Acute stroke hits without warning

Struggling to understand and adapt

To
(a) Bodily changes and impairments
(b) Changes in everyday life
(c) Identity threats

Sense of coherence

Life situation is:
Comprehensible, manageable & meaningful

Psychosocial wellbeing

Defined as:
(a) A basic mood of contentment and absence of pervasive feelings of sadness or emptiness,
(b) Participation and engagement in meaningful activities,
(c) Good social and mutual relations, and
(d) A self concept characterized by self esteem, self acceptance, usefulness and belief in one's own abilities

Intervention focus

- Foster understanding and (re)creation of meaning through ‘narrative dialogues’
- Support patient’s coping efforts and development of new life skills through ‘Guided self determination’ problem solving method

Patient is thrown into a situation of confusion/chaos