

How to Get Moving After a Stroke



Physical activity made simple for stroke survivors and their support people.

An educational resource co-designed by families with lived experience of stroke and physiotherapy researchers.

Foreword

Jo Lambert, CEO

Stroke Aotearoa New Zealand.

On behalf of Stroke Aotearoa New Zealand, I am pleased to support this resource and the collaborative approach behind it. What makes it especially valuable is that it has been co-designed with families who have lived experience of stroke, alongside physiotherapy researchers and health professionals. The result is a guide that is grounded in evidence, as well as being compassionate, realistic, and easy to understand. I hope it empowers you to move with confidence, care, and hope, at your own pace.

While every stroke survivor's journey is different what unites people is the desire to live well, to feel confident again, and to take part in everyday life in ways that are meaningful to them. Recovery does not happen in isolation, and encouragement, understanding, and shared movement can make a real difference. This booklet reminds us that every movement counts, and progress looks different for everyone. Together, support people, partners, whānau, āiga, and friends, can be champions alongside stroke survivors on their unique journey.

Importantly, this guide reflects the diversity of families and communities across Aotearoa New Zealand. It acknowledges that access to resources and opportunities varies, and encourages people to connect with local services, community groups, and organisations. Stroke Aotearoa New Zealand is always here to help too. Our mission is to prevent strokes and improve lives, and this booklet is an excellent resource to help people take the small steps needed to live their best life after stroke.

I encourage stroke survivors and their support people to use this booklet in a way that feels right for them. Take small steps. Celebrate progress, no matter how small it may seem. And remember that you are not alone on this journey.



Jo Lambert
Chief Executive Officer
Stroke Aotearoa New Zealand

Stronger Together

How this guide was designed:

This guide was developed through a research study where stroke survivors and their families partnered with a multidisciplinary research team from the School of Physiotherapy, University of Otago. The team included three physiotherapy researchers: Dr Ally Calder and Associate Professor Hilda Mulligan, who have clinical and research experience in neurological rehabilitation, and Professor Gisela Sole, who has clinical and research experience in sports physiotherapy. The research team also included Amelia Petherick (neurorehabilitation physiotherapist), Eric Ufi Poa Taule'ale'ausumai (stroke survivor), and Lynnley Driver and Jessica Alexander (stroke survivor support people), whose lived and professional experiences helped shape the guide. The booklet was designed and produced by Joshua Meredith, an expert in creative communications.

By bringing together the insights of families living with stroke and the knowledge of researchers and a communications expert, the guide provides trustworthy information that is grounded in both experience and evidence.

The research had funding support from the following research grants:

- The Canterbury Physiotherapy (including Jean Erwin) Charitable Trust
- The Physiotherapy New Zealand Scholarship Trust
- The Neurology Special Interest Group of Physiotherapy New Zealand Research Grant



Bruce's Story

*Moving Forward
After a Stroke.*



Kia ora, my name is Bruce and I endorse this guide 100%. The guide is fit for purpose, representing a brilliant partnership between research, clinical expertise, and the lived experience of stroke survivors and whānau support.

I had a significant stroke in 2017. I was 55 years old when my wife, Fiona, found me on the floor, 12 hours after I had the stroke. I was in hospital for a few weeks and discharged with significant weakness on the right side. I had rehabilitation for a few months which helped. I had to stop working as a carpenter to focus on my stroke recovery.

Two years later, I got a job as a part-time cleaner and felt valued again. However, two years later, I had to stop work because fatigue took a toll on my mind and body. I sat on the couch, watched tv for hours, ate a lot, piled on the weight and let myself go. It would take two days to mow the lawns because I had to take a lot of breaks. Fiona was very worried about my declining health and wellbeing.

In April 2024, Fiona signed me up for stroke research with Dr Ally Calder at the University of Otago. We provided feedback on “The Carer’s guide to the physical activity galaxy” and stayed connected with Ally. In September 2024, Fiona finished a contract and made the big decision to stop working to focus on me. She joined us up to the Whangārei Stroke Club, Aphasia NZ and Stroke Foundation NZ. I got out of the house, attended stroke club activities, met stroke survivors, read about aphasia and stroke rehabilitation.

