



STROKE SA NEWSLETTER

Stroke SA Inc
302 South Road Hilton SA 5033
Telephone: (08) 83524644
Email: info@stroke.org.au Web: www.stroke.org.au

WINTER EDITION – 2017

If you recognise the signs of **STROKE** act **FAST**. The signs are:

- F** Facial Weakness
- A** Arm Weakness
- S** Speech Difficulty
- T** Time to act fast

Stroke SA take this opportunity to extend a warm welcome to new members.

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FROM THE CHAIR

Hello and welcome to the Winter Edition of the Stroke SA Newsletter.

And we are already almost halfway through the year! I hope you all had a wonderful Easter and that you are enjoying the lovely winter sunshine we have had.

Currently we have eight Committee Members and are now working on filling the remaining positions as soon as possible. Committee Members have also been involved in a number of other stroke-related activities. Recently, David Sharpe represented Stroke SA at the 40 and Fabulous Conference conducted by Stroke Recovery NSW. David outlined his presentation to the Committee before attending the Conference and will be providing a report at our next Committee meeting – we will provide you with a summary in our next Newsletter. Other activities include those with the current Stroke Support Groups, as well as following up with the Peter Couche Foundation and other leaders in stroke to advance Stroke SA.

We have also asked that our Stroke Support Group Co-ordinators provide a monthly report after each meeting so look forward to receiving those for Newsletter information. The importance of Stroke Support Groups has been identified as a priority for the

Committee; interest has been expressed in a Young Stroke Support Group and we aim to further this. Please let us know if you or someone you know of is interested in setting up and facilitating this or any other groups. And if anyone has any suggestions for Stroke SA, please feel free to contact the office – I welcome and will follow up on feedback.

I look forward to working with everyone on the Stroke SA Committee and our members and staying in touch with everyone. Until next time, my best wishes for the Winter season.

Anne Hamilton-Bruce
Chair, Stroke SA Committee
June 2017

TECHNOLOGY FOR AGEING AND DISABILITY SA INC.

If you or someone you care for are finding it hard to find the equipment or devices you need to help with day to day life, then a unique charity, Technology for Ageing and Disability SA Inc (formerly Technical Aid to the Disabled (SA) Inc or TADSA) may be able to help. For 40 years, people with disabilities, the aged and carers, have been assisted by the volunteers at TADSA, who design and build equipment that is not available commercially.

The devices built by TADSA's volunteers improve the quality of life for clients whether they are in care or live independently. TADSA also assists clients to enter or return to work, study, recreation or sport through the equipment it builds.

One project TADSA completed was for a client who cannot move any part of her body except her head. The client's remote controls and big button phone were all mounted into a work station so that the client can activate each with a mouth stick.

A control box was also made, so with the use of one button, she can open curtains, turn on her air conditioner and lights, and adjust the tilt on her chair

No referral is necessary to use TADSA services. Clients, carers, disability support workers/organisations and allied health professionals can all contact TADSA direct. If readers or a family member have a problem related to ageing/disability that they would like help addressing, contact the TADSA office on

08 8261 2922, email: pm@tadsa.org.au or visit www.tadsa.org.au.

Ian Beaton - TADSA



ARTICLES

LET'S TALK TRAVEL

Everyone has a dream or goal they work towards, whether it be to travel to a favourite place, or a much broader dream; to travel overseas. But as everyone knows and probably has experienced, things don't always run according to plan. Accidents happen which interrupt our plans, causing them to slip from our grasp; sometimes rendering them unattainable.

I can speak from experience: my husband Clive suffered his stroke in 1991 at the age of 50. The stroke interrupted our dreams for travel. Due to the severity of his stroke, we thought we would never, ever travel again. In 1985, we took our girls out of school and travelled extensively. Clive and I promised each other we would return to some of our favourite places/countries when the girls were independent.

Although our daughter who lives in Hong Kong made every effort to fly back home on a yearly basis to visit her family and spend time with her Dad after his stroke, Clive really felt the loss of not being able to fulfil the promise we both made to each other. Clive really wanted to travel to Singapore and Hong Kong to visit his daughter; revisit the places he experienced in 1985 – BUT Clive had suffered his

stroke and it was questionable whether we would be able to travel overseas.

In 2001, Clive's 60th birthday was fast approaching, he desperately wanted to return to Singapore and Hong Kong for his special birthday: he said '*Raffles*' which to him meant Singapore. This was something I felt strongly about; he should not be denied just because he had suffered a stroke. We put plans in action.

We started with his Physician, who gave us the all clear and encouraged us to travel whilst we could. Clive worked hard at gym, therapy and speech therapy, to keep himself in peak condition. I arranged for new passports; had his wheel chair over-hauled and we bought a new quad. I contacted the travel agent and booked our flights. I contacted the airlines to seek approval and put in place the documents required to allow Clive overseas travel (Clive suffered anaphylaxis reaction to peanuts, which was problematic). We arranged for airport assistance to meet us each stage of travel: Adelaide/Singapore/Hong Kong/Adelaide, to help assist us through immigration, customs and baggage collection.

