

# Stroke Recovery News

Volume 22, Issue 2

Winter/ Spring 2022

## Stroke under 65 and accessing NDIS funding

While the median age for Stroke in Australia is around 75 years, **one in every four** Strokes occur in a person aged less than 65 years. That equates to around 20 Strokes a day impacting Australians under the age of 65.

The National Disability Insurance Scheme (NDIS) is available throughout Australia to anyone, under the age of 65, who can demonstrate they have a significant and permanent intellectual, physical, sensory, cognitive, or psychosocial disability. The overall aim of the NDIS is to improve a person's ability to function in all aspects of daily living and, over time, gain more independence.

### NDIS funding may be available to:

- provide extra support around the home;
- allow you to participate in social/ recreational activities;
- give you access to rehabilitation and exercise programs as well as aids or equipment;
- Following a Stroke, it's not uncommon to experience a certain degree of anxiety and depression. In these cases, NDIS funding may be available to you for mental health support and any other support you need to help you maintain your wellbeing and your independence.

It is critical survivors of Stroke who are participants in the scheme are correctly classified, to ensure the NDIS get a true picture of this cohort and is better able to understand their needs, as well as what the barriers to access may be.

### To be eligible for NDIS funding

The disease or medical condition must cause permanent impairment (physical, intellectual, cognitive, neurological, visual, hearing, or psychosocial), resulting in significant disability.

Examples of this include:

- hemiparesis;
- muscle weakness or partial paralysis on one side of your body;
- speech difficulties;
- pain; or
- memory loss.

Any of these significantly impact activities of daily living, quality of life, and self-esteem.

The NDIS funds numerous critical services for people who have disabilities resulting from a Stroke. These include: personal care



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support, community access support, nutritional support, skills development, transport, household tasks, and behavioural support.

To join the NDIS, you need to meet the access requirements. This includes the Scheme being available in your area, your age, your residency status, and the nature of your disability.

Anyone who thinks they might be eligible for the NDIS can download an Access Request Form (ARF), and a Supporting Evidence Form (SEF), and work with their GP, allied health, and specialist medical professionals to prepare and provide the information required and submit this to the NDIS.

Currently, the NDIS supports 63,573 Stroke survivors under the age of 65. So, if you are under the age of 65, have experienced a Stroke and have issues, you may be eligible to receive support from the NDIS.

## Your goals

- A NDIS plan will be designed with you in mind, as an individual, so you need to decide the right goals for you that will enable you to maintain or improve your own quality of life.
- It can be helpful to have a mix of short- and long-term goals and plans on how you will achieve these goals.

## Some areas to consider

- What do you need to change/implement to better service you at home or in the community?
- If you are currently working, studying, playing sport etc, what support do you need to continue?
- Would you like to participate in the community?
- Do you need more support that will require you to engage more in the community?

## Examples of goals

- Building daily living skills such as cooking, shopping, gardening, or personal care;
- Returning to work or getting a job;
- Having a holiday;
- Improving mobility or communication skills;
- Meeting new people;
- Decreasing your pain; or
- Doing more activities, either social or recreational

## Who can assist you?

- Family members and friends.
- The NDIS Local Area Coordinators to get your plan underway.
- Then you can rely on Plan Managers to pay your invoices on your behalf and support coordinators.

## You have 3 choices when you finalise your NDIS Plan

**1. Plan management** - will manage all your invoices and submit them to the NDIS on your behalf. They are able to assist if there are any issues with any of your funding. This does not cost you anything as NDIS funds the Plan Manager for this service.

**2. Self-managed** - you manage the funds yourself; you will also need to keep track of your spending, submit all invoices, and follow up on any issues.

**3. NDIA Managed** - The NDIS can manage the funds on your behalf, but you can only use registered NDIS providers.

**For further information in regard to funding for the NDIS and Plan Management for the NDIS visit [www.planmanageassist.com.au](http://www.planmanageassist.com.au).**

# Plastic single-use straws exemption



People who need to use plastic straws for medical or disability reasons, and the suppliers who provide or sell them in NSW, will still be able to do so after the next stage of the plastics ban commences on **1 November 2022**, this follows the granting of an exemption this month.

