**Appendix A: Stepping On after Stroke Program Schedule Outline**

Rehabilitation Center: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Program Period: \_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_

Onsite Clinical Coordinator: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Preparation Phase:**

1. Stepping On after Stroke program leader training (September 2016)
2. Participant recruitment (September 2016)
   1. Briefing sessions to potential participants in the centers

**Intervention & Follow-up Phase:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Schedule** | **Stroke participants (with 1 caregiver)** | **Family members and helpers** |
| Intervention phase  (October – November 2016) | Week 1 | Weekly group session | Education session |
| Week 2 | Weekly group session |  |
| Week 3 | Weekly group session |  |
| Week 4 | Weekly group session |  |
| Week 5 | Weekly group session (including community mobility practices in a big group) |  |
|  | Supervised community mobility practices  (small group: 2-3) |  |
| Week 6 | Weekly group session |  |
|  | Supervised community mobility practices  (small group: 2-3) |  |
| Week 7 | Weekly group session | Education session |
|  | Supervised community mobility practices  (small group: 2-3) |  |
| Week 11 Week 12 | Home visits |  |
| Post-Intervention / follow up phase  (December 2016 – May 2017) | Week 20 | Booster session (combined with caregivers) |  |
| Week 33 | End of program |  |

**Appendix B: Research Data Collection Schedule**

|  |  |  |
| --- | --- | --- |
| **Schedule** | **Data Collection Methods** | **Remarks** |
| Within 1 month prior to the program intervention | Screening for suitability  Baseline assessment |  |
| Week 5 | Collect 1st month fall calendar |  |
| Week 9 | 2nd month fall calendar |  |
| Week 13 | Post-intervention re-evaluation | After the home visit |
|  | Program evaluation survey | After the home visit |
|  | Collect 3th month fall calendar |  |
| Week 17 | Collect 4th month fall calendar |  |
| Week 20 | Program evaluation survey | After the 3-month booster session |
| Week 21 | Collect 5th month fall calendar |  |
| Week 25 | Collect 6th month fall calendar |  |
| Week 29 | Collect 7th month fall calendar |  |
| Week 33 | Collect 8th month fall calendar |  |