Our daughter Penelope travelled with us from Adelaide and Sarah flew from Hong Kong to Singapore. We were all together in Singapore on Clive's 60th birthday – a dream come true for Clive. During our time in Singapore, Clive continually tapped our arms saying '*thank you, thank you*' and wept. We then flew to Hong Kong to spend time with Sarah. This dream of Clive's, which seemed unrealistic after he experienced his stroke came true. Although Clive had limited speech, the smile on his face spoke a thousand words: he couldn't stop smiling.

When we returned home, I asked Clive how he felt about the trip. Because of his aphasia, by means of charades and the odd word, he was able to let me know, that when he first regained consciousness

following his stroke and became aware of the extent of the damage, he thought nothing would ever happen in his life again. In describing how he felt about successfully completing the trip, he wept. What at first had seemed like an unachievable dream had become a reality. We were fortunate to travel six times between 2001-2011.

Overseas travel was difficult and expensive. Hotels didn't always provide disability facilities we were familiar with; but we improvised and somehow managed. On our trip to Cambodia (Siem Reap) we found that there were no disability facilities; I packed a very large plastic bag (large enough to completely cover Clive's wheel chair), the wheel chair then became a shower chair – we learnt very quickly how to improvise. For Clive and me, travel was definitely a challenge, but the rewards out-weighed the health and financial hardships. These trips were magic – nothing short of a miracle. Overseas travel inspired our daughter Sarah to write her book on Disability Travel in Hong Kong, which she dedicated to her Dad. There are two copies in the Stroke SA library, although now out of date, they may be a helpful guide to plan for travel whether it be locally, interstate or overseas.

©Carol R Fuller

Author: Echoes of a Closed Door – A life lived following a stroke.



Angkor Wat – Siem Reap

STROKE RECOVERY GROUP NSW CONFERENCE

My wife and I attended the above conference which was held on 25 May at the Novotel Convention Centre in the Olympic Park, Sydney, (the venue for the 2000 Olympics) The Conference was opened by the Governor of NSW; Hon David Hurly and his wife.

Approximately 150 delegates attended the conference, mostly from support groups across NSW. The conference itself was highly professional. A variety of clinicians and health professionals presented papers on their respective subjects, directed to what was being done to help stroke survivors, not only in NSW but also in Queensland, Victoria and SA. The SRG conference was well attended, presented and successful.

David Sharpe – Committee Member.

METROPOLITAN GROUPS

Please contact the Group Coordinator prior to attending a meeting.

Daw Park: Meets: Glass Room, 2nd Floor Vita Repatriation Hospital Daw Park on the **first Wednesday** each month from **1pm - 2.30pm**. Contact: **Viv Wilson: Mobile: 0414604234** for further information.

Ingle Farm: Meets: Helping Hand Main Hall, Shackleton Road, Ingle Farm on the **third Monday** each month from **1pm - 3pm**. Contact: **Renee Manolas**, Northern Carers Network Inc: Ph: **82840388**.

Northern Fleurieu: Meets **second Thursday** each month. Contact: **Bryan Hewett** Ph: **83842445** or Mob. **0427079628**

FACTS AND FIGURES - STROKES

1. Stroke is one of Australia's biggest killers and leading cause of disability.
2. Stroke kills more women than breast cancer and more men than prostate cancer.
3. In 2017 there will be more than 55,000 new and recurrent strokes – that is 1,000 strokes every week or one stroke every 10 minutes.
4. More than 80% of strokes can be prevented.
5. In 2017 there will be more than 470,000 people living with the effects of stroke. This is predicted to increase to 709,000 by 2032.
6. Around 30% of stroke survivors are of working age [under the age of 65]. This equates to around 1 in 3 of the 55,000 strokes each year.
7. 65% of stroke survivors suffer a disability which impedes their ability to carry out daily living activities unassisted.
8. The financial cost of stroke in Australia is estimated to be \$5 billion each year.
9. In 2015 funding for stroke research through the National Health & Medical Research Council (NHMRC) represented just 4.1 percent of the total investment in medical research.
10. The **FAST** test is an easy way to recognise and remember the signs of stroke. Using the **FAST** test involves asking these simple questions:

Face: Check their face. Has their mouth drooped?

Arm: Can they lift both arms?

Speech: Is their speech slurred? Do they understand you?

Time: Time is critical. If you see any of these signs, call **000** straight away.

Source: Stroke Foundation:
www.strokefoundation.com.au

MEMORIAM DONATIONS



DONATIONS IN MEMORIAM

The passing on of a family member, friend or a loved one is a very sad and stressful time.

It is with gratitude that Stroke SA receives donations in memoriam.

These donations, which help Stroke SA continue its work in assisting those who have had a stroke, their family and friends, are a wonderful remembrance of the person who has passed away.