If you are an individual who needs a plastic single-use straw due to a disability or other medical need, or an individual/organisation acting on behalf of someone who

does, you can continue to access plastic single-use straws where they are available.

## Asking for a straw (at hospitality venues, markets etc)

- You can request a plastic single-use straw from:
  - Individuals or organisations providing food or beverages for a commercial purpose (e.g. restaurants, cafés, bars (including those onboard transport facilities such as trains, mobile food trucks), and market stalls etc);
  - Individuals or organisations providing food or beverages for charitable, sporting, education, community or other not-for-profit purposes (e.g. a community organisation running a fundraiser sausage sizzle, a school canteen, a kiosk at a sporting ground, a library providing canapes for a book launch event etc); or at
  - Local government offices accessible to the public (e.g. Council Administration Building).
- You can be given, or ask for, a plastic single-use straw in the following settings:
  - medical facility (e.g. hospital, GP clinic);
  - dental clinic;
  - care facility (e.g. nursing home, childcare centre);
  - patient transport facility (e.g. ambulance); or
  - a place where in-home care is being provided.
- You cannot be charged a fee for the straw in the above settings.
- Someone acting on your behalf can ask for a straw for you.
- You don't need to 'prove' that you (or a person you are asking for) needs the straw, and providers should not ask you for proof.
- You can request more than one plastic single-use straw if you need it.
- Hospitality venues, such as restaurants and cafés, are allowed to stock plastic single-use straws, however, they are not required to. You may wish to bring a plastic single-use straw with you when visiting such places.

## Purchasing plastic straws

- You can continue to buy plastic single-use straws (where stocked) from:
  - online suppliers (e.g. online marketplaces);
  - pharmacies and chemists; or
  - manufacturers, producers and wholesalers.
- Someone acting on your behalf can buy straws for you.

*...continued on the bottom of page 5*

Across Australia, there are currently over 445,000 people who are living with the effects of a Stroke. Experiencing a Stroke is a life changing event, and you'll likely have to adapt to new ways of doing many different things. Particularly if you're eager to maintain your independence, one area you may have to address is your car and the way you drive. Getting back on the road can be a daunting prospect, and you'll want to ensure you've taken every possible precaution to make sure that you can continue to get around safely.

By now you'll be familiar with the eco benefits that come with driving an electric vehicle (EV). They have gained popularity in recent years as a green vehicle alternative, as the world tries to reduce the effect of climate change. But did you know that they can also offer plenty of additional benefits for drivers who have experienced a Stroke? In this article, the potential impacts that Stroke can have on your driving ability and the potential advantages that an EV could offer you are discussed.

## How can a Stroke affect driving ability?

As with any medical issue, there is likely to be varying levels of severity between Stroke survivors, meaning people will be affected in different ways. However, there are a few typical effects of Strokes that can impact a person's ability to get back behind the wheel. One of the most prevalent is pain and weakness in arms and/or legs, which can make driving a standard car more uncomfortable.

Eyesight is also often affected by a Stroke, and people may experience double or blurred vision. They might also find that their cognitive abilities have been negatively impacted, which can affect many different aspects of their ability to drive safely. These include making quick decisions, navigation and concentration.

As such, it's crucial that you take the time to understand how the effects of a Stroke may influence your driving, allowing you to make informed decisions around how to best keep yourself and other road users safe.

## Benefits of an EV post Stroke

There are many different features that come as standard in the majority of electric vehicles that can each offer their own advantages to drivers who have experienced a Stroke. Here are some of the assistive features that can create a smoother, more comfortable driving experience:

- **Automatic gears** - Particularly for drivers who commonly experience pain in their arm(s), having automatic gears as standard will make it easier to get behind the wheel, particularly over prolonged journeys. Having one less thing to worry about (changing gears) can give drivers more freedom to concentrate on other aspects of driving, such as speed control or their position on the road.
- **Spacious interior** - With internal combustion engines being replaced by electric motors, EVs are typically far more spacious, allowing for a more comfortable ride for both the driver and

## Cont... Using electric vehicles after Stroke

their passengers. A Stroke can affect mobility, making it difficult to get in and out of a car. As such, the additional space inside an EV could help to make this process easier, and improve comfort throughout your journey.