In June 2025, Fiona signed us up for the Buttabean Motivation (BBM) From the Couch 1.0 program - a free 12-week fitness program focussed on movement, balance, strength and nutrition. I met two blokes who had strokes on the program and we instantly bonded. We all completed the program with improved mobility, balance, strength and weight loss. In October 2025, we signed up for the BBM From the Couch 2.0 program - a free 10-week fitness program. Our movement, balance and strength significantly improved when we completed the program. My blood pressure, glucose levels and cholesterol numbers are normal. And I lost weight. I am beyond grateful for the BBM From the Couch programs.

I am 100% confident in the ‘How to Get Moving After a Stroke’ guide. Having completed two fitness programs over 22 weeks, I have firsthand experience of the incredible impact this approach has. It did not just improve my physical health - it gave me my wellbeing back. I move every day. Fiona and I catch up with our BBM From the Couch whānau for workouts and walks. I put my carpentry skills to use and build stuff from pallets for Fiona. I also craft custom hiking sticks for blokes with strokes.

I am incredibly grateful to Dr Ally Calder, Associate Professor Hilda Mulligan and Professor Gilsela Sole. Thank you for sharing your invaluable clinical expertise to co-design this guide; your input will significantly improve outcomes for stroke survivors and whānau support.

Bruce Knowles
Study Participant
April 2026

Preface



The purpose of this guide is to provide ideas for encouraging and supporting people living with the experience of stroke to participate in physical activity.

This includes the stroke survivor as well as those who informally support and champion them to participate in physical activity. In the context of this guide, the term 'support people' refers to those who are informal support people such as the partner, spouse, other family/whānau/āiga members (e.g. siblings, parents, aunts, uncles, cousins, children), and friends.

We recognise that every stroke survivor and support person is unique. This means people may connect with the words and pictures in this guide in different ways.

For example, some might relate more to the word 'movement', while others prefer 'physical activity'. We've chosen words that are clear, respectful, and easy to understand, so the information feels useful and welcoming for everyone.

Every stroke survivor is different and will have their own strengths and challenges. Because of this, we cannot recommend specific activities for everyone, as what is right for one person may not be safe for another.



Where it is safe and appropriate, we have provided advice and links to resources that can help you find physical activity information suited to your situation. Your safety is our top priority.

This guide has been created for all New Zealand families living with the experience of stroke. We understand that not every community has the same opportunities or resources for physical activity. Wherever possible, we've included information about organisations that support people across Aotearoa New Zealand. We also encourage you to explore local services and community groups that feel right for you and your family/whānau/āiga.

This guide has two parts. The first part shares information about physical activity for both stroke survivors and their support people. The second part is especially for support people who are helping, encouraging, and championing a stroke survivor.

We know that reading the whole guide at once might feel like a lot. It is okay to start with the sections that feel most important to you right now and come back to the rest when you are ready. This booklet is here to guide and support you at your own pace.

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Chapter 1

Physical Activity



Learn how everyday movement can support your recovery, health, and wellbeing after a stroke, and what kinds of activity you can aim for.

Why Moving Matters

How simple daily activities can make a big difference after a stroke.



Physical activity means any movement your body makes that uses energy. This can include things like getting out of bed, putting on your socks and shoes, going for a walk, gardening, dancing, everyday activities around the home, or doing exercises that help you build strength, balance, and flexibility.

Whatever your ability, physical activity doesn't have to be formal exercise. Small movements throughout the day can make a difference and support your recovery, health, and wellbeing.

For stroke survivors, moving your body regularly can help improve your:

- 1 Physical function and mobility.
- 2 Mental and emotional wellbeing and confidence.
- 3 Heart health by reducing the risk factors that may lead to having another stroke (e.g. high blood pressure).

- 4 Brain health by helping your brain form new connections (neuroplasticity) which is important for recovery. It can also improve memory and thinking. Being active can 'prime' your brain to get more out of rehabilitation. Even small amounts of movement can make a difference.

People participate or engage in physical activity or movement related activities for many different reasons. Some people are motivated for improving their health, while others are motivated so they can participate in 'life activities' which may be cultural, spiritual, social, or family/whānau/āiga activities.

Motivation often comes from a combination of these reasons. Whatever your motivations for engaging in physical activity, the most important thing is to find activities that are meaningful and enjoyable and that fit into your lifestyle.

The Importance of Safety:

Physical activity is beneficial for your health and well-being after a stroke however, it is important that you are guided by your health professional (i.e., your General Practitioner (GP) or physiotherapist).

