

Living Beyond Stroke

A free, self-directed resource you can hand to a patient — on discharge, in a resource folder, or at a rehabilitation centre noticeboard.

Guided imagery a patient can do alone, between appointments — during the long stretches when no hands-on therapy is scheduled. Free, plainly written, and honest about how strong the evidence is for each practice.

What the Site Offers

PILLAR ONE

Quality of Life Research

The research base behind the programme, written in plain language for patients and families — including what the studies say about how much practice is needed.

PILLAR TWO

Guided Imagery Programme

Five audio-guided motor imagery practices, each following the same four-part method and each labelled with the strength of its evidence.

— Arm and hand · STRONG

— Balance and posture · MODERATE

— Speech and language · EMERGING

— Walking and gait · STRONG

— Fatigue and rest · MODERATE

FRAMING YOU CAN RELY ON

The practices sit alongside physiotherapy, occupational therapy, and speech and language therapy — they are not offered as a substitute for any of them, and patients are directed to continue all prescribed care. Patients in active rehabilitation are encouraged to tell their therapist they are using the programme.

Motor imagery evidence is not uniform, and the site does not present it as such: upper limb and gait are the best supported, balance and fatigue less so, and speech is labelled as emerging on the practice page itself. The four-part method that structures every practice is the author's own synthesis and has not been clinically tested as a unified protocol.

About the Author

Jeremy Olson holds a Masters of Social Sciences (Psychology) from Waikato University, NZ. His graduate quality-of-life research was conducted at Deakin University under Prof Robert Cummins. He is not a clinician and has not had a stroke himself — the site is built as a researcher and educator working alongside people who have.

Why Teams Hand This Out

- Free — no login, paywall, or cost to the patient
- Self-directed — any pace, any device
- Honest about what is and isn't proven
- Something to do between appointments

Living Beyond Stroke

livingbeyondstroke.com

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FREE · SELF-DIRECTED · ALWAYS AVAILABLE



SCAN TO VISIT