

A Self-Determination Theory–Informed, Human-Centred Approach to Multidisciplinary Stroke Rehabilitation: A Case Study P#3011

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Person-centered and self-determination approaches appear to yield optimal results in multidisciplinary stroke care

INTRODUCTION

- ❖ Multidisciplinary stroke rehabilitation is considered optimal for functional recovery.
- ❖ However, many contemporary programmes rely on generic protocols while the role of person-centred frameworks remains underrecognised, despite its contribution to therapeutic alliance and outcomes.

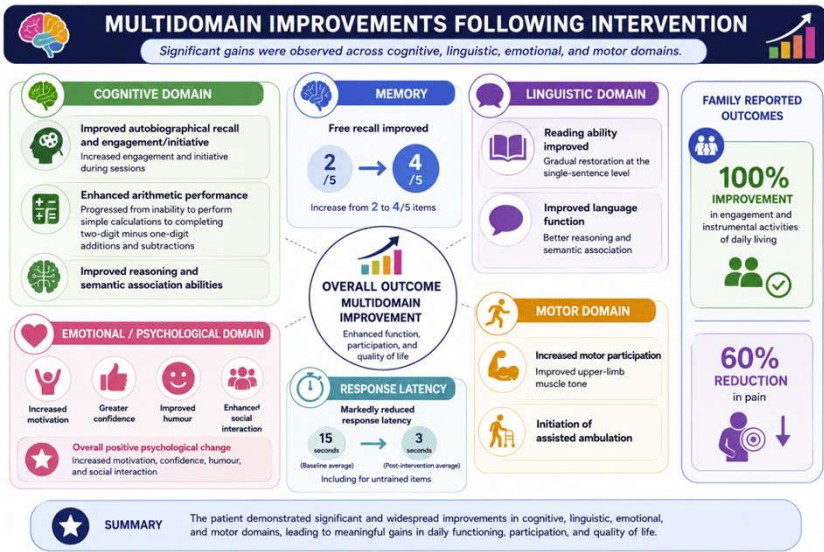
This case study examines the impact of a Human-Centred, Personalised, Multidisciplinary (HCPM) intervention in a post-stroke patient.

METHODS

- ❖ A 74-year-old woman (12 years of education) sustained a stroke in March 2025 and presented to our centre after previous multidisciplinary rehabilitation, reporting low motivation for therapy.
- ❖ She completed a 2.5-month HCPM intervention protocol informed by Self-Determination Theory (SDT) (October 2025–December 2026), three hours/day, three times/week.
- ❖ Neuropsychological, occupational, speech-language and physio therapy, and family psychoeducation.
- ❖ Emphasised autonomy, collaborative goal-setting, informed consent, graded task success, emotional support/humour, and therapeutic alliance.
- ❖ Rehabilitation activities were tailored to the patient's personal interests.

- ❖ Cognitive/linguistic/occupational training targeted arithmetic, naming, reading, writing, visuoconstructive tasks, semantic associations, reasoning, memory, and compensatory strategies using paper-and-pencil tasks, and computerized exercises (MEMO, aphasia modules, Sudoku, visual memory games).

RESULTS



CONCLUSION

- ❖ The HCPM framework was associated with greater improvements in motivation and functional outcomes than multidisciplinary therapy alone in stroke rehabilitation.
- ❖ Given that stroke is a major contributor to vascular cognitive impairment, and despite the limited data precluding robust conclusions, these findings support the importance of person-centred delivery alongside evidence-based rehabilitation.

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