If you are unsure about how to engage in physical activity safely, it is important to keep asking your health professional until you have a clear understanding of what is safe for you.

Understanding the Key Terms:

Here are the key terms that are used in the physical activity guidelines.

Balance



This is your ability to stay steady and not fall when standing, walking, or changing position.

Strength



This is about how much your muscles can do; how well they help you move.

Flexibility



This is how easily your joints and muscles can move.

Fitness



This is how well your heart, lungs, and muscles work together to keep you moving.

How Much is Enough?

Simple guidance on how often to move and how much effort to use when moving.

When you are considering participating in physical activity it is important to consider the risk of injury (e.g. falling). The World Health Organisation (WHO) and the American Heart Association/American Stroke Association provide evidence based physical activity recommendations for adults (including stroke survivors).



Before reading these recommendations, there are a few things to consider:

- 1** All stroke survivors have different abilities and for some these guidelines may be overwhelming. Please be reassured that you have not 'failed' if you are finding these recommendations challenging to achieve. The most important thing to remember is that *any movement*, however much you can manage, is helpful.
- 2** The guidelines talk about moving at a 'moderate intensity' and this can be different for individual stroke survivors. This means that when physical activity is done at a moderate intensity, your heart will beat faster, and you'll breathe harder than normal, but you'll still be able to talk.
- 3** Remember these recommendations are a guide only, something to aim for if that helps you to be motivated.

Guideline Recommendations & Personal Checklist:

The checklist below turns the guideline recommendations into simple steps so you can see what you're already doing and give you some ideas to aim for with your movement each week. Remember every bit of activity helps, and you can build up slowly in a way that works for you.

To make physical activity feel less daunting, you might like to try activity "chunking" to help you reach your 30 minutes a day. This means breaking activity into smaller blocks across the day. For example, you could do 10 minutes of moderate-intensity activity by hanging out the washing in the morning, and another 20 minutes by taking the dog for a walk in the afternoon. Other small bursts of movement can count too, such as moving to music, watering the plants, or doing a few extra laps around the house. Do what you can, every movement counts.

It's worth noting that many everyday activities already support fitness, flexibility, balance, and strength. Pages 12 and 13 will help you get started, with practical ideas for including the activities recommended in the physical activity guidelines.



I do activities that strengthen my muscles 2-3 times a week.



I do activities that challenge my balance.



I do activities that improve my flexibility 2-3 times a week.



I move my body every day, don't forget, every bit counts.



I'm aiming for about 150 minutes of moderate activity each week.

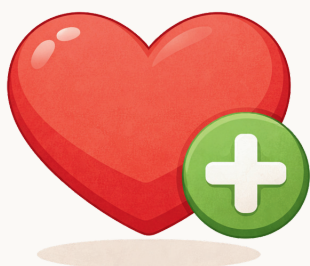


I try to do around 30 minutes a day, 5 days a week.

Before You Get Moving

Key things to consider as you plan how to get active.

Taking a moment to consider your health, wellbeing, and environment can help you stay safe as you get active.



Health and Wellbeing

When choosing activities, keep in mind:

- 1 Challenges related to stroke such as fatigue, mobility, visual changes, communication, or cognition.
- 2 Mental well-being (i.e., mood and motivation).
- 3 Other medical conditions such as arthritis, pain, etc.



The Environment

Where possible, check the environment beforehand to identify access challenges and reduce stress.

Things to look out for include:

- 1 The accessibility of the toilets/bathrooms.
- 2 How far away you have to park.
- 3 What the surface of the ground is like. For example, if you are using a wheelchair, it can be difficult to push it over grass, gravel and uneven ground.
- 4 The time of day. Choosing quieter times, when there are fewer people around, can make taking part in physical activity easier and more enjoyable

Ideas to Get Moving

Everyday activities that build fitness, strength, balance and flexibility.

There are lots of examples of physical activities you can do that include fitness, strength, balance, and flexibility. Because all stroke survivors have different abilities, we are unable to provide individual advice and we recommend discussing specific activities with your health professional (e.g. physiotherapist, exercise professional, GP).

Always be guided by the health professionals that are supporting you, however make sure you are all on the same page with what you want to do and work together as a team to make this happen. Being safe while participating in physical activity is your number one priority.

Here are some activities that may be meaningful to get you started:



Everyday Activities

Any daily activities such as showering, dressing, or standing and sitting from a chair.



