



Rebuilding Identity and Rewarding Lives

***Identity Theft: Rediscovering Ourselves After Stroke, Second Edition***  
**By Debra E. Meyerson, PhD, with Steve Zuckerman**

---

## Chapter 21: Building a Movement to Catalyze Change in the Stroke System of Care Survivor Group Facilitators Book Guide

In Chapter 21, Debra and Steve discuss the efforts of Stroke Onward to create systemic change in the stroke care system. They emphasize the need for a whole-person approach to recovery, addressing both physical and emotional needs. The chapter outlines the organization's strategies for raising awareness, creating resources, and collaborating with stakeholders to drive change.

The chapter highlights the importance of diverse stakeholder communities in driving systems change, including survivors, carepartners, healthcare professionals, and researchers. Debra and Steve share their experiences with building partnerships and collaborations to advance their mission.

### Chapter Highlights:

1. Stroke Onward aims to create systemic change in the stroke care system, focusing on whole-person care.
2. The organization has three core strategies: raising awareness, creating resources, and changing the healthcare system.
3. Debra and Steve emphasize the importance of diverse stakeholder communities in driving systems change.
4. They discuss their efforts to build partnerships and collaborations with various stakeholders.
5. The chapter highlights the need for rigorous research to validate new care methods and create a compelling evidence base.
6. Stroke Onward has developed resources such as book group discussion guides to support survivors and carepartners.
7. The organization is working to integrate their message into healthcare provider curriculum.



*Rebuilding Identity and Rewarding Lives*

8. Debra and Steve share their experiences with collaborating with practitioners and academics to drive innovation.
9. The chapter touches on the importance of recognizing and celebrating good work being done in the stroke community.
10. Stroke Onward is organizing to push for and catalyze change through advocacy and policy efforts.
11. The chapter concludes with a call to action for readers to join the movement for change.
12. Debra and Steve emphasize the need for diverse perspectives and inclusivity in their efforts.

## Points for Reflection:

1. How do you think the stroke care system can better support survivors and carepartners in their emotional journey?  
(Short answer)
2. What role do you think diverse stakeholder communities can play in driving systems change?  
(Scale: Not Important at All, Somewhat Important, Very Important, Extremely Important)
3. Have you experienced any challenges or barriers in accessing resources or support during your recovery?  
(Short answer)
4. How important is it for healthcare providers to understand the emotional journey of stroke survivors?  
(Scale: Not Important at All, Somewhat Important, Very Important, Extremely Important)
5. What resources or strategies have you found most helpful in your recovery journey?  
(Short answer)
6. How do you think Stroke Onward's efforts can be scaled or replicated to reach more survivors and carepartners?  
(Short answer)



*Rebuilding Identity and Rewarding Lives*

7. In what ways can you contribute to or support the movement for change in the stroke care system?  
(Short answer)
8. How hopeful do you feel about the potential for systemic change in the stroke care system?  
(Scale: 1-10)
9. What are some potential challenges or obstacles that you foresee in creating systemic change?  
(Short answer)
10. How can we ensure that the voices and perspectives of survivors and carepartners are centered in efforts to drive change?  
(Short answer)