

STROKE FOUNDATION'S ANNUAL HIGHLIGHTS

Thank you for your ongoing support over the last 12 months which enables the Stroke Foundation to provide critical personalised stroke recovery services and spread vital awareness messages for stroke prevention.

All over the country, our Community Support teams act as educators for stroke survivors and their whānau who are contending with stroke

recovery. By assisting these New Zealanders in navigating complex systems to get the support they need, we are helping them recover to the best possible version of themselves.

Here is what your continued support has helped us achieve over the past year. We could not do any of this without generous supporters like you!



NEARLY **10,000**  FREE BLOOD PRESSURE CHECKS WERE GIVEN BY OUR HEALTH PROMOTION TEAM.



REFERRALS TO OUR COMMUNITY STROKE ADVISOR (CSA) SERVICE IN 2021 INCREASED BY **7%** COMPARED TO 2020.



88% OF THE PEOPLE SURVEYED AFTER HAVING THEIR BLOOD PRESSURE CHECKED BY OUR HEALTH PROMOTION TEAM SAID THEY HAD MADE CHANGES TO IMPROVE THEIR BLOOD PRESSURE MANAGEMENT FOLLOWING THEIR CHECK.



76% OF SURVEYED CLIENTS SAID THEY HAVE ACHIEVED THEIR PERSONAL RECOVERY GOALS WITH THE HELP OF OUR COMMUNITY STROKE ADVISORS.



IN ASSOCIATION WITH THE NATIONAL INSTITUTE FOR HEALTH INNOVATION, WE PUBLISHED OUR SECOND **SALT RESEARCH REPORT**, EXAMINING THE **SODIUM CONTENT OF CRISPS AND SAVOURY SNACKS** SOLD IN NZ SUPERMARKETS. FOR SALT AWARENESS WEEK IN 2022, WE RELEASED FURTHER **RESEARCH** HIGHLIGHTING THE UNACCEPTABLY **HIGH SALT CONTENT OF SAUCES** SOLD IN NZ. WE ARE MEETING WITH GOVERNMENT MINISTERS AND HEALTH OFFICIALS TO ADVOCATE FOR THE IMPLEMENTATION OF GOVERNMENT-LED SALT REDUCTION TARGETS FOR PROCESSED FOODS.

WITH YOUR HELP LAST YEAR...

OUR COMMUNITY STROKE ADVISORS ASSISTED OVER
4,500
STROKE SURVIVORS ACROSS THE COUNTRY.

WE PROVIDED OVER
38,000
HOURS OF SUPPORT TO STROKE SURVIVORS, THEIR FAMILIES, WHĀNAU AND CARERS.

215 STROKE SURVIVORS ENGAGED IN OUR RETURN-TO-WORK PROGRAMME, WITH **38%** SUCCESSFULLY RETURNING TO EMPLOYMENT.

HEAR FROM OUR INCREDIBLE CLIENTS!

"I think the Stroke Foundation is a wonderful service. I no longer felt I had been forgotten. I now have monthly support and socialise with our local stroke group with other survivors. Thank you so much."

Lorraine K

"Thank you for being so caring and easy to chat with."

John L

"I feel grateful for the care I experienced and the assistance from the Stroke Foundation that helped me to be able to go home."

Janny H

"We are grateful for the support, kindness and friendliness shown to us. The information provided was very helpful, especially in the Foundation's book, 'Life After Stroke'. Thank you."

Richard W

SNAPSHOT OF INITIATIVES WE'RE EXCITED TO LAUNCH IN 2022

■ He taonga is the Stroke Foundation's free six-week online programme for managing high blood pressure. The brand-new programme provides support for people to develop healthy habits to reduce and manage their blood pressure.

■ In partnership with the Ministry of Health and Te Hiringa Hauora, we are launching a range of new initiatives to support the national F.A.S.T. campaign. These include new resources and training for community workers and workplaces. The F.A.S.T. message supports the early recognition of the signs of stroke and the need to call 111 for suspected cases. The acronym stands for Face drooping, Arm weakness, Speech difficulties and Take action – call 111.

■ We are currently undertaking a comprehensive review of our stroke recovery services to align them with the latest stroke recovery research, as well as advances in digital technology, so we can deliver more services to more people who need our support.

■ A "Take Charge After Stroke" programme is being piloted in Aotearoa, hoping to replicate the incredible results seen in research funded by the Stroke Foundation. "Take Charge" is a talking therapy programme that encourages stroke survivors to focus on what, and who, is most important to them to best plan their rehabilitation.



As a part of the Stroke Foundation family, we are immensely grateful for your dedicated financial support of our recovery services.

WHAT DOES OUR COMMUNITY-BASED SUPPORT DELIVER TO STROKE SURVIVORS AND THEIR WHĀNAU?