Home-based Activities

Household activities or chores such as folding the washing, meal preparation, vacuuming or gardening.



***When You Are
Out and About***

Walking the dog, up and down steps, outdoors in the park, to the shops, or to your favourite café.



***Exercise, Recreation
and Leisure***

Gym-based exercise, community-based exercise classes, Tai Chi, yoga, dancing, active video gaming, fishing, nature walks, or movement activities with friends.

Take a moment to write down a few ways you could be active in your day; things you already do and new activities you'd like to try.

Current Activities

--

New Activities

--

Making Movement Easier

Tips to stay motivated, supported and involved.

It is natural to feel a little anxious when getting moving after a stroke. Start with activities you feel able to do and build your confidence over time. Progress may feel slow, and everyone recovers at a different pace. This is okay. The most important thing is to keep moving each day, because every movement counts.

- 1 Activities that provide a balance between physical, mental, spiritual, and social well-being are important. If needed, use your support people to help encourage and motivate you to participate in physical activity.
- 2 You are more likely to engage in physical activity if it is enjoyable, meaningful, fits in with daily tasks, and/or was something you used to do before the stroke.
- 3 Repetition of movements are an important part of stroke recovery. Each time you practise a movement, you give your brain another chance to strengthen the connections needed to relearn that skill. Regular practice also helps build confidence and can improve your ability to do everyday activities.
- 4 Repetition is important, but you do not have to do exactly the same movements every day. Trying a variety of activities helps your brain learn how to use your new skills in different situations, making it easier to use them in everyday life.
- 5 Sometimes finding activities that you can do with your support people that are social are great (e.g. going to a café or the movies, or playing with your grandchildren).
- 6 Joining other groups that include physical activity (e.g. your local stroke group) can be a good way to get started. Make sure the exercises are pitched at the right level for you.
- 7 If you have challenges with your communication, do not let this hold you back from participating in physical activity that you enjoy. With your consent, your support person or health professional could explain to those offering the activity how best to communicate with you.

Places to Be Active

A range of spaces and activities to help you get started.



There are many places to be physically active and many are free. Here are a few ideas to get started.

Fitness centres (i.e., gyms and swimming pools). Gym instructors can help with ideas for physical activity. If you choose to swim, it is recommended that you be accompanied by your support person. Your physiotherapist or the staff at the pool can help you and your support person with this.

Some rehabilitation facilities (usually at the hospital outpatient department) offer programmes specifically for people with stroke. Ask your physiotherapist or GP if these are available in your area.

Household activities and social activities can incorporate physical activity, such as cleaning windows, doing the dishes, gardening, getting in and out of the car, going to a café or restaurant, going to the movies, shopping in a mall or supermarket, or heading out to your local park, gardens, or beach. You could also park the car some distance away and walk to the venue, if this feels manageable and safe for you.

Menz's Shed is a great way to be physically active and enjoy social connection for male stroke survivors. The activities at Menz Shed are often for community projects which help men feel valued, have a purpose in life, and reduce social isolation. Find out if there is one in your area; [Menz's Shed Locations](#).

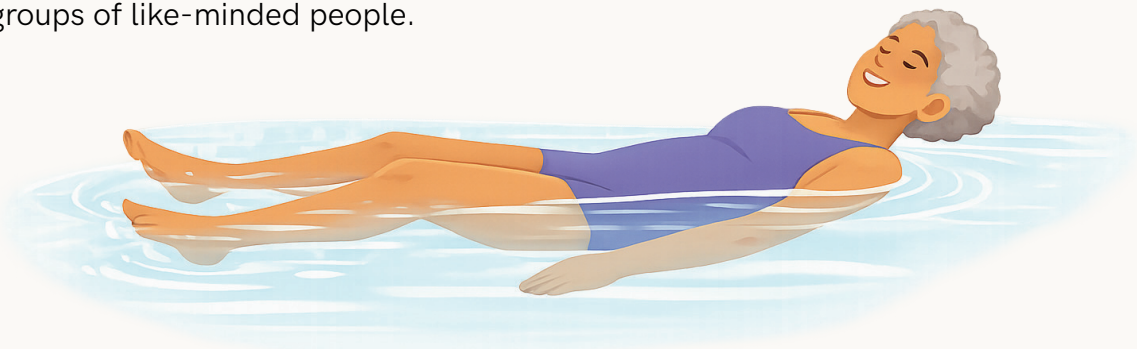
Other places to look for activities and support in your community.