- **Compatible with assistive modifications** - After doing some research, you may find that the safest way to get back behind the wheel is by making use of some assistive technologies. There are many different modifications that can be made to EVs to support drivers, such as hand controls and steering aids. Check out all of the available options and you'll be sure to have the reassurance that you're fully equipped to drive safely once again.

### Accessible adaptations for EVs

EVs are capable of being fitted with a number of adaptations to make them more accessible to drivers. Here are some of the best options that can be added to your vehicle:

- **Hand controls** - Introducing something like a push or pull device to help with accelerating and braking can be useful for drivers who aren't able to freely use the lower half of their body.
- **Pedal modifications** - If you still want to use pedals as they are traditionally intended, you can extend them to reach up to your feet. This makes driving more comfortable and simple for those who cannot reach them at the standard distance.
- **Electronic accelerators** - For those who aren't able to freely use pedals when driving, but also lack the strength to use a push and pull lever, there are a series of electronic accelerators available. Each of these will come with a hand-operated brake device. These can be placed throughout different areas of your vehicle:
  - Trigger accelerator – pull this forward to accelerate and push away to brake.
  - Over ring accelerator – placed on the steering wheel, pushing down to accelerate.
  - Under ring accelerator – put behind the wheel, with speed controlled by you pulling it towards the wheel.
  - Ghost ring accelerator – fitted behind the wheel, with a driver controlling speed by moving it from side-to-side.

*This article was sourced from Auto Traders (<https://www.autotrader.co.uk/cars/electric/ev-drivers-with-disabilities/>)*

## Cont... Plastic single-use straws exemption

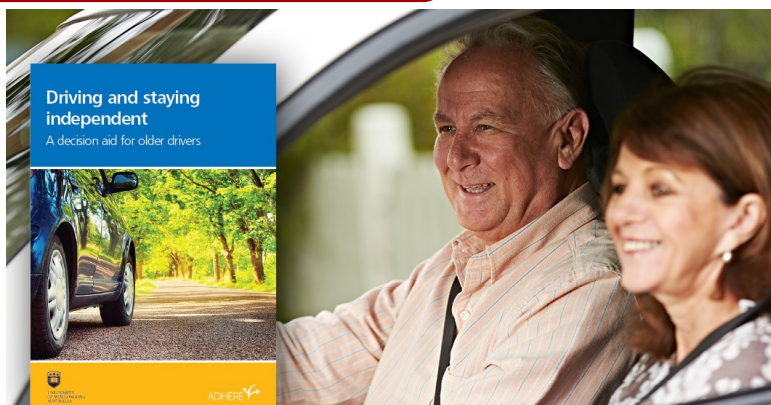
- When buying plastic single-use straws from manufacturers, producers, wholesalers or online suppliers, you may be asked to confirm why you need the straws (e.g. for a disability or medical need).
- When buying plastic single-use straws from pharmacies and chemists, you don't need to 'prove' that you, or the person you are asking for, need the straw (and they should not be asking you for proof).

*This article was sourced from EPA NSW (<https://www.epa.nsw.gov.au/your-environment/recycling-and-reuse/plastics/exemptions-guidance-single-use-straws>)*

## Decision aid for older drivers

Transport for NSW has worked with the University of Wollongong to develop the 'Driving and staying independent: A decision aid for older drivers (Decision Aid)' which launched earlier this year.

Most older drivers are experienced, cautious and responsible drivers and as with legal, financial or retirement planning, it is helpful to plan future transport needs.



This resource provides guidance and support for drivers to make informed decisions about whether to continue safe driving, modify driving routines, or retire from driving. It helps them consider:

- How they can keep driving safely for longer;
- How they can maintain their lifestyle as they begin to drive less or retire from driving; and
- How to prepare for other ways to get around.

To get a copy of 'Driving and staying independent: A decision aid for older drivers (Decision Aid)' visit: [www.adhere.org.au/olderdrivers](http://www.adhere.org.au/olderdrivers) or email [towardszero@transport.nsw.gov.au](mailto:towardszero@transport.nsw.gov.au).

*This information was sourced from Transport for NSW (<https://www.adhere.org.au/olderdrivers/>).*

## Membership Renewals

Memberships for the Stroke Recovery Association NSW are due for renewal.

