

# My Stroke Journey

## Information for family, carers and friends

### What you need to know

1. A **stroke** is when blood cannot get to all parts of the brain. If this happens, the brain can be injured.
2. **Always call triple zero (000) if someone has any of the signs of stroke.** If someone is having a stroke, the faster they get treatment, the more brain can be saved. Even if you aren't sure, or the signs disappear, call triple zero (000).
3. When someone's in hospital after a stroke, their hospital team will arrange the **tests and treatment** they need. Some appointments may happen after they get home.
4. After a stroke, how well someone can walk, move, swallow, think, talk and see can **change**.
5. **Rehabilitation** will help your family member or friend be safe and get stronger. You can help them work on their rehabilitation goals. Ask their team for advice.
6. It's common to feel very tired after a stroke – this is called **fatigue**.
7. It's normal to feel **sad, worried or scared** after a stroke. Ask your family member or friend about how they are feeling. Encourage them to let their hospital team know if they are struggling.
8. **Depression and anxiety** are common after a stroke. Survivors, family members and carers can all experience depression or anxiety. Get to know the signs – read our fact sheet. Support and treatment are available. Talk with the hospital team or your GP.
9. After a stroke, your family member or friend will need to **take care of their health**. The hospital team will talk with them about reducing their risk of another stroke. Most people need to take medicine for the rest of their life.
10. Your family member or friend **can't drive for at least 4 weeks** after a stroke. Commercial licence holders can't drive for at least 3 months. Their hospital team or GP can provide advice on what they need to do before driving again.
11. The hospital team will talk with your family member or friend about **leaving hospital**. They will make a discharge plan. Survivors of stroke should see their GP within a week of leaving hospital.
12. Anyone can be a **carer**. Carers help a family member or friend with day-to-day living. Carer services can make life easier.

### Learn the F.A.S.T. signs of STROKE



**FACE**

drooped?



**ARMS**

can't be raised?



**SPEECH**

slurred or confused?



**TIME**

is critical!  
Call 000.

If you see any of these signs  
**Act FAST call 000**  
**(triple zero)**

### About Stroke Foundation

Stroke Foundation partners with the community to prevent stroke, save lives and enhance recovery. We do this through raising awareness, facilitating research and supporting stroke survivors.

## More information

### StrokeLine

The StrokeLine team help survivors of stroke, families, carers and friends.

The StrokeLine team are nursing and allied health professionals. They take the time to listen. They can answer your questions. They will:

- › Tell you about things that will help.
- › Help you solve problems.
- › Connect you to services.

StrokeLine is a free, confidential and practical service.

StrokeLine is open Monday to Friday, 9am to 5pm Australian Eastern Time.

StrokeLine is closed on Australian national public holidays.

Call **1800 787 653**.

Email [strokeline@strokefoundation.org.au](mailto:strokeline@strokefoundation.org.au)



“Our team includes nurses, occupational therapists, physiotherapists, speech pathologists and social workers. Between us we have decades of stroke care experience. We know the system inside out.

You'll come away from your contact with StrokeLine with a plan that works for you. We also hope you'll know you're not alone. We're here for as long as you need us.”

*Kath, StrokeLine manager and physiotherapist*

### My Stroke Journey

My Stroke Journey has all the information you need. Stories from survivors and families tell you about the road ahead. My Stroke Journey has information for families and carers, including:

- › Working with the hospital team.
- › Managing while a family member is in hospital.
- › Getting ready to leave hospital.
- › Becoming a carer.

To receive a printed copy of My Stroke Journey:

- › Ask the hospital team.
- › Contact StrokeLine.



To see My Stroke Journey online, point your phone or tablet camera on this code. Click on the web address that appears.

### Stroke fact sheets

Our fact sheets provide information on fatigue, depression and anxiety, driving, diet and more.

Ask the hospital team or contact StrokeLine to receive printed copies of our fact sheets.



To see our fact sheets online, point your phone or tablet camera on this code. Click on the web address that appears.

### EnableMe

EnableMe can help with stroke recovery. Get the information you need. Connect with other survivors, families and carers.



To check out EnableMe, point your phone or tablet camera on this code. Click on the web address that appears.

### Acknowledgement

Stroke Foundation respectfully acknowledges the Traditional Owners and Custodians of Country throughout Australia and acknowledges their continuing connection to land, water, sky and community. We pay our respect to the peoples, cultures, and Elders past and present for they hold the memories, culture and hope of their peoples.

 **StrokeLine 1800 STROKE (1800 787 653)**

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