations, and those of your loved ones
2. Your concerns, and those of your loved ones
3. Your most important goal
4. The steps suggested to help you reach your goals, focused on improving your independence and quality of life

Who can be invited to the ICP meeting:

- You and the family or friends you choose
- Doctor
- Nurse
- Stroke care coordinator
- Psychosocial support worker
- Nutritionist
- Physical therapist
- Speech therapist
- Occupational therapist
- Other professionals

You and your loved ones will take part in the ICP process so that your care and services are adapted to your needs and concerns.

Your current health and independence

Since the start of your hospital stay, the stroke team members have been giving you care adapted to your health condition. They have also gathered information to create an overview of your current health and level of independence. During the ICP meeting, the stroke team members involved in your care will be there.

What is the process?

1. Getting ready for the ICP meeting

To help you get ready, a stroke care coordinator will meet with you and your loved ones (if you want them there). This is your chance to talk about your wishes, expectations, strengths, challenges, and your most important needs.

You'll also be able to share your concerns (for example: getting back to activities that matter to you) and ask questions.

To help you get ready for this, take some time to talk it over with your loved ones if you'd like.

- Identify your most important rehabilitation goal.
 - What were you doing before your stroke that is important for you to try to do again?
 - How do you think you can reach this goal?
 - What would help you get there, one step at a time?
- Identify your main short-term needs (for the next few days).

2. What happens during the ICP meeting?

Next, the stroke team members will meet with you (and your loved ones, if you wish) to:

- Identify the most important goal for you and the ways to reach it, while considering your expectations and needs
- Define everyone's role in carrying out your ICP
- Decide when the intervention follow-ups will take place
- Discuss the possible care and services after your hospital stay.

At the end of the meeting, you will be asked to sign the ICP. You will receive a copy.

If you can't attend the meeting, the stroke care coordinator will meet you to make sure you agree with the content of the ICP. You can sign it then and receive a copy.

3. After the ICP meeting

Don't hesitate to share any concerns or questions you or your loved ones may have with your stroke care coordinator.



Did you know an ICP meeting lasts 15 to 20 minutes?