Community Stroke Advisors (CSAs) and Return to Work Advisors (RTWAs) are our front-line teams providing free services for stroke survivors, their whānau and carers. CSAs and RTWAs visit clients in their homes, discuss and develop plans to meet stroke survivors' needs and achieve individual goals.

MEET SOME OF OUR RECOVERY SERVICE ADVISORS



Brenda Rainsbury, Community Stroke Advisor in Christchurch

"I believe in the power of good information for my clients, which is why I often travel with a host of brochures and books related to stroke, including my workplace "Bible", the Life after Stroke book."

Brenda also works with her clients to address a common issue faced by stroke survivors in the first year of their recovery – fatigue.

"Think about what is happening in your brain as roadworks, and fatigue is the detour to facilitate that neurological recovery. If you feel like taking a rest, don't fight it," she tells her clients.



Eric Knapp, Community Stroke Advisor in Christchurch

Eric Knapp, one of our CSAs based in Christchurch is a stroke survivor himself and uses his first-hand experience to break the ice when he visits people who are in recovery in Christchurch Hospital's stroke ward.

"It's vital to visit people at this stage when they are most in distress and confused about their situation. I introduce them to what the Stroke Foundation can do for them, and how

our free services can help them. I tell them that the process of recovering, according to my experience, is a marathon, and not a sprint."



Amy Church, Return to Work Advisor for the South Island

"My job as a Return to Work Advisor is to offer a pathway back to work for people who have survived a stroke and help them get back to their careers safely. Driving licenses and assessments are commonly discussed, as vision and cognitive declines commonly caused by strokes can delay this process."

"For some clients, I give them a good idea of the kind of financial support they can apply for while unemployed, and how to attain permissions from treatment teams for certain requests."



Emily May, Community Stroke Advisor in Marlborough

"As Community Stroke Advisors, when we visit people at their homes it is so vital to simply listen to their stories."

"My job as a CSA involves putting things into perspective for my clients. Usually, this means reminding them of the incredible progress they have made - from the early challenging months to where they are now."

"That perspective works both ways though, as we also acknowledge the struggles that stroke survivors and their families go through. Every survivor has days when they feel sorry for themselves, but those emotions are a valid part of the recovery journey."

WHEN LIFE CHANGES

A young stroke survivor from Christchurch reminds us that a stroke can sideline anyone, and why your support of the Stroke Foundation is so crucial in getting stroke survivors and their whānau the practical support they need to strengthen their resilience and tenacity.

At 2:15 pm on December 7th, 2021, 27-year-old Cassandra Hey distinctly remembers experiencing something that felt like “butterflies in her tummy”, as she lost her ability to speak, hear or control the right side of her body.

“I wanted to say to my partner at the time that something was seriously wrong, but when I delivered the speech, it rolled off my tongue as utter gibberish!”, Cassandra remembers.

At the time, however, Cassandra was petrified. “With each passing minute, I could feel my brain shutting down, and although I’m not a huge believer, I remember falling on my knees in prayer as I was convinced that I was going to meet God!”, she says.

After heading to the hospital, Cassandra’s symptoms remarkably started to fade rapidly. Soon enough, her speech, hearing, and movement all returned to normal.

Treatment teams were not able to decipher what Cassandra had experienced but asked her to stay on for a brain scan. As she was suffering from a splitting migraine, however, a frustrated Cassandra made the unfortunate decision of leaving the hospital and heading home.

Knowing that she had experienced something inexplicable, Cassandra returned



Kassandra Hey from Christchurch, New Zealand

to the hospital to finally get her CT scan and MRI the next day. With the scans showing that she had suffered a major stroke, doctors were baffled at Cassandra’s lack of stroke symptoms.

Kassandra admits that the whole experience has been an ordeal for her two daughters, as it caused worry that something could happen to their mum. This has galvanised her to make some significant lifestyle changes to further reduce her risk of future strokes.

“While doctors try to figure out what went wrong, I’m proactively trying to protect myself for the sake of my children – by eating less salt as well as quitting drinking and smoking,” she says.

“Today, I know that only about 1 in 10 people who suffer a stroke make a full recovery. When there are so many New Zealanders out there who have lost someone or suffered major disabilities, I don’t know how I am part of the lucky 10% that fully recover,” says Cassandra.

HAVE YOU THOUGHT ABOUT LEAVING A GIFT IN YOUR WILL?



After you have provided for your whanau and the special people in your life, a bequest is one way to leave a legacy without impacting your financial needs during your lifetime. If you decide to make a bequest to the Stroke Foundation, you, like others before you, will enable us to continue vital work for people recovering from a stroke, while also helping to reduce the number of strokes in New Zealand each year.

Please contact Mark Vivian, our Bequests Ambassador, to discuss your wishes.

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