The Green Prescription programme supports people to improve their activity, health and wellbeing. It is delivered by a trained support person who will help you get started with a physical activity programme that is right for you. They provide support with planning regular physical activity to help you stay active. Ask your GP or practice nurse about the Green Prescription. More information about the programme can be found here; [Green Prescriptions](#).

Look on your local council website or in free community newspapers, as these often include information about community exercise classes and local physical activity groups. Community noticeboards may also advertise activities for groups of like-minded people.

Joining a local stroke group or stroke club can be a great way to meet other people who understand what you are going through, share experiences and learn about helpful services and activities in your community. Family members and whānau are welcome too. To find a stroke group near you, ask your healthcare provider, such as your physiotherapist or GP, or contact [Stroke Aotearoa New Zealand](#).

Ask lots of questions from health providers and other families with the lived experience of stroke to find out the 'who', 'how,' and 'where' of physical activity.



Take a moment to write down the spaces you currently use to be active, along with new ones you're interested in exploring.

Current Spaces

--

New Spaces

--

Financial Support

Supports and Services that can help you to stay active.

- 1 Your family/whānau/āiga income may be less if the stroke survivor and/or the support person is unable to work. You may need to decide on priorities for spending.
- 2 Talk to the social worker or GP if you feel you need some financial support to help you engage in physical activity.
- 3 Stroke Aotearoa New Zealand may also provide financial advice.
- 4 Work and Income New Zealand (WINZ) can sometimes help with the cost of fitness centre fees and taxi fares. WINZ does not provide this information unless you ask for it. It is important to note that there is a maximum amount WINZ pays for medical-related expenses.
- 5 You may meet the eligibility criteria for a mobility parking card so you can use disability parking. This may help you access your community a little easier. Contact CCS Disability Action for further information.
- 6 You may be eligible for a Total Mobility Card, which provides subsidised taxi travel if you are unable to use public transport because of a disability. The scheme can help you stay connected with your community and get to appointments, activities and other essential places. Contact your local regional council to find out if you are eligible.



TE HUNGA HAUĀ MAURI MŌ NGĀ TĀNGATA KATOA

The Power of Community

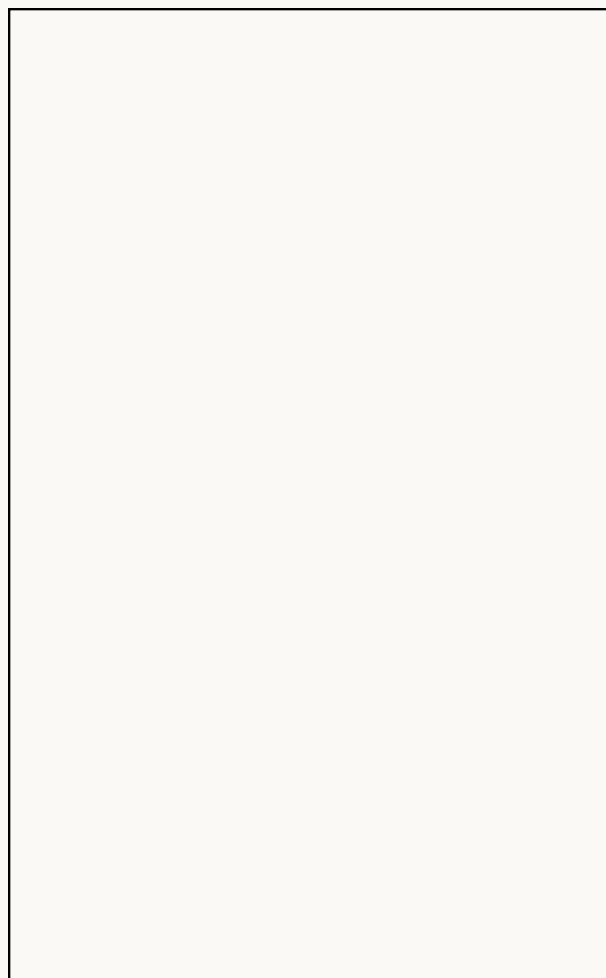
How connecting with others supports your learning journey.

