

Recovery Following a Stroke



Located in Penticton, the South Okanagan Similkameen Brain Injury Society (SOSBIS) is a non-profit service provider assisting people recovering from Brain Injury and Stroke. SOSBIS has been providing support and information programs free of charge since for 25 years.

We offer many support programs designed to assist people in regaining their quality of life following a Brain Injury. One example is our Stroke Recovery Program. This program is offered throughout the South Okanagan in Keremeos, Oliver, Penticton and Summerland. The goal of our education-based stroke support program is to provide resources and tools to individuals, so that they may live their lives to their fullest potential. There is a wide range of people from their teens to golden years who have participated in our programs. The small group settings provide an opportunity for survivors and their caregivers to learn new strategies and share their experiences with others.

Topics are designed to cover common experiences of lifestyle changes, developing understanding of memory and problem solving, communication challenges and strategies for caregivers to safe guard their own health from the effects of caregiving. Anyone who has had a stroke and is still living independently at home anyone who is an active caregiver of a stroke survivor can participate in this program.

To discuss the program and to reserve a placement in the next Stroke Recovery Program in Penticton or in the South Okanagan, please call the SOSBIS office at 250-490-0613.

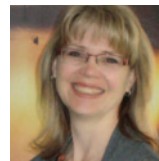
Seek **FAST** medical attention if you experience any of the following symptoms:

Face Drooping, uneven smile, facial numbness, sudden severe and unusual headache

Arm Weakness on one or both sides

Speech slurred suddenly or trouble understanding speech.

Time to call 9-1-1 **E**



Linda Sankey, Executive Director
South Okanagan Similkameen
Brain Injury Society
#2 - 996 Main Street, Penticton
250-490-0613 ext 204



South Okanagan Similkameen
Brain Injury Society

We provide:

- support
- education
- recreation
- social opportunities

***Had a Stroke?
Need Support?
Contact Us!***

#2 – 996 Main Street, Penticton 250-490-0613

Stroke Recovery Association of BC

Stroke Recovery Association of BC assists stroke survivors and their caregivers throughout British Columbia to improve their independence and their overall quality of life.

Our focus is to provide community based, grassroots stroke recovery programs, after the individual is discharged from the hospital or the clinic and returns to his or her home. The purposes of the Association are:

- To increase awareness within the community of the impact of stroke
- To raise awareness of the services offered in BC to stroke survivors and their caregivers
- To deliver programs of education and of assistance to stroke survivors in British Columbia
- To disseminate information on stroke prevention

For more information, visit www.strokerecoverybc.ca or call Toll Free 1-888-313-3377
For Penticton area meeting information, see listing on page 81



South Okanagan Similkameen
Brain Injury Society



**STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA**

SIGNS OF STROKE

FACE Is it drooping?
ARM**S** Can you lift them?
SPEECH Is it slurred or jumbled?
TIME To call 9-1-1 right away.

**DON'T IGNORE THE SIGNS.
CALL 9-1-1 IMMEDIATELY.**

When treated in the first four and a half hours,
the effects of stroke can be limited.

Please put an end to STROKE! Donate at
heartandstroke.ca

