Lighting the Flame of Hope

Stroke
Aotearoa NZ

Our Vision

A stroke free Aotearoa

Our Mission

Preventing strokes, improving lives



The flame of hope is lit...



Te Ahi Tūmanako
(The Flame of Hope)
is at the heart of our
brand identity.

Stroke is a big problem for our country



Community Stroke Navigator

- 0800 helpline (0800 STROKE | 0800 78 76 53) 5 days a week – for survivors, whānau/carers, and clinicians/'workers'
- Community prevention education, training, and awareness of stroke
- Blood Pressure and AF testing – expo's, events, workplaces etc
- Stroke Group support
- F.A.S.T. community education
- Workshops and education sessions for the stroke affected community
- Life after stroke support, and secondary prevention – including hospital referrals for people with access barriers
- Stroke 101 training to lift sector capability and capacity
- Collaborate, collaborate, collaborate

Return to Work Advisors

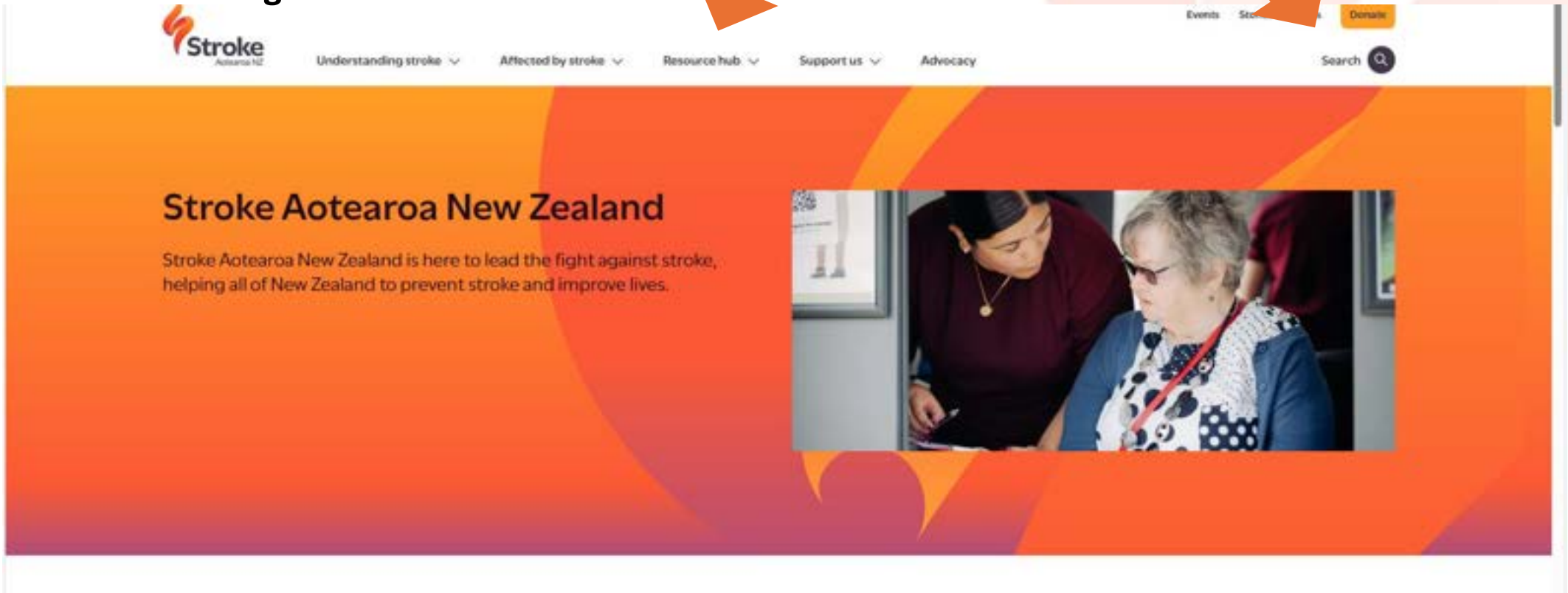
- Support people affected by stroke to return to work
- Funded through a Ministry of Social Development (MSD) Employment Support contract
- MSD's eligibility: Aged 16 – 64, NZ or Australian citizen or permanent resident