Stroke SA has great potential to reach out to more and more people who have experienced a stroke and their carers: the people who need our support.

All gifts are tax deductible and should be forwarded to:

**Stroke SA Inc
302 South Road
Hilton SA 5033**

**A sincere 'thank you' to those who
donated to Stroke SA.**

IN MEMORY OF

Morinantonia Esposito

Pellegrino Gentilcore

Joy Healey

Judy Hickman

Filomena Maiese

Valma (Val) Scott

Gugliemo (Bill) Tarca

Heather West

Joseph Abela

Bozica Plesa

Leonard Taylor



GUEST SPEAKING

Longstanding volunteers Margaret Gibbings and Joyleen Von Stanke represent Stroke SA at various clubs and groups as guest speakers.

They continue to receive excellent feedback from their presentations. If your club or group would like Margaret and Joyleen to make a presentation, please call the office on **(08) 83524644** or email

info@stroke.org.au

SAHMRI	24 April
U3A – Campbelltown (The University of the Third Age)	12 May
Ashbrook Retirement Village	15 May
Hungarian Club Norwood	25 May
COTA – Men’s Health Week	14 June

DO YOU HAVE A STORY TO SHARE?

Stroke SA would like to hear from you. We are always looking for articles to include in our Newsletter to share with our members.

Contact: Bob Warby **(08) 83524644**

CUT OFF DATE FOR NEXT NEWSLETTER:
(Wednesday 13 September 2017)

VISIT OUR LIBRARY



Stroke SA have a small selection of books and newsletters which may be borrowed.

**For further information re availability,
please call the office during office hours:**

When: Monday – Thursday

Time: 10am – 3pm

Phone: (08) 83524644

ABOUT STROKE SA

STROKE SA INC was founded in 1992, by a concerned group of persons with stroke, carers, families and professionals. Stroke SA aims to be the main stroke support and information agency in South Australia. Stroke Information kits and articles, resource directories, videos, phone support, stroke support groups and guest speaking are some of the resources and services offered.

Support groups are now located in many areas of South Australia, both metropolitan and country areas.

For further information telephone Stroke SA on

(08) 83524644

- Mrs Margaret Gibbings
Guest Speaking Co-ordinator
- Mr Bob Warby
Secretary
- Mr Bikram Shrestha
Treasurer

STROKE MANAGEMENT COMMITTEE

PATRON

Dr Simon Koblar BMBS (Flinds) FRACP PhD
(Melb)
Professor University of Adelaide

CHAIR

Dr Anne Hamilton-Bruce
(Affiliate Associate Professor)

SECRETARY

Mr Bob Warby

TREASURER

Mr Bikram Shrestha

COMMITTEE MEMBERS

Ms Helen Emery

Mr Bryan Hewett

Mr David Sharpe

Mr Simon Lane

Mr Ian Beaton

STROKE FACT SHEETS

- Communication after stroke
- Depression and Anxiety after stroke
- Diet after stroke
- Driving after stroke
- Emotional and personality changes after stroke
- Fatigue after stroke
- Incontinence after stroke
- Medication after stroke
- Movement and exercise after stroke
- Moving to residential aged care after stroke
- Pain Management after stroke
- Palliative care after stroke
- Returning to work after stroke
- Sex and relationships after stroke
- Supporting children after a family member's stroke
- Thinking and perception after stroke
- Upper limb management after stroke
- Vision loss after stroke

- **My Stroke Journey – A resource for stroke survivors and their carers.**

For your convenience, Stroke SA Inc are pleased to advise that they hold a supply of the above stroke fact sheets at their office.

For enquiries please contact:

**Stroke SA Inc
302 South Road
Hilton SA 5033
Phone: 83524644**

**Office Hours: Monday – Thursday
10am – 3pm**

The above stroke fact sheets are produced by: **NATIONAL STROKE FOUNDATION**

www.strokefoundation.com.au

GENERAL INFORMATION

NEWSLETTER

Following your contact with Stroke SA we send out one complimentary newsletter. If you wish to continue to receive a newsletter you will need to become a financial member.

TELL US

We need your story for the newsletter. If you would like to share an experience with us please write in, or phone us on **83524644** or email to: info@stroke.org.au

CHANGED ADDRESS?

Don't forget to advise the office of your new address to ensure that you continue to receive your newsletter.

STROKE SA INC MEMBERSHIP APPLICATION

SURNAME: _____

GIVEN NAMES: _____

ADDRESS: _____

_____ **POST CODE:** _____

PHONE: (HOME) _____ **(WORK)** _____

MOBILE: _____ **EMAIL:** _____

I wish to become a member of Stroke SA

YES/NO

I enclose Membership Fee \$15

CHEQUE/CASH

Please make cheques payable to **Stroke SA Incorporated** and post to:

Stroke SA Inc, 302 South Road, Hilton SA 5033

EMAIL ADDRESS

Like to receive the newsletter by email? Provide your contact details and email address to: info@stroke.org.au