

Have You Experienced a Stroke?

A white hand is shown palm-up, with a red rectangular sign on the palm that says "STOP STROKE" in white capital letters. The sign is slightly tilted and has a white border.

More young adults in their 30s and 40s are being hospitalized for stroke. It has become one of the leading causes of serious long term disability.

A stroke is a brain injury and is caused by, either, an interruption of blood flow to the brain due a blockage or a rupture of blood vessels in the brain. The effects of a stroke vary depending upon what area of the brain was damaged and how much damage there was. It can include limitations of physical movements, a loss of speech, problems with memory, changes in behavior and personality or a loss of vision.

Our health care system has become much better at dealing with the medical fallout when a stroke happens. But then what? How do you carry on having a good life?

No matter the age of the person, stroke is a shock to the whole family. Often the person the family members knew has changed in so many different ways. Lifelong partners can become estranged with little understanding about what to do about it. Entire families can be affected by the dramatic effects of a stroke on their loved one. Now what do you do?

Stroke survivors and their caregivers in the South Okanagan Similkameen region can access services at the Brain Injury Society located in Penticton. The Society is focused on helping the brain injury survivors, the families, and caregivers develop a better quality of life for 27 years. The Society will be offering an enhanced program this year. Services will include Case management to navigate the health care system, peer and caregiver support, education and life management. In particular, the education based group programs will be available to stroke survivors and caregivers in communities throughout the South Okanagan and Similkameen valleys. Information is provided about how to cope with the effects of their stroke and prevent the next stroke.

If you, or a loved one has survived a stroke, call The Brain Injury Society at 250-490-0613 to find out about the Stroke Navigator program.

June is Brain Injury Awareness month. Learning more your brain and brain injury is an excellent way to move towards a better quality of life.



Linda Sankey, Executive Director
Brain Injury Society
www.sosbis.com

Had a Stroke? Need Support? Contact Us!

We provide:

- **support**
- **education**
- **recreation**
- **social opportunities**



Brain Injury Society

Education • Support • Housing

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