Learn as much as you can from others (e.g. other stroke survivors and their families, health professionals etc.). Some stroke survivors and their families have recommended going to groups that are specifically for people who have had a stroke and those supporting them (e.g. stroke carers group, stroke aphasia support persons group) because they provide support and information from others “in the know”. [Stroke Aotearoa New Zealand](#) have resources that may be helpful.

Remember health professionals tell you the medical side of things but tend not to focus on the rest! You may think they will tell you everything you need to know but it is actually from networking with other support people or stroke survivors (word of mouth) that you find the most informative and useful information.

Don't hesitate to ask everyone and anyone! You will always find at least one thing that is useful for you.

Use this space to note down any tips or recommendations shared by others you've connected with:



A Space to Reflect

Reflect on your progress, any achievements, what's helped, and any challenges to share with your health provider.

Chapter 2

Support People: Stroke Survivor Champions



Supporting someone after a stroke often means encouraging movement in everyday ways. The role of support people may include offering motivation, reassurance, assistance with practical tasks, or joining in activities with the stroke survivor together. These small, consistent actions can make movement feel safer and more achievable, while supporting confidence, connection, and wellbeing.

Supporting and Encouraging Movement

Helping people feel supported, confident, and able to move at their own pace.



By being a trusted partner and advocate, support people help stroke survivors stay engaged in physical activity, boosting both wellbeing and confidence along the recovery journey.

It's common for stroke survivors to experience a range of moods and behaviours; this is a normal part of recovery. Support people play an important role in encouraging and motivating stroke survivors to be active, while respecting their feelings and pace.

Even if someone isn't feeling motivated to move at times, support people can help by:

- 1 Celebrating small achievements and progress.
- 2 Joining in physical activity together.
- 3 Offering gentle encouragement and reassurance.
- 4 Helping create enjoyable, meaningful ways to be active.

Top Tips for Supporting Activity

Ways to help motivate stroke survivors to participate in physical activity.

- 1 Support your stroke survivor to do as much as they safely can for themselves. This can help build confidence, independence, and a sense of achievement.
- 2 If your stroke survivor wants to try something new, talk it through together first. Think about safety, what support might be needed, and how you can make the activity feel achievable and enjoyable.
- 3 Get everyone involved as soon as you can – family/whānau/āiga members, friends, neighbours, health professionals etc. Often a motivational chat from others is more readily accepted by the stroke survivor than what might feel for them like a “lecture” from their spouse or partner.
- 4 Think of incentives to encourage physical activity and share a reward together.
- 5 The stroke survivor is more likely to participate in activities that are social, enjoyable, and meaningful. Offer choices and remember we all need company and conversation!
- 6 Do not give up. Keep motivating the stroke survivor. Acknowledge that you might get frustrated and take how you are both feeling into account. Acknowledge their mood and keep in mind that the stroke survivor’s life has changed overnight, just as your life has. Try to acknowledge all achievements no matter how small.
- 7 Ask your stroke survivor how they are feeling about physical activity. If they are not motivated it may be that they are fearful, fatigued, or frustrated. Remember it takes everyone time to adjust to the new situation.
- 8 Fatigue is very common after a stroke and can make even simple everyday activities feel exhausting. Try to do activities a little at a time, with regular rest breaks, and remember that recovery takes time. Finding a good balance between activity and rest is important.
- 9 Explain the benefits of physical activity, (see page 8).

Other places to look for activities and support in your community.

Encourage the stroke survivor to choose small, achievable goals that are important to them, and to make a plan for how to achieve them. You can help by listening, offering encouragement, and celebrating their progress, while letting them take the lead in setting their own goals. For example, their goal might be to start by walking to the letterbox, moving to one favourite song, or spending five minutes gardening. As they become stronger and more confident, they can gradually build up the time or amount they do.

Acknowledge that activities may take longer after a stroke, this is normal. Recognising success when a task is completed helps build confidence and supports growing independence.

Write down the stroke survivor's daily activities so that, together, you can track progress, or download an activity tracker app if your stroke survivor has a smartphone.

Note that not all stroke survivors will find goal setting motivational, so only use these strategies if they are helpful and encouraging for the individual.

Be firm, confident, and encouraging in your approach, and remember that humour can ease moments of frustration. Finding things you can enjoy and laugh about together can help strengthen your connection and make the journey feel lighter.

