

Elouera Home Support Insights

NSW Stroke Awareness Week: Supporting Stroke Awareness and Recovery

Join NSW Stroke Awareness Week to learn about the importance of early stroke recognition, recovery strategies, and the vital role carers play. This week aims to increase public understanding of stroke symptoms and promote the resources available to support stroke survivors and their families throughout their recovery journey.



NSW Stroke Awareness Week is a significant annual event, following National Stroke Week, designed to enhance public awareness about stroke recovery and to celebrate the achievements of stroke survivors and their families living within our communities. This week also highlights the crucial role that carers play in supporting individuals who have experienced a stroke, acknowledging their invaluable contributions to recovery and overall well-being. For more information on NSW Stroke Awareness Week, please visit the Stroke NSW website.

NSW Stroke Awareness Week is dedicated to raising awareness about stroke recognition, recovery, and the essential support needed for survivors and their carers.

What is a Stroke?

A stroke occurs when the blood supply to a portion of the brain is abruptly interrupted. This interruption can occur in two primary forms. The more prevalent type, known as an Ischaemic Stroke, occurs when a blood clot obstructs a blood vessel within the brain. Conversely, a Haemorrhagic Stroke takes place when a blood vessel in the brain ruptures, leading to bleeding into the surrounding tissue. In both instances, the affected regions of the brain are deprived of oxygen, resulting in the death of brain cells and the subsequent impairment of

the functions controlled by those areas.

Types of Stroke

Ischaemic Stroke: This type constitutes approximately 80-85% of all strokes. It occurs when a blood clot blocks a blood vessel within the brain. There are two subtypes:

Embolic Stroke: A clot forms elsewhere in the body and travels to the brain.

Thrombotic Stroke: A clot forms within the brain's blood vessels, often due to the accumulation of cholesterol or fatty deposits.

Haemorrhagic Stroke: This less common type is caused by a rupture in a blood vessel within the brain. It can be further classified into:

Intracerebral Haemorrhage: Bleeding occurs directly within the brain tissue.

Subarachnoid Haemorrhage: Bleeding occurs in the space surrounding the brain, often due to an aneurysm.

Transient Ischaemic Attack (TIA)

Commonly referred to as a "mini-stroke," a Transient Ischaemic Attack (TIA) exhibits symptoms similar to those of a stroke but resolves quickly, typically within 24 hours. Despite its temporary nature, a TIA serves as a critical warning sign of a potential full stroke in the future. Common symptoms include sudden weakness, clumsiness, numbness, slurred speech, or blurred vision. Immediate medical attention is essential to mitigate the risk of a full

stroke.

Recognising a Stroke: BE FAST

Early recognition of stroke symptoms is crucial in saving lives. The acronym BE FAST serves as a straightforward guide to identifying a stroke:

Balance – Is the individual experiencing a sudden loss of balance or coordination?

Eyesight – Is there a sudden change in vision, such as blurriness or loss of sight in one or both eyes?

Face – Is one side of the face drooping or numb? Request the individual to smile and observe for unevenness.

Arm – Is there a sudden weakness or numbness in one arm? Ask them to raise both arms and check if one drifts downward.

Speech – Is speech slurred or difficult to comprehend? Ask them to repeat a simple sentence.

Time – If any of these symptoms are present, even if they dissipate, call 000 immediately and ensure the person is transported to a hospital.

The Importance of Awareness

Raising awareness about stroke is vital in reducing its impact on individuals and the broader community. By understanding the signs of a stroke and the importance of a prompt response, we can help minimise the damage caused by this medical emergency. NSW Stroke Awareness

Week serves as a poignant reminder that education, early recognition, and support for stroke survivors and their carers are essential in improving outcomes and saving lives.

How Elouera Home Support Can Assist with Stroke Recovery

Elouera Home Support is dedicated to providing comprehensive care to those affected by stroke, offering tailored services that facilitate recovery and enhance the quality of life. Our resources are designed to support both stroke survivors and their carers throughout the recovery journey:

Respite Services: Caring for a loved one after a stroke can be challenging. Our respite services provide essential relief for carers, ensuring that their loved ones receive consistent and high-quality care while they take a necessary break. Learn more about our [Respite Services](#).

Domestic Assistance: Stroke recovery often necessitates assistance with household tasks. Our domestic assistance service is structured to help stroke survivors maintain a clean and safe home environment. Discover how our [Domestic Assistance](#) can help.

Social Support: Maintaining social connections is crucial for mental and emotional well-being. Our social support services encourage stroke survivors to participate in social activities, helping them remain engaged and connected with their community. Explore our [Social](#)

Support:

Personal Care: We offer compassionate personal care services that assist with daily activities such as bathing, dressing, and grooming, enabling stroke survivors to preserve their dignity and independence. Find out more about our [Personal Care services](#).

Recognising Stroke Signs: Early detection is critical for stroke recovery. Our resources are designed to educate individuals on recognising the early signs of a stroke, enabling prompt medical intervention. Explore how to [Recognise Stroke Signs](#).

Coping with Chronic Illness: Stroke often leads to chronic conditions that require long-term management. We offer resources to help stroke survivors, and their families cope with these ongoing health challenges. Find out more about [Coping with Chronic Illness](#).

Mental Health and Wellbeing: Mental health is a vital component of recovery. We provide support to stroke survivors and their carers to maintain mental well-being during the recovery process. [Access our Mental Health and Wellbeing resources](#).

Combatting Loneliness: Social isolation can be a significant issue for stroke survivors. Our resources and social support services are designed to help individuals stay connected with their communities, combatting feelings of loneliness and promoting a sense of belonging. [Learn how we are Combatting Loneliness](#).

Elouera Home Support: Compassionate In-Home Care for Stroke Recovery

Elouera Home Support is committed to providing exceptional in-home care services across NSW, with a special focus on supporting stroke survivors. Our dedicated team offers a range of personalised services, including respite care, domestic assistance, personal care, and social support, all designed to help individuals maintain their independence and enhance their quality of life. Whether you're recovering from a stroke or caring for someone who is, Elouera Home Support is here to provide the compassionate, professional care you need every step of the way.

Elouera Home Support is committed to supporting stroke survivors and their families through every stage of their recovery journey. If you or a loved one requires assistance, please do not hesitate to contact us today.

[Contact Elouera Home Support](#) to discuss how we can develop a tailored support plan that meets your specific needs.

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