In an effort to reduce costs and be more environmentally conscious, all members who have an email address will now be receiving newsletters from the Association via email, unless specified on their membership form. If you would still like to receive a hard copy of these publications, please contact the Association on **1300 650 594** or [admin@strokensw.org.au](mailto:admin@strokensw.org.au).

**You can now pay memberships online! If you would like to pay your membership online, visit <https://strokensw.org.au/home/become-a-member/> or scan the QR code below.**

If you are a member of a Stroke Recovery Club/group/choir and want to pay online, show your online receipt (that will be received via email) to your coordinator/ Treasurer to show that you have paid your memberships.



## VALE Stuart Chalmers OAM

It is with a heavy heart and deep sadness that we inform you of the passing of former Board member and life member of the Association, Mr. Stuart Chalmers OAM. Stuart passed away on Monday the 25th April at the Mater Hospital in Newcastle surrounded by his loving and caring family.

As well as being a life member of the Association, he was a life member of the Belmont Stroke Recovery Club and a founding member of the Brainwaves Choir. Stuart had been on the Board of the Association since 2004, until he retired in 2021. He always wanted to make a difference for those who were touched by Stroke, and loved going to Newcastle University to share his Stroke story with Jodie Marquez and her students. He inspired many



who had the privilege to know and love him throughout the Stroke Community. His cheeky grin and infectious laugh were some of his most endearing features.

Those of you who attend the Hunter Stroke Olympics would remember Stuart as a fierce competitor in the euchre. He was always willing to assist new competitors by showing them the tricks of the game. Unbeknown to Stuart, the Committee had recently renamed the perpetual Euchre Trophy in his honour. Even if he is not there in person, he certainly will be in spirit.

He was a life member of the Caves Beach Surf Life Saving Club where he spent a large amount of his life, particularly when he could not return to work after his Stroke. In honour of the work he has done for them over many many years, he has a park and a surf boat named after him. In his final days, he was again honoured by his friends and fellow life savers at Caves Beach SLSC who presented to him, via zoom, a 60 years of service medal.

He received an OAM for all the community work he has done. Never was an OAM bestowed on a more worthy recipient.

Vale Mr Stuart Chalmers OAM, a great gentleman, a hero, and inspiration to many. His legacy with the Association will live on.

**Members of the Association are invited to attend a memorial for Stuart Chalmers OAM at 11:00 am on 23rd October 2022 at Caves Beach. RSVP to the Association on 1300 650 594 or [info@strokensw.org.au](mailto:info@strokensw.org.au).**

## *Notice of Meeting*

The 2022 Annual General Meeting of the  
Stroke Recovery Association NSW will be held on

**FRIDAY 4 NOVEMBER 2022 in Orange NSW**

Commencing at

**10:30 am for a morning tea, followed by an 11:00 am  
start**

*At the conclusion of the meeting, a light luncheon will be served*

RSVP to the Association on 1300 650 594 or  
admin@strokensw.org.au by **26th October 2022.**

**Nominations forms for Board positions are enclosed in this  
newsletter.**

**Further details about the meeting and voting will be sent out  
to all members mid-September 2022.**



Following the departure of long standing Board members, an expression of interest was sent out to all members of the Association to join as interim Board members for the remainder of 2022. After being overwhelmed with the quality of submissions, the Board of Directors are thrilled to present your interim Board members (Kylie Tastula and Janette Daniel) and new Public Officer (Karen Felton) for 2022.

**Kylie Tastula** (*Neurosciences Nurse Practitioner, Royal Prince Alfred Hospital, Sydney*)



Kylie is the Neurosciences Nurse Practitioner at Royal Prince Alfred Hospital, Sydney. Her role has several focuses - she coordinates the hyperacute Stroke care at RPA, runs the Stroke call program including attending and leading all calls in hours, maintaining and analysing all the data around hyperacute care. Kylie coordinates the statewide Endovascular Clot Retrieval (ECR) service, and runs several clinics including Stroke reperfusion follow ups, young Stroke, acute Stroke and secondary prevention clinics. She also works in the mild head injury/ concussion clinic, reviewing and triaging all patients following referral from ED, trauma services, allied health and GP networks.

