

#TEAMSTROKE

powering the
fight against
stroke



See how you
helped fight
stroke in 2022!



From the Desk of the Stroke Foundation President

I'm delighted to share this year in review with you.

As we look back at 2022 as a whole, it's exciting and rewarding to see how your support has brought advancements in prevention, research and treatment.

In this newsletter, you'll see how together with your help we're making important progress – increasing survival rates, enhancing recovery and reaching more families and carers with vital support and information.

More than ever, you're helping young people and child survivors live their best possible life after stroke with advancements like our Young Stroke website.

Inside, you'll also meet some stroke heroes, raising awareness or making content to share lived experiences of stroke.

This is all powered by your support. When you give to the Stroke Foundation, you help create a future free from the disability and suffering caused by stroke.

I know you agree that's a future worth fighting for. With your help, there is much that will be achieved in 2023 and beyond.

We're so grateful you're with us.



Professor Linda Kristjanson AO
President
Stroke Foundation



"I want to personally thank you for your generous support over the last twelve months. Thanks to compassionate people like you, we have accomplished so much."

Your impact in 2022!



The **Stroke Ambulance** delivered time-critical clot-dissolving treatment in **as little as**

15 mins



4 research grants

funded with almost **\$300,000** awarded



354 StrokeSafe talks
reached over

11,243 people

35% of our StrokeSafe talks were with
regional and diverse communities



31,129

people have visited the **Young Stroke website** since it launched in August



Our free helpline,
StrokeLine, has
answered more than

2,500 calls



Stroke Foundation
was mentioned
in the media

3,635 times



Stride4Stroke
raised more than

\$335,000

1,619 people registered



My Stroke Journey
is being translated into

8 languages



6,843

people completed the
online **blood pressure**
awareness quiz

**49 Stroke and
Recovery Webinars**
reached more than



4,600
people

Walking the walk for stroke awareness

"All I heard was 'mum had a stroke'."

"I was 34 days into the reality TV show Survivor, I'd lost a lot of weight, I was tired and hungry. I get back to camp after a challenge, and I felt that something wasn't right."

"I got a call from the producer. He said, 'Something's happened back home. Something's happened to your mum.'"

"Just one hour later, I heard the news that mum had passed. I wasn't there, and I immediately felt a huge sense of guilt – the fact that I was so far away from home."

These are the words of former first-class cricketer and Survivor TV star, Lee Carseldine.

Lee lost his mum to stroke in 2019 while he was filming Survivor All-Stars, and his dad had a stroke in 2006.

"I've seen both extremes of stroke by losing a loved one and seeing a loved one live after stroke," Lee says.

He says, "Both my parents' strokes have affected our family differently and it's driven me to make change and raise awareness."



So last October, Lee walked 140kms on K'gari Fraser Island's sandy beach while wearing a 19kg backpack, to highlight that in Australia, a stroke occurs every 19 minutes.

"I had no idea about stroke, but I want others to know that it is serious and can be prevented."

It was a huge journey, *"I'm doing it for my mum, for my dad who's suffered a lot in the last 15 years and for every other family out there that has been affected by stroke – this is easy compared to what they go through."*

"Seeing dad in tears, I crossed the finish line and embraced him, knowing it was all over. I whispered into his ear, 'This was for mum.'"

"I've seen both extremes of stroke by losing a loved one and seeing a loved one live after stroke."

Lee Carseldine

"Our family has gone through a lot. It means so much that something so positive can come out of something so tragic. I want to thank you personally, and I want everyone to get involved to raise money and awareness for the Stroke Foundation."

So, the next challenge is yours – will you get involved and help fight stroke?

Thank you for your incredible effort, Lee, and for truly walking the walk!



To get involved in upcoming events or to register your own:
strokefoundation.org.au/fundraising

Advocating for change

- › Our **StrokeConnect Navigator Program** is gaining support. It had received a pledge of \$8.4m by the Victorian Liberals-Nationals Coalition, showing that there is understanding about the importance of this work. We will work with the elected Labor government to support the 30% of survivors who are discharged from hospital without adequate support.
- › When **Jetstar pilot Nick Beever** experienced a stroke in 2018, he thought his career was over. Last year, he was back at work and even ran the Melbourne Marathon raising over \$28k for young survivors.
- › Queensland is the only state without a **Telestroke** service. For the first time, a virtual stroke service is under consideration by the Queensland Health Minister. We will continue to push for equitable stroke services for all Australians.
- › Our **Young Stroke** project made an international debut in October. Survivor and advocate, Adrian O'Malley, presented Young Stroke to leading stroke experts at the World Stroke Congress in Singapore. Focusing on the co-design process, Adrian explained that putting lived experience first is the key to success.



