

## INFORMATION ABOUT STROKE



The Stroke Foundation has lots of free information about stroke and managing life after stroke that is available in a number of different languages.

The book **Life After Stroke** is readily available in hospitals and from CSAs. The book and all other resources are available at [www.stroke.org.nz](http://www.stroke.org.nz)

### Driving after stroke



In all cases following a stroke or TIA, the NZ Transport Authority fitness to drive guidelines for doctors state that a stroke survivor must not drive for a minimum of one month.

Some people may be advised to stop driving permanently. Other people may resume driving after medical clearance. CSAs have further information about driving.

### Total Mobility Scheme: TMS



Discounts in taxi travel are available in some areas through a discounted scheme. CSAs can advise about this.

In some areas CSAs are contracted to carry out the TMS assessment and register people for this. There is a registration fee.

### Return to Work service



Specialist staff are available to assist stroke survivors who are of working age with employment and work related advice and support following a stroke. The CSAs can link people with this service.

## CONTACT DETAILS

### Northern Region

[northern@stroke.org.nz](mailto:northern@stroke.org.nz)  
09 475 0070

### Midland Region

[midland@stroke.org.nz](mailto:midland@stroke.org.nz)  
07 571 3061

### Central Region

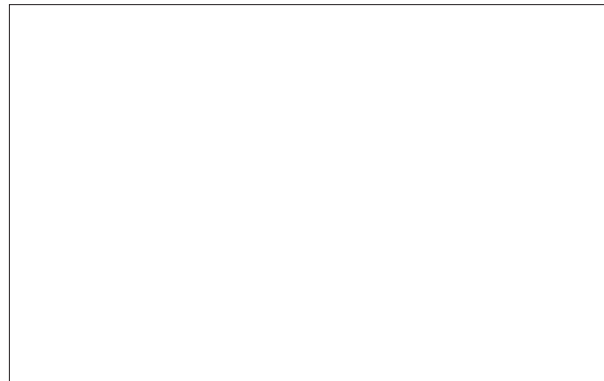
[central@stroke.org.nz](mailto:central@stroke.org.nz)  
04 298 8585

### Southern Region

[southern@stroke.org.nz](mailto:southern@stroke.org.nz)  
03 381 8500

### National Office

[strokenz@stroke.org.nz](mailto:strokenz@stroke.org.nz)  
0800 STROKE (0800 78 76 53)



## COMMUNITY STROKE ADVISOR SERVICE

GIVING EXPERIENCE, SUPPORT AND HOPE

## ABOUT THE STROKE FOUNDATION

We work to:

- Prevent stroke
- Improve outcomes
- Save lives.

Every year, 9,500 New Zealanders have a stroke. Our Community Stroke Advisors (CSAs) work with stroke survivors, their family, whānau and carers. They help people have the best possible life after stroke. This service is free.

## COMMUNITY STROKE ADVISORS

A stroke can be a challenging time.

Our CSAs:

- Make home and hospital visits to meet stroke survivors, family, whānau and carers
- Help ensure those affected by stroke are getting the best services and treatment available.
- Help assess their needs and requirements following stroke.
- Work with them to support the development of their own goals and plans

- Give information, support and advice to build knowledge and skills to assist with life after stroke and to prevent additional strokes.
- Provide advocacy support where people are facing barriers to services following a stroke
- Introduce people to stroke support, community and recreational groups, including online groups.



## HOW TO GET CSA HELP

Contact details for CSAs are on the back of this pamphlet.

## WHO CAN GET A CSA?

Anyone who has had a stroke, their family, whānau or carers can ask for a CSA.

Medical rehabilitation, community or residential facilities can also refer you to the CSA service.

We respect privacy. The CSA will explain what information they need and how it will be used.

## STROKE CLUBS AND OTHER GROUPS

Stroke support organisations, including stroke clubs, are a valuable means of support for people affected by stroke.

They give people a chance to share experiences, learn about stroke, meet new people and take part in events and activities.

CSAs can help put stroke survivors in touch with these groups.

They also know about other community groups and recreational activities which can be helpful.

These can include exercise classes, sports clubs, accessible gyms, art and craft groups, therapies, caregiver, partner or family support groups and younger stroke survivor groups.