Her role over the years has included service review and planning, hospital redevelopment, clinical consultancy, research, education and advocacy. She is currently the nursing co-chair for the Agency for Clinical Innovation (ACI).

Kylie has an interest in quality improvement, clinical leadership and patient advocacy.

**Janette Daniel** (*Great Lakes and Manning - Stroke Recovery Club*)



Janette experienced an aneurysm whilst teaching in 2013. She was taken to John Hunter Hospital where her 23 year old daughter gave permission for the insertion of a coil to halt the bleeding in her brain. She experienced a Stroke during that surgery, which left permanent paralysis in her left leg.

At the age of 44, having previously spent seven years as a mature-aged student to achieve her dream of being a teacher, she was forced to re-learn many basic skills.

Since her Stroke, Janette has experienced a divorce, helped her two sons through their HSC year, assisted one son to get his driver's license plus got her own license back after three years without it. She was determined to walk her daughter down the aisle at her wedding 19 months after the Stroke, and achieved this.

Janette is a long term member of the Great Lakes and Manning (GLAMS) Stroke Recovery Club. She regularly attends meetings, outings, events, Olympic Training, and conferences, and always looks forward to the Hunter Stroke Olympics each year. She eventually accepted the role of Treasurer of GLAMS, and has formed a close bond with their wonderful co-ordinator, Lesley.

Like most Stroke survivors, Janette was isolated during COVID-19, but GLAMS members

## Cont... Welcome to new Board members

continued to maintain contact. She also joined the online Stroke support groups, participating in many of the activities offered from head office and made new friends along the way. Janette regularly co-facilitates the Trivia Tuesday and Aphasia Multiple Choice Quiz as part of the Association's online Stroke support groups.

Having experienced the difficulties and setbacks that Stroke causes, Janette nominated for the Board of the Stroke Recovery Association when the opportunity arose. Janette is honoured to serve and be a part of such a supportive and positive community.

### **Karen Felton** (Sydney Inner West Stroke Recovery Club and Aphasia NSW founding member)



Karen became a full-time carer in 2009 when her husband Paul experienced a heart attack and Stroke, leaving him with severe aphasia and physical limitations. With the assistance of their two daughters, Karen continued to work as a part-time Optical Dispenser, while helping Paul gain significant improvements in mobility and speech and becoming involved in groups together.

Karen and Paul's involvement with SRA began in 2011 when they became founding members of Aphasia NSW. Karen went on to be Treasurer from 2012 and assisted in organising events, conferences and administration of the website for Aphasia NSW. She was also an active member and Treasurer of Sydney Inner West Stroke Recovery Club. Throughout this time, she gained an understanding of the effects of living with Stroke and the importance of Stroke awareness.

Sadly, Paul passed away last year. Karen still works part-time and is enjoying valuable time with her family and her 4 grandchildren. She continues to be involved with Stroke Recovery and is so honoured to be the new public officer of the Association. Karen looks forward to using her experience of Stroke and Aphasia to advocate for Stroke survivors and carers and to promote Stroke recovery.

## Thank you to outgoing Board members

The staff and Board of the Association would like to thank outgoing Board members,

Mrs Linda Glanfield (2005 - 2022), Ms Pam Short (2018 - 2022) and Mr David Bostock (2021 - 2022) for their service and contributions to the Association. The Board of the Association would like to express their deepest appreciation and thanks to these Board members.



*Pictured: Linda Glanfield (left) and Pam Short (middle) and David Bostock (right).*

In 2022, the Association will be celebrating NSW Stroke Awareness Week in the first week of September! The theme for NSW Stroke Awareness Week 2022 is “Recover; Regain; Reclaim”, which reflects the journey taken by the Stroke Survivor and their family after they experience the catastrophic event that is Stroke.



## NSW STROKE AWARENESS WEEK EVENTS 2022

- **NSW Stroke Awareness Week launch - Monday 5th September**

A cocktail reception, held in the Members Dining Room, Parliament House, Sydney.

- **Creating Connections Stroke Conference - Wednesday 7th September**

This conference will be held at Club Burwood RSL. This event will also be live streamed to members who are unable to make the event face to face.