Consider your stroke survivor's sense of belonging and their purpose in the world. Maybe they could do some of the activities they used to do prior to the stroke in a modified way. This may make them feel valued and contributing to family life. Talk with your stroke survivor about the increase in your role and responsibilities post-stroke. Ask them if they could assist you with at least one job and explain how you would find that helpful. Participating in volunteer work may also help your stroke survivor feel valued.

Use this space to write down a few small goals you and your stroke survivor can work toward. Note how you'll achieve them together and tick them off as you complete each one!



Self-Care for Support People

Ensuring your own wellbeing while championing your stroke survivor's recovery.



It is important as a support person of a stroke survivor that you take the time to look after yourself as it can be easy to let your own well-being slide when you are supporting others.

It's also completely natural to experience a wide range of feelings as you support your stroke survivor. Caring for someone can bring new responsibilities, emotions, and challenges, and it's okay to feel stretched at times. Many support people notice changes in their energy, routines, and available time, and may even feel guilty taking moments for themselves. Know that these experiences are both normal and shared by many others.

Remember, your wellbeing matters too. With the right support and small steps of self-care, you can continue to be a strong, steady presence in your stroke survivor's recovery. It is normal to feel overwhelmed or stressed at times, and taking time to care for yourself is an important part of supporting both you and them.

Try to talk to someone you trust about how you are feeling. If you are enrolled with a GP practice, ask about seeing a Health Improvement Practitioner or Health Coach, as they provide free support in many practices. If you are not enrolled with a GP, you can seek advice from your local community health service or contact Healthline on 0800 611 116.

It might not be easy, but try to re-energise. Taking time away, whether it's a holiday, a quiet coffee with friends, or simply a moment on your own. This is not something to feel guilty about. These breaks help you recharge so you can continue offering the support your stroke survivor relies on.

It also helps to acknowledge that life has changed. This is a new normal for both of you, and you are learning to navigate this journey together. With acceptance, compassion, and support, you can find new ways to move forward with strength and connection.

Try to find the balance in your health and well-being. Consider investing in all these aspects of well-being in your life:



Physical

Stay strong in your role by getting good sleep, taking time to exercise, and being active with your stroke survivor when possible.



Spiritual

Support your emotional wellbeing through mindfulness, nurturing your inner spirit, and seeking counselling if helpful.



Mental

It's normal to feel overwhelmed or stressed, so take time for yourself, consider counselling, and talk to your GP if your mood is low.



Social

Choose activities that involve spending time with people who support you and boost your spirits, as company and conversation can help you feel more energised.

Anchor yourself in your support networks and stay connected to those who help you feel steady. If friends offer support, let them help, and gently show them what kind of help you need.

If you feel isolated or left behind, reach out to your GP, health professionals, family members, or friends. And remember, it's okay to have a good cry, it doesn't mean you aren't coping; it can simply help release pent-up feelings.

Take a moment to think about what helps you feel supported. Use this checklist to note the small habits, breaks, and supports that keep you energised and connected.

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Resource & Organisation Links

A collection of services, organisations, and resources mentioned throughout this booklet, offered as optional support.

1 Stroke Aotearoa New Zealand

Stroke Aotearoa New Zealand is the national charity dedicated to improving stroke care and supporting survivors, supporters, carers, and whānau across Aotearoa. Their free 0800 STROKE Helpline (0800 787 653) is available Monday to Friday, 9am–5pm, to answer questions, provide information about local services, and connect people with their local stroke group.

2 Age Concern

Age Concern New Zealand is a charity supporting people over 65 with information, services, advocacy, and social connection to promote dignity, wellbeing, and inclusion.

3 Citizens Advice Bureau

Citizens Advice Bureau (CAB) is a free, independent service offering confidential advice, and support to help people understand their rights and options within New Zealand.

4 Green Prescription

The Green Prescription programme supports people to improve their activity, health and wellbeing.

5 Menz Shed

Menz Shed NZ is the national organisation supporting community spaces where men can connect, share skills, work on practical projects, and build friendships.

6 NZ Carers Alliance

NZ Carers Alliance is a coalition of over 60 national organisations advocating for better support, recognition, and resources for family carers across Aotearoa New Zealand.

7 Young Stroke Survivors New Zealand

A Facebook page run by Stroke Aotearoa offering peer-led online discussions for young stroke survivors and carers.

8 WINZ

Work and Income New Zealand (WINZ) helps New Zealanders with income support, financial assistance, and employment services on behalf of the government.

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*A space for your own notes,
thoughts, and reminders.*

