



[English Version 1.0]
30th March 2026

Trial Title:

Pedagogy and enriched environment for rehabilitation in the home after stroke (PEER-HOMECare): study protocol for a single-group feasibility study

Approved: 16th February 2026

Principal Investigator:

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WOULD YOU LIKE TO PARTICIPATE IN THE RESEARCH PROJECT - PEER HOMECARE – ENRICHED HOME ENVIRONMENT IN REHABILITATION AFTER STROKE?

PURPOSE OF THE PROJECT AND WHY YOU ARE BEING ASKED TO PARTICIPATE

This is an invitation for you to participate in a research project that aims to investigate the feasibility of, and satisfaction with, a treatment approach where changes are made in the home environment to improve rehabilitation of arm function after a stroke.

You are being asked to participate because you live in the same household as a person who has recently had a stroke and who has consented to take part in the research project. After a stroke, it is important to remain active in daily life to improve function, and this project encourages such activity in one's own home.

People who live with someone who has had a stroke can be important partners for healthcare personnel. Because this treatment is delivered in your shared home, you are being asked to participate. In this document, we provide information about the project's goals and what participation will mean for you. Please read carefully and complete the consent form if you wish to participate.

Your family member who has had a stroke has received their own information sheet about what participation means for them, which you are also encouraged to read.

WHAT DOES THE PROJECT MEAN FOR YOU?

The project takes place after hospital discharge, in the home of the person with stroke, and will not interfere with any other follow-up or treatment they receive. The treatment lasts for six weeks.

Project staff will suggest changes and adjustments in the home environment that may stimulate increased use of the arm affected by the stroke. This may include, for example, changes in the placement of everyday tools or the introduction of new assistive devices.

For these changes to have the intended effect on your family member's arm function — and because these changes may also affect you — it is necessary that you consent to the project being carried out in your shared home.

You will receive learning materials with ideas on how changes in the home environment can stimulate activity, as well as instructions on how to apply movement sensors to the arm to measure movement. The material will be available both online and on paper.

During the 6-week project period, we will visit your family member at home up to twice a week, in addition to regular phone contact, and we will suggest new adjustments to the home environment. At the end of the study period, we will ask you to complete a questionnaire about your experience of the measures. These assessments will take about 1 hour.

In the project, we will collect and register information about you — such as age and gender — based solely on what you provide. We do not collect information from other sources. After the treatment period, we will ask you to complete a questionnaire about your experience of your family member's participation in the project and how you experienced the changes in the home environment.

Similar data collection will be conducted in Sweden and Latvia. The project is funded by EU funds from Transforming Health and Care Systems (THCS) and is carried out in collaboration between the Norwegian School of Sport Sciences and Sunnaas Hospital, the Universities of Gothenburg (Sweden), Riga Stradins (Latvia), and Porto (Portugal).

POSSIBLE BENEFITS AND DISADVANTAGES

You will participate in research aimed at improving rehabilitation after stroke, and you will experience a treatment method (changes in the home) that is expected to promote function.

Participation contributes to new knowledge about stroke rehabilitation at home and how it can be developed and improved. You will meet clinicians experienced with stroke, and if the treatment is effective, your family member may experience improved function.

There are no significant disadvantages to participating. Some suggested adjustments in the home may feel inconvenient or unfamiliar, but they are intended to stimulate training. It may also feel unusual to have clinicians visit your home. Participation will not affect any other healthcare services your family member would otherwise receive.

VOLUNTARY PARTICIPATION AND RIGHT TO WITHDRAWAL CONSENT

Participation is voluntary. If you wish to participate, sign the consent form on the last page. You may withdraw your consent at any time without giving a reason. This will not have any negative consequences for you or your treatment.

If you withdraw consent, your information will no longer be used for research. You may request access to the information stored about you, which will be provided within 30 days. You may also request that your information be deleted.

The right to request destruction, deletion, or disclosure does not apply if the material or information has been anonymized or published. This right may also be limited if the information has been included in completed analyses or if data has been processed.

WHAT HAPPENS TO YOUR INFORMATION?

If you later wish to withdraw or have questions about the project, you may contact the project leader (see contact information on the last page).

The information registered about you will only be used as described in the project purpose and is planned to be used until 2032. The legal basis for processing personal data is research in the public interest. Any extensions of use or storage time can only occur after approval from the Regional Committee for Medical and Health Research Ethics (REK) and other relevant authorities.

De-identified data will be stored on a secure server — Services for Sensitive Data (TSD) at the University of Oslo — and only the project group will have access. As this is a multicenter study, the project group consists of researchers from Norway (Arve Opheim and James Rudd), Sweden (Katharina Sunnerhagen), Latvia (Guna Berzina), and Portugal (Matheus Pacheco). Only the project leader will have access to export data.

You have the right to access the information registered about you and to correct any errors. You also have the right to access information about the security measures used in processing your data. You may file a complaint about the processing of your data with the Norwegian Data Protection Authority and the institution's Data Protection Officer.

All information will be processed without names, personal ID numbers, or other directly identifying details (= coded information). A code links you to your information through a name list. Only project leader Arve Opheim and project staff member Ann Marie Hestetun-Mandrup have access to this list.

Publication of results is a necessary part of the research process. All publications will be written so that individual participants cannot be identified, but we are obliged to inform you that we cannot completely rule out the possibility.

After the research project is completed, your information will be stored for five years for audit purposes.

INSURANCE

The standard Norwegian Patient Injury Act applies during the project period, and insurance coverage is provided through this act.

FINANCES

This project is funded by EU funds from THCS and the Research Council of Norway. The funding source has no role in the project. Sunnaas Hospital and the research team have no financial or competing interests.

There is no payment for participation, but any expenses related to participation will be reimbursed.

APPROVALS

The Regional Committee for Medical and Health Research Ethics (REK) has reviewed and approved the project (case number 816325).

Sunnaas Hospital and project leader Arve Opheim are responsible for data protection.

Our data processing is based on the data-protection standards at Sunnaas Hospital.

CONTACT INFORMATION

If you have questions about the project, experience unwanted events or side effects, or wish to withdraw from participation, you may contact:

- **Arve Opheim** Phone: 98005122 Email: arve.opheim@sunnaas.no



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- **Ann Marie Hestetun-Mandrup** Phone: 40674994 Email: anmhes@sunnaas.no

For questions about data protection, contact the institution's Data Protection Officer:

- **Joakim Mejdell-Edvardsen** Email: Joakim.Mejdell-Edvardsen@sunnaas.no



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I CONSENT TO PARTICIPATE IN THE PROJECT AND TO THE USE OF MY PERSONAL DATA AS DESCRIBED ABOVE:

Place and date

Co-habitant signature

Printed name (in block letters)