Unfortunately, the Stroke Choir Recital has been cancelled for 2022. However, the Brainwaves, KeyStrokes and online Stroke choir will have an opportunity to record a performance and share this with members in a video at the Creating Connections Stroke Conference.

- **NSW Bridge Association Stroke Awareness Charity Day - Wednesday 7th September**

An annual Bridge Tournament to raise awareness of the issues facing those affected by Stroke will be held at the Bridge Association Head Office, 162 Goulburn Street, Sydney. This tournament is held in honour of Mrs Anita Rosenberg, founder of the Stroke Recovery Association, who was a keen bridge member.

- **Information displays:**

The Stroke Recovery Clubs/groups/choirs in partnership with various community and health organisations undertake displays of information material to create awareness about the prevention of Stroke during NSW Stroke Awareness Week.

**For more information about NSW Stroke Awareness Week contact the Stroke Recovery Association on 1300 650 594 or [info@strokensw.org.au](mailto:info@strokensw.org.au)**



# CREATING CONNECTIONS STROKE CONFERENCE 2022

*Sydney Local Health District & the Stroke Recovery Association invites Stroke survivors, carers, families & Health Professionals to attend the 25th Annual Creating Connections Stroke Conference!*



WEDNESDAY,  
7 SEPTEMBER  
2022



10:00 AM -  
4:00 PM



CLUB BURWOOD RSL,  
96 SHAFTESBURY ROAD,  
BURWOOD



SRA MEMBERS = \$20  
STUDENTS = \$20  
HEALTH PROFESSIONALS = \$40  
NON-MEMBERS = \$40  
*(Includes morning tea & lunch)*



THE CONFERENCE WILL  
BE LIVE STREAMED IN  
2022 FREE OF CHARGE.

***To attend face to face - contact the Association on  
1300 650 594 or [admin@strokensw.org.au](mailto:admin@strokensw.org.au).***

***To attend online - scan the QR code, or visit  
[https://StrokeNSW-CreatingConnections-  
2022.eventbrite.com.au](https://StrokeNSW-CreatingConnections-2022.eventbrite.com.au)***



STROKE RECOVERY ASSOCIATION NSW

*Celebrating 45 years in 2022*



Health  
Sydney  
Local Health District



# CREATING CONNECTIONS STROKE CONFERENCE 2022

## Conference Agenda

WEDNESDAY 7 SEPTEMBER 2022

10:00 am	<b>Introduction</b> Michelle Sharkey OAM, <i>Chief Executive Officer, Stroke Recovery Association</i>
10:05 am	<b>Acknowledgement of Country, Open and Welcome</b> John Garbutt, <i>President, Stroke Recovery Association</i>
10:15 am	<b>Living with fatigue After Stroke</b> Dr Dawn Simpson PhD - <i>Lecturer in Physiotherapy, University of Newcastle</i>
10:55 am	<b>Dance Health Alliance refresh</b>
11:00 am	<b>Cognitive changes and memory rehabilitation after Stroke</b> Chiara Pawela - <i>Clinical Neuropsychologist, Westmead Hospital</i>
12:00 pm	<b>LUNCH (1 hour)</b>
1:10 pm	<b>The role of the social worker in the Stroke journey</b> Jenny Nguyen - <i>Neurology &amp; Neurosurgery Social Worker, RPAH</i> Kate Adin (TBC) - <i>Senior Social Worker, Royal Rehab</i> Deniz Gok - <i>Stroke Outreach Service Social Worker, RPAH</i>
2:00 pm	<b>Dance Health Alliance refresh</b>
2:10 pm	<b>Case Study - The Endovascular Clot Retrieval (ECR) experience of a rural Stroke survivor.</b> Mark Longworth - <i>Session facilitator</i> Lynette Heageny - <i>A/Nurse Educator, NSW Ambulance</i> Fiona Ryan - <i>Stroke Care Coordinator, Orange &amp; Bathurst Health Services</i> Najwa Khalil - <i>Neuro Interventionist, RPAH</i> Kylie Tastula - <i>Neurosciences Nurse Practitioner, RPAH</i> Stroke Survivor (TBC)
3:10 pm	<b>Stroke Choir performances</b>
3:30 pm	<b>Thank you and close</b> Michelle Sharkey OAM, <i>Chief Executive Officer, Stroke Recovery Association.</i>

## AN EVIDENCE-BASED DYSPHAGIA TELEREHABILITATION PROGRAM FOR STROKE SURVIVORS

The University of Sydney is conducting a research study about dysphagia telerehabilitation. The study is being carried out by: Dr Emma Wallace, Discipline of Speech Pathology, School of Health Sciences, Faculty of Medicine and Health.