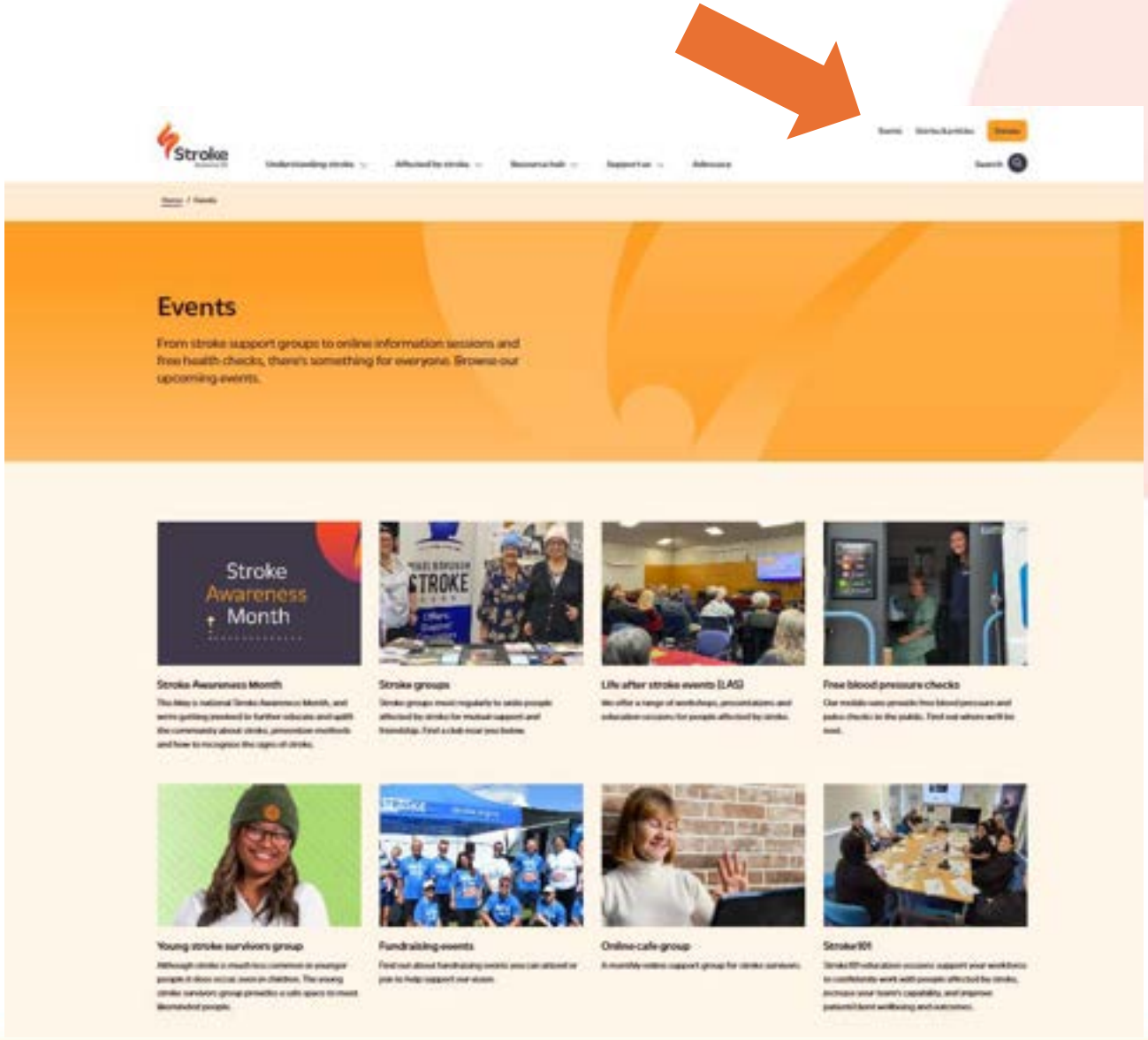
Other things we're working on

- Increased access to our support through IMPB and community partnerships
- Development of an NZQA L3 Certificate in Long Term Conditions for non-regulated workforce
- System advocacy – tackling systemic issues including access, funding, and best evidence care
- Government submissions to influence policy

Online resources

www.stroke.org.nz





Stroke Aotearoa NZ

www.stroke.org.nz

Printed resources



The Stroke Foundation resources are hosted by our provider, Vertia.
To get started, please create an account following these three steps.

Register	Confirm	Access
Sign up for an account online. Go to: https://vertia.co.nz/	Confirm your account with us by emailing admin@stroke.org.nz	Access any resource you need in the Client Collection portal.

Online and printed resources include:

- Fatigue after stroke
- Emotional changes after stroke
- Depression and Anxiety after stroke
- Reduce your risk of stroke
- Blood pressure and stroke
- What is a stroke and what is a TIA
- Stroke guide for employers
- Atrial fibrillation
- Coping with stress
- Carer wellbeing: Looking after yourself
- Life after stroke book
- Salt and blood pressure
- F.A.S.T.
- Returning to work after stroke
- Support available after stroke
- Stroke information for family and friends
- Driving and transport after stroke
- Stroke and medication
- And more!





He Taonga ↗

Our free six-week programme to improve your health and blood pressure.

All available at: www.stroke.org.nz

Referrals





One email address | one phone number for all services:

help@stroke.org.nz

0800 STROKE | 0800 78 76 53

Questions?

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help@stroke.org.nz
www.stroke.org.nz

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