

Elouera Home Support Insights

## **National Stroke Week 2024: Recognising the Signs and Empowering Recovery**

National Stroke Week is an opportunity to raise awareness about stroke, a leading cause of death and disability in Australia. This year, the focus is on recognising the signs of stroke and taking immediate action using the F.A.S.T. test, a simple method that can save lives.



Stroke is a leading cause of death and disability in Australia, with the potential to alter lives in an instant. Understanding the signs of a stroke and taking immediate action is crucial in improving outcomes for those affected.

## **The Stroke Foundation recommends the F.A.S.T. test as a simple way to remember the most common signs of stroke.**

### **What is a Stroke?**

A stroke occurs when the blood supply to the brain is interrupted, either due to a blockage (ischaemic stroke) or a rupture (haemorrhagic stroke) of a blood vessel. This disruption deprives brain cells of oxygen and nutrients, causing them to die within minutes. The effects of a stroke can vary depending on the area of the brain affected and the severity of the event, leading to impairments in speech, movement, thinking, and communication. Unfortunately, stroke can often be fatal.

A related condition is a transient ischaemic attack (TIA), often called a “mini-stroke.” A TIA occurs when the blood supply to the brain is temporarily blocked, causing stroke-like symptoms that resolve on their own within a short time. Although a TIA does not cause permanent damage, it is a serious warning sign that indicates a higher risk of a future stroke.

### **The Importance of the F.A.S.T. Test**

---

The Stroke Foundation recommends the F.A.S.T. test as a simple way to remember the most common signs of stroke:

**Face:** Check their face. Has their mouth drooped?

**Arms:** Can they lift both arms?

**Speech:** Is their speech slurred? Do they understand you?

**Time:** Time is critical. If you see any of these signs, call 000 immediately.

Recognising these signs and acting quickly can significantly improve the chances of recovery and reduce the severity of the stroke’s impact.

---

### **Stroke in Australia: The Statistics**

In 2018, approximately 387,000 Australians aged 15 and over reported having experienced a stroke at some point in their lives, representing 1.6% of the population<sup>1</sup>. The prevalence of stroke is higher in males than females and increases significantly with age. Over two-thirds of people who have had a stroke are aged 65 and over, with the highest rates observed in those aged 85 and above.

---

### **How Elouera Home Support Can Help**

At Elouera Home Support, we understand the profound impact that stroke can have on individuals and their families. Our services are designed to support stroke survivors in their recovery journey, helping

them regain independence and improve their quality of life. Here's how we can assist:

**Personal Care:** Our support workers are specially trained to assist stroke survivors with activities of daily living such as bathing, dressing, and grooming. They employ techniques designed to accommodate partial paralysis or weakness, helping individuals regain their independence while ensuring their dignity and comfort.

**Domestic Assistance:** We provide support with household tasks like cleaning, laundry, and meal preparation, with a focus on creating a safe and accessible environment tailored to the specific needs of stroke survivors. This includes modifications or adaptations to help those with mobility challenges navigate their homes more easily.

**Social Support:** Our team offers companionship and social engagement opportunities specifically designed to aid in the cognitive and emotional recovery of stroke survivors. This may include connecting individuals with peer support groups or engaging in activities that stimulate cognitive function and reduce feelings of isolation.

**Transport:** We offer reliable transportation services that cater to the needs of stroke survivors, ensuring they can attend crucial medical appointments, therapy sessions, and social outings. Our transport is adapted to accommodate mobility aids

and is operated by support workers who understand the physical and emotional challenges stroke survivors face.

**Disability Support:** Our specialised support services address the unique challenges of stroke recovery, such as helping with mobility assistance, improving communication for those with speech impairments, and supporting cognitive rehabilitation. Our support workers work closely with healthcare professionals to implement personalised recovery plans.

**Medication Prompting:** Recognising that stroke survivors often have complex medication regimens, we provide timely reminders and support to ensure they adhere to their prescribed treatments, which is crucial for preventing further health complications.

**Meal Assistance:** Our support workers assist with meal planning, preparation, and feeding, focusing on dietary needs specific to stroke recovery, such as managing high blood pressure or cholesterol. We ensure that nutritional needs are met to support overall health and recovery.

**Respite Services:** We offer temporary care specifically designed to support stroke survivors, giving primary carers a much-needed break. Our respite services ensure that during this time, the stroke survivor continues to receive the care and support they need, including assistance with rehabilitation exercises and daily activities.

**Welfare Check:** Our regular check-ins are tailored to monitor the well-being of

stroke survivors living alone, looking out for signs of health deterioration, emotional distress, or complications related to stroke recovery, providing peace of mind to both the individual and their family.

[Carer Support](#): We provide targeted resources, guidance, and emotional support to those caring for stroke survivors, helping them navigate the complexities of stroke recovery and manage the physical and emotional demands of their caregiving role. Our support helps carers maintain their well-being while providing the best possible care for their loved ones.

For more information about our services and how we support individuals with brain injuries, please visit the [Elouera Home Support website](#) or contact us directly.

support needed to help stroke survivors navigate their recovery journey.

Let's work together to make a difference this National Stroke Week and beyond. Remember, knowing the F.A.S.T. signs could save a life.

## References

Australian Institute of Health and Welfare. (2023). Stroke statistics in Australia. Retrieved from AIHW.

<https://strokefoundation.org.au/>

Designed by Elouera Home Support Copyright © 2024

Elouera Home Support. All rights reserved.

---

## Reducing the Risk of Stroke

Prevention is key to reducing the incidence of stroke. Regular health check-ups, a balanced diet, regular physical activity, and avoiding smoking and excessive alcohol consumption can all help lower the risk. National Stroke Week is a reminder to take these steps seriously and to encourage others to do the same.

## Join Us in Raising Awareness

National Stroke Week is not just about recognising the signs of stroke—it's about taking action to prevent stroke and supporting those who have been affected. At Elouera Home Support, we are committed to providing the care and