- › **At 97 years young, World War Two veteran Ken Lyons participated in Run Melbourne to raise funds for stroke research in honour of his late wife.**

To catch up on our latest news, head to:
strokefoundation.org.au/media-centre

Lives you have helped...

- › *"I am a junior doctor... seeing the impact of stroke on patients and their families prompted me to donate to the Stroke Foundation. Then my mother had a haemorrhagic stroke. Never did I imagine when I was making donations that my family may come to need the services of your charity but I just wanted to express my gratitude that a foundation like this exists to support families like ours. Keep up the good work!"*
- › *"You have been so amazingly helpful, you actually listened – that's rare."*
- › *"The information has been invaluable. All that I had been seeking but not finding elsewhere. I very much appreciate the time given and the understanding of my situation."*
- › *"I've enjoyed participating in the Young Stroke Project because I can see the transformation in people who are new to stroke through participating in the project. I've seen people flourish and I've seen Stroke Foundation flourish because we are learning and growing together."*
- › *"Absolutely fantastic. My mum had a stroke. We have been going around in circles and the StrokeLine was so helpful."*

› Jetstar pilot Nick Beever (left)



"I love the work that is being done. I wish I had the Young Stroke website as I felt so alone as a young person."

Do you want to share your stroke story?
Contact us at: strokefoundation.org.au/strokestories

Staying StrokeSafe with Maree

Maree is one of 160 **StrokeSafe** speakers across Australia, helping provide life-saving information about stroke and its prevention. Like many **StrokeSafe** speakers, Maree has a personal connection to stroke.

› **What is your connection to stroke?**

My mother and father both had strokes. My son was 33 when he had a massive stroke. I have been involved closely with his recovery over the last 6.5 years.

› **Why did you become a StrokeSafe speaker?**

I was totally unprepared when I was with dad and mum, and didn't recognise the signs of stroke. From such sadness, loss and hardship, I want to educate as many people as possible about how to help those suffering from stroke symptoms.

› **Why is Stroke Foundation's work important for survivors of stroke?**

Each of the survivors of stroke would want anyone who has suffered a stroke to get the help needed as fast as possible. Time is critical. The Stroke Foundation is a huge support for survivors with important information, especially **EnableMe** program.

› **Do you have anything you'd like to say to our supporters?**

I want to say a huge 'Thank you' for your ongoing support, which is invaluable and extremely important. The StrokeSafe messages must continue to help as many people as possible – the resources are fantastic. In honour of my son, I want to do something positive after such a difficult life event. I want as many people as possible to know the **F.A.S.T. (Face, Arms, Speech, Time) signs of stroke** as well as preventative information.

› **StrokeSafe speaker, Maree**



Do you want to become a StrokeSafe speaker, or hear from one? Find out more at:
strokefoundation.org.au/strokesafe

Launching i-Rebound!

We're very excited to launch the latest Stroke Foundation digital tool **i-REBOUND**, a world-first website designed to help reduce the risk of repeat stroke.

The website (which can be found on **EnableMe.org.au**) has been created to help reduce the risk of secondary stroke by connecting survivors of stroke to practical, evidence-based resources for living well.

