

Support available
after stroke
we are here to
help you

stroke.org.nz



**At Stroke
Aotearoa
New Zealand,
we understand
just how challenging
it can be to recover
from a stroke; and we're
here so you don't have to go
through it alone.**

This leaflet outlines the support and services available to you and your whānau after you have been discharged from hospital.

Once you have read it, you will be able to choose which support options are right for you, and if you would like us to explain these more to you, call our free helpline, 0800 STROKE (0800 78 76 53).

Quick references

Free helpline:
0800 STROKE (0800 78 76 53)

Email support:
help@stroke.org.nz

Online resources and information about
local groups and events:
stroke.org.nz/gethelp

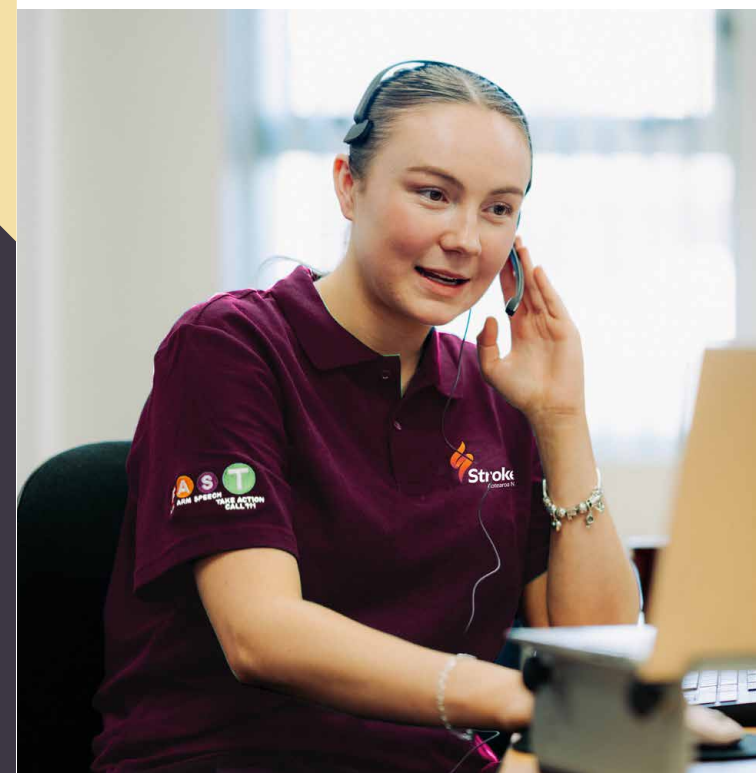
Free counselling for young people:
0800 What's Up (0800 942 8787)

Free Helpline: 0800 STROKE

You can call the free Stroke Aotearoa helpline for support and guidance. You will be connected to a Community Stroke Navigator who has in-depth knowledge of stroke and the health and disability system. You do not need a referral: anyone can call this helpline, including whānau and caregivers. The helpline is open from 9am-5pm weekdays.

Return to Work advice and support

Our specialist Return to Work Advisors are available to assist stroke survivors with employment and work-related advice and support following a stroke. Ask your medical team about eligibility for this service and to make a referral, or give us a call.



Community Stroke Navigators/Kaiārahi

If you need extra support after your stroke, you can ask a health provider to refer you to our Community Stroke Navigator/Kaiārahi service.

This is a free service for stroke survivors with complex needs. If needed, one of our Community Stroke Navigators can provide more in-depth support to aid your recovery.



Online resources

You can find free resources on the Stroke Aotearoa website. These include information sheets on what to expect when you've had a stroke, ways to reduce your stroke risk, practical guidance on caring for someone who has had a stroke, and looking after your physical and emotional wellbeing after a stroke.

Life After Stroke workshop

To learn more about life after stroke, you can attend a Life After Stroke workshop. This is a half day event that Stroke Aotearoa provides in communities across New Zealand. Seminars cover a mix of topics about life after stroke and provide an opportunity to connect with others affected by stroke in your community.

Stroke education groups

These small group education sessions are for anyone affected by stroke. They cover a range of topics and provide an opportunity for you to connect with others also affected by stroke in your community.



Support for young people

It can be especially hard for young people when a parent or loved one has a stroke. Children and teenagers can call 0800

What's Up (0800 942 8787) to talk to a counsellor for free. Free resources specifically for young people affected by a parent or loved one's stroke are also available on the Stroke Aotearoa website.

Online café

If you want to connect with others affected by stroke from the comfort of your own home, you can attend the Stroke Aotearoa online café. This is a free online meeting held on the second Wednesday of each month at 11am. Each session has a different speaker and topic relevant to stroke and aiding recovery.



Stroke groups

You can join a stroke group and connect with others in your community affected by stroke. All stroke groups are different. They may involve exercise programmes and other social activities. There are stroke groups operated by volunteers throughout Aotearoa.

Other places to get help

If your hospital team does not refer you to the services you need to support your recovery, you can ask your family doctor to refer you to additional healthcare professionals. You might do this if you want help to manage your medication, if you need equipment or adaptations to your home to improve your mobility and safety, or if you need in-home support or extra help with your rehabilitation.

Health Coaches and Health Improvement Practitioners work in many general practices and hauora provider teams, and can support you with your health and wellbeing needs and goals. You don't need a referral from your doctor and there is no cost to see them. Call your family health provider to find out what is available in your area.

About Stroke Aotearoa New Zealand

Stroke Aotearoa New Zealand is the national charity dedicated to stroke prevention and improving outcomes for stroke survivors and their whānau. The generosity of individuals allows us to provide every aspect of our life-changing services.

If you want to find out more about donating or fundraising to help protect the lives of people living in your community, please call **0800 45 99 54** or email **fundraising@stroke.org.nz**

