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New online tool helps NSW stroke survivors drive their own recovery

Stroke survivors across New South Wales are being supported to drive their own recovery with the help of a new free online recovery tool *enableme*.

The National Stroke Foundation in partnership with The Bupa Health Foundation celebrated the release of the world-first online platform alongside stroke survivors, their carers and families at an event at MetroRehab Hospital in Petersham this morning.

National Stroke Foundation New South Wales Executive Officer Libby Dunstan said *enableme* had been created specifically for the Australian stroke community to give survivors, their families and carers choice and control over their recovery journey.

"There are more than 146,000 stroke survivors living in New South Wales and sadly most do not have access to the services, support and information they need to ensure quality of life post stroke," Ms Dunstan said.

"For many stroke survivors and their families there is a void in support once they finish formal rehabilitation and return home from the hospital. Around half (43 per cent) of stroke survivors currently leave hospital without a plan to support their transition home, limiting their recovery opportunities.

"*enableme* will deliver stroke survivors, their carers and families with the information and support they need to maximise their recovery. It will help survivors to navigate the often confusing and frightening journey of life after stroke by empowering them and their loved ones to drive their own recovery."

enableme is a world-first online platform, bringing together the ability to set personal goals, information, advice, support and connection with stroke survivors, carers and families. The site features cutting edge accessibility features that can be customised to meet stroke survivors' individual needs including vision, communication and mobility issues.

The Bupa Health Foundation Executive Leader Annette Schmiede said The Bupa Health Foundation was proud to have supported the development of a tool that will make such a big difference for stroke survivors, their families and carers Australia-wide.

"*enableme* takes long-term recovery away from the traditional 'bricks and mortar' model to deliver personalised support anywhere and anytime," Ms Schmiede said.

"It will give control back to stroke survivors and their loved ones, providing them with the personalised support they need to make the best of life after stroke.

"The Bupa Health Foundation is a passionate advocate for projects that have a tangible impact on community wellbeing, and *enableme* is a great example of this. We are proud to partner with the National Stroke Foundation on the development of a tool that has the potential to positively impact thousands of Australians."

National Stroke Foundation's Clinical Council member and leading expert in stroke treatment Professor Sandy Middleton said *enableme* offered stroke patients a community of support to help them transition from the hospital to their home.

“Leaving the hospital after stroke can be incredibly daunting for stroke survivors and their families if they don’t have the right support,” Professor Middleton said.

“*enableme* will make the transition home easier with information, guidance and community support available at the click of a mouse. In addition to bringing together information and resources, *enableme* is a safe place where survivors, carers and families can connect to share tips, challenges and aspirations.

“This platform has the power to dramatically improve the lives of local stroke survivors as they take control of their recovery with the assistance, resources and support of fellow stroke survivors and carers in the *enableme* community,” she said.

To find out more or to become part of the *enableme* community visit: www.enableme.org.au

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enableme

enableme is an online resource created specifically for the Australian stroke community. The platform will innovatively and efficiently deliver personalised information and tools to effectively enable survivors to continue recovery many years after their stroke; from metropolitan to remote Australia. The National Stroke Foundation employed award-winning digital agency Deepend to develop this innovative online portal. www.enableme.org.au

National Stroke Foundation is a not-for-profit organisation that aims to stop stroke, save lives and end suffering and the only national charity dedicated exclusively to stroke. The National Stroke Foundation is dedicated to raising awareness, preventing stroke, facilitating research, improving treatment and making life better for stroke survivors. www.strokefoundation.com.au

The Bupa Health Foundation helps build a healthier Australian community through its support of important health research, health education and other healthy living programs. Established as a charitable foundation in 2005, the Bupa Health Foundation has supported more than 100 initiatives nationally, with a combined investment of approximately \$26 million across its key focus areas: wellbeing, managing chronic disease, healthy ageing, empowering people about their health; and promoting affordable healthcare. www.bupa.com.au/foundation