



## **Community and Stroke**

The National Institutes of Health, the American and National Stroke Associations have conducted essential research, have established guidelines for advanced stroke care and have provided vital education about wellness, prevention, treatment and recovery. Now it is the time to apply this knowledge locally, in the community.

We all live together in community and much of our strength and many of our personal and social accomplishments come from what we do with others. We can apply that synergy to combat stroke.

Every person has a stake in how the challenges of stroke are confronted, and every individual, family, hospital, health professional, college, community leader and agency, religious organization, business and corporation can be part of the solution.

Stroke is more than a sudden event. The cause of stroke and the process of treatment and recovery take place on a continuum over many years. Stroke is a complex disease and strategies should be multi-dimensional and take place when and where stroke begins and recovery occurs, in the home and community.

There have been major advances in stroke prevention, acute care, rehabilitation and recovery: 1) Strokes can be prevented. 2) Accredited stroke centers restore brain circulation. 3) Neurorepair improves functional recovery 4) Survivors and families learn skills and adaptations that enable them to enjoy life, even as they recover.

Significantly, these advancements aren't available to all Southern Californians because they are unevenly distributed over a vast area and population. Stroke prevention, treatment and recovery would be enhanced if services were provided locally, close to where and how people live.

Southern California has significant incidence and prevalence of stroke. While the nature of the disease is universal, the communities in which stroke occurs vary, according to population, culture, ethnicity and language.

Each region and community has its own unique resources, which may include hospitals, health professionals, colleges, community leaders and organizations, religious centers, business sponsors, concerned persons, especially those affected by stroke, and stroke support groups.

Essential advances against stroke need to occur in the community so that services and progress are available to all. The Stroke Association assists communities to develop optimal services in their respective neighborhoods throughout Southern California.

**Please read “The New Stroke Paradigm.”**



## **Stroke Services in the Community**

The Stroke Association of Southern California is a vital resource in the continuum of stroke services and complements the advanced care of accredited stroke centers and the educational media and research of the American and National Stroke Associations with direct and personal services in the community. This is what SASC can do with support:

1. Prevention and wellness classes support healthy lifestyle, health risk mitigation and medical care that protect against stroke, heart disease, diabetes and other illness.
2. SASC prepares the public to recognize signs and symptoms, immediately call 911 and go to a certified stroke center to restore brain circulation.
3. When families contact the SASC helpline in a state of distress, they receive expert and compassionate guidance to resources and support.
4. In stroke recovery groups, survivors and families learn and practice the skills and adaptations needed to live well and enjoy life, even as they recover.
5. The psychological and social trauma of stroke is eased with education, support, expressive activities, adaptive exercise and professional services as needed.
6. SASC provides continual physical, psychological and social services throughout the continuum of stroke in the hospital, at home and in the community.
7. SASC is committed to serve uninsured, underserved and high-risk populations.
8. SASC supports advances in stroke care by representing survivors, families, and the public-at-large on various scientific advisory committees.
9. In the research project, "Trajectories of Stroke Recovery," SASC examines the correlated factors that contribute to optimal stroke recovery.
10. SASC helps communities develop collaborative prevention, treatment and recovery services that make use of the resources and strengths in each locality.

The Stroke Association is a non-profit 501 (3)(c) organization (Tax ID 95-2809676) and can expand these services and accomplish these goals in more communities and regions of Southern California with the support of concerned individuals, families, healthcare providers and payers, local government and civic organizations and businesses.

**Please support this effort to improve health and prevent stroke and related illness in your community.**



## **The Power of Community**

The Stroke Association of Southern California functions with community participation of survivors, families, support groups, health professionals and facilities, concerned persons and organizations that join together in commitment to stroke prevention, treatment, recovery and universal wellness that also protects against related illness.

1. Individuals, survivors, families and friends work together for a healthy lifestyle, attention to risk factors, to learn the signs of stroke and to call 911 immediately.
2. Hospitals and health professionals provide credentialed stroke centers, inpatient and outpatient rehabilitation, and guide patients through the continuum of prevention, acute care, rehabilitation, and transition to community services.
3. Weekly support groups help those new to stroke to learn optimal recovery skills and adaptations with the support of experienced survivors and families.
4. All community partners support universal wellness practices that protect against stroke, heart disease, diabetes, and other illness.
5. Churches, synagogues, mosques and temples encourage wellness and prevention activities, including blood pressure and other health risk screenings, conducted by health professionals who are members of the congregation.
6. Business and corporations sponsor universal wellness and illness prevention classes. Employers create a healthy work environment and support wellness practices. Healthy employees are most able to be productive employees.
7. Grocery stores and restaurants provide persuasive and “easy to use” nutritional information and access to healthy food choices.
8. Community colleges educate about health and wellness, provide adaptive exercise for the disabled and offer adult classes that enrich life after stroke.
9. Civic leaders and organizations bring the right people together with specialized skills and resources to give support when and where it’s needed most.
10. Stroke Association services are best sustained by the participation and collective expertise, connections and participation of varied members of the community.

**A major effect of stroke may be powerlessness,  
however, community can overpower stroke.**



## **SASC Services and Community Support**

The services of the Stroke Association of Southern California (SASC) complement the advanced care of accredited stroke centers, and the research, guidelines and media of the American and the National Stroke Associations, with direct, local services that improve wellness and prevention, and stroke treatment and recovery in the community.

1. Universal wellness classes and teams support self-care and healthy lifestyle, prevent stroke, and protect against heart disease, diabetes and other illness.  
  
Class participants learn to recognize stroke signs and symptoms, immediately call 911 and go to an accredited stroke center to restore brain circulation.
2. Patients and families receive personalized support, education, guidance and encouragement from the time of stroke onset through emergency and critical care, medical stabilization, rehabilitation and the ongoing process of recovery.
3. Weekly support groups provide education, guidance, interpersonal connection, continuity and cohesion throughout the process of recovery.
4. Upon completion of individual therapy, ongoing neurorepair continues with weekly functional recovery classes and daily practice of targeted skills at home.
5. In a process of periodic review, progress and outcomes are studied and survivors, families and health professionals are guided to optimal recovery and health.
6. Online education, guidance, interaction and support for survivors, families and communities augment wellness, prevention, treatment and recovery.

To provide these services, SASC depends on support, expertise, experience, resources, dedication and compassion that comes from different sources in the community.

1. A professional staff and a board of directors with expertise, experience, and compassion who are dedicated to wellness, prevention, treatment and recovery.
2. Experienced survivors and families who serve as advisors and advocates, and provide support, example and inspiration in the hospital, home and community.
3. Health professionals and facilities that contribute their expertise to universal wellness and prevention, and stroke treatment and recovery in the community.
4. Concerned civic, educational, business and religious organizations that contribute administrative, financial and marketing expertise, skills and resources.
5. Individuals and families who are professionally, socially and financially willing and able to do so use their connections and resources to support specific projects.

**The Stroke Association fulfills its mission with support of the community.**