

HIPS/17/03 – We Walk: Development of a family-centred and peer-support behavioural intervention to promote regular outdoor walking after stroke.

Stroke causes weakness, difficulty walking and disability. Many survivors have low levels of physical activity (PA) and fitness, raising risk of further stroke, cardiovascular disease, falls and poor mobility. Regular PA, including walking, reduces these risks. However even after attending PA programmes, survivors resume inactive lifestyles. Our earlier research examining barriers and facilitators to PA after stroke showed that survivors' preferred PA is walking, and family, friends or peers and professionals, can provide supportive behavioural strategies for PA. This study extends our research to develop a family-centred and peer-support behavioural intervention to promote regular walking as part of survivors' daily lives. We will systematically map identified behavioural barriers to a behavioural intervention development framework, to identify intervention components. We will consult participants - stroke survivors, their families, friends or peers, and appropriate health, social care and exercise professionals, to define the intervention, and appropriate delivery and training formats. Participatory Action Research will enable participants to try the intervention, providing ideas about adapting the intervention to match their needs. It will also inform us about how the intervention should be adapted for implementation in diverse contexts. We will apply for subsequent funding to test feasibility and effectiveness of this co-created intervention.