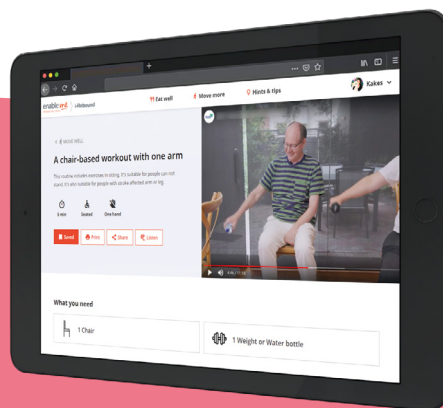
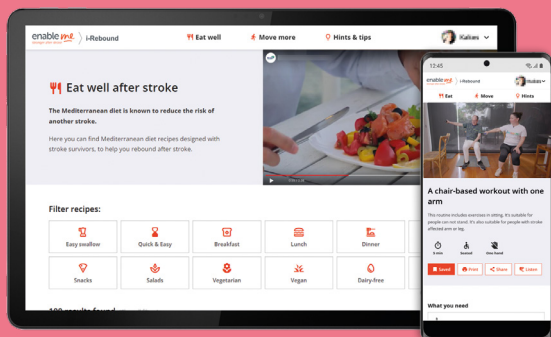
The tool has been developed by the Stroke Foundation and the University of Newcastle. i-REBOUND was co-designed with survivors of stroke and communication experts to make the website accessible and as easy to follow as possible.

There's a wealth of information and over 100 videos covering a whole range of topics, including recipes based on the Mediterranean diet and exercises, plus hints and tips to stay healthy.

The 'secret sauce' of i-REBOUND is the many survivors of stroke who feature on the website and share their hints and hacks, making the content real, reliable and relatable.

Accessed through the EnableMe menu, and with the ability to bookmark your favourite information, we hope that these resources will help survivors to smash their recovery goals!

› Stroke Foundation's digital tool i-REBOUND



Reduce the risk of repeat stroke now, at:
irebound.enableme.org.au

Giving young stroke survivors a voice

In 2019, the Stroke Foundation received a National Disability Insurance Agency grant to deliver digital content for young survivors of stroke, aged 18-65, their families, friends and carers.

Through this process, we learnt that after a stroke, young survivors and their families often feel disempowered, neglected and isolated.

So in 2022, we created a brand new website **young.strokefoundation.org.au** – a resource with everything young survivors and their families need to know after stroke. It contains videos, podcasts and blogs created by over 1,000 young people with lived experience of stroke.

It's a place to hear young survivors of stroke talk about what has helped them, and the challenges they face. A place to get tips, resources and connect with others who "get it." A safe space to feel less alone. A starting place to find information about stroke and recovery. A place that puts the experiences of young survivors and families front and centre.

Since it launched, over 31,000 people have visited the website, and 87% of people surveyed found it easy to use.

Thank you to all the young people who contributed to the site, and a special thanks to the Lived Experience Working Group.

› Sophie, Sue and Toni, survivors of stroke and Lived Experience Working Group members (left to right)



**Hear from young survivors of stroke today,
head to: young.strokefoundation.org.au**

Supporting the youngest survivors

If you know a young person who has survived stroke, you'll know there are key barriers to recovery. Unfortunately there is little awareness that childhood stroke exists, and families can have difficulty navigating the health system. Also, schools may not know how to support children's recovery, and with frequent medical appointments, kids can become isolated.

In response, our Little Stroke Warriors community gives online peer support to over 480 parents, carers and survivors. Little Stroke Warriors is a safe space for families to share their journey and recovery ideas, ask questions and access our StrokeLine service too.

Thank you for powering this vital community for our youngest stroke survivors.

Leave a lasting gift

Supporters like Brett are ensuring the good work will continue through a gift in his will.

"Few people are aware that stroke can, and does, hit the very young. The research into this area – let alone appropriate support structures – has been frankly lamentable. That is why I decided to leave a bequest targeting this area of research to Stroke Foundation. It will be established in honour of my parents Norma and Stewart Cooper."

"It is a comforting thought, knowing as we leave this world behind, we have insured 'good works' will continue on in our name or those of loved ones."

› **Brett, Stroke Foundation Bequestor**
(right)



Join the Little Stroke Warriors community on Facebook:

facebook.com/littlestrokewarriorsaustralia







Learn more about leaving a gift in your Will at:
strokefoundation.org.au/giftsinwills

Thank you

for powering the fight against stroke!

RA1143 RaCreate

How to get more involved

-  **Give time** – become a volunteer.
-  **Raise funds** – hold a community fundraising event.
-  **Speak up** – join our advocacy team.
-  **Leave a lasting legacy** – with a gift in your Will.
-  **Know your numbers** – check your health regularly.
-  **Stay informed** – keep up-to-date and share our message.

Contact us

-  **1300 194 196**
-  **strokefoundation.org.au**
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