### Who can take part in the study?

Stroke survivors who are more than 6 months post Stroke, with swallowing impairment (dysphagia) who are living in the community are invited to participate in the study.

Participants in the research will have to:

1. Express interest in the study by contacting the research team
2. Complete a screening questionnaire to find out if they are eligible for the study.
3. Provide verbal and written consent.
4. Complete questionnaires at the start and end of the study.
5. Attend two assessment sessions via telehealth. Each session will last approximately an hour
6. Attend weekly telerehabilitation for 5 weeks. Each session will last 40 minutes or less.
7. Complete daily training exercises. The training exercises will last 20 minutes each session.

All interaction with participants will be either via phone or videoconferencing. There will be no face-to-face contact with the research team.

**For more information and to register your interest in this research study, contact:**

**Dharshini Phone: 02 86275737| Email: [धारशनी.म@sydney.edu.au](mailto:धारशनी.म@sydney.edu.au)**

## DEVELOPING A FATIGUE PROGRAM AFTER STROKE

Fatigue after Stroke is a common problem but effective treatments remain poorly understood. Definitive guidance for clinicians or Stroke survivors about ways to manage fatigue is lacking. Researchers are keen to understand how post-Stroke fatigue affects your life, what treatments and strategies you have tried, what you have found works, and what has been unhelpful.

The research project is being conducted by the research team led by Dr Dawn Simpson from the School of Health Sciences at the University of Newcastle.

You are suitable to participate if you:

- Have had a Stroke, or care for someone who has had a Stroke;
- Are aged over 18 years;
- Are affected by post-stroke fatigue, or care for someone who is affected by post-Stroke fatigue;
- Are living in Australia;
- Were not affected by fatigue prior to your first Stroke.

**If you would like further information, please contact Dr Dawn Simpson**  
**[dawn.simpson@newcastle.edu.au](mailto:dawn.simpson@newcastle.edu.au) Ph: (02) 4042 0822**



THE UNIVERSITY OF  
**NEWCASTLE**  
AUSTRALIA

# Building Capacity Conference

The Stroke Recovery Association held another successful Building Capacity Stroke Conference in May 2022. The photos below are from the conference and cocktail party held at the event.





# STROKE RECOVERY ASSOCIATION NSW

## CONTACT US

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PUTNEY NSW 2112



StrokeRecoveryAssociation



@StrokeNSW



[www.strokensw.org.au](http://www.strokensw.org.au)



@StrokeNSW

## MEMORIAL DONATIONS

The passing of a family member, friend or loved one is a very sad and stressful time. Sometimes, symbolic gestures and actions provide great comfort to those who are grieving.

It is with gratitude that the Stroke Recovery Association receives donations in memoriam. These donations, which assist us to continue our valuable work, are a wonderful remembrance of the person who has passed away.

All donations received by the Association are tax deductible and can be forwarded to our postal address above. Acknowledgement will be sent to the family of the deceased.

The Association is happy to provide memorial donation pamphlets, which can be made available at a funeral service, with pre-paid addressed envelopes. Thank you for your support.

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## BOARD OF THE ASSOCIATION

**President:**  
John Garbutt

**Vice-President:**  
Judith Thornley

**Secretary/Treasurer:**  
Judith Thornley

**Public Officer:**  
Karen Felton

**Directors:**  
Janette Daniel, Judy Sumner, Kylie Tastula and Professor Ming (Shih-chang) Wang.

## STAFF OF THE ASSOCIATION

**Chief Executive Officer:**  
Michelle Sharkey OAM

**Financial Manager:**  
Cheryl Smith

**Office & Communications Manager:**  
Rachel Field

**Administrative Assistant:**  
Carolyn Armstrong

**Stroke Project Officer:**  
Maria Nguyen

**Community Liaison Officer:**  
Lani Cutuli