



It's Stroke Awareness Week 2018



Strokes:

- are the second most common cause of death in NZ
- are a major cause of serious disability requiring care
- 90% occur in those over 65, 10% under and about 40 children a year are affected in NZ
- there are things you can do to reduce the risk of a stroke

Where to get information:

We all know someone who has been affected by a stroke with varying consequences. This week become more knowledgeable about:

- reducing your risk of having a stroke,
- recognising someone who may be having a stroke and what to do if you see the signs
- how to best assist someone who has had a stroke.

The Stroke Foundation has some great information on their website so check it out.

<https://www.stroke.org.nz>

Here are a couple of Ted Talks on strokes

http://www.ted.com/speakers/henry_evans

http://www.ted.com/speakers/roberto_and_francesca_d_angelo

Some tips on how to help someone with a stroke

Jill Bolte-Taylor a [neuroanatomist](#) and researcher in her book "My Stroke of Insight" and Ted Talk describes her personal experience of having and recovering from a stroke.

Below are the things she most needed following her stroke:

- I am not stupid, I am wounded. Please respect me.
- Come close, speak slowly, and enunciate clearly.
- Repeat yourself. Assume I know nothing and start from the beginning, over and over.
- Be as patient the 20th time you teach me something, as you were the first.
- Please don't raise your voice. I'm not deaf, I'm wounded.



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- Approach me with an open heart and slow your energy down. Take your time.
- Be aware of what your body language and facial expression are communicating to me.
- Make eye contact with me. I am in here – come and find me. Encourage me.
- Touch me appropriately and connect with me.
- Honour the healing power of sleep.

http://www.ted.com/talks/jill_bolte_taylor_s_powerful_stroke_of_insight

Help:

Here at therapy Professionals we work with people who have had strokes if you know someone who is struggling following a stroke we may be able to help. Just contact us

Phone: 03 377 5280
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