



Stroke Aotearoa New Zealand

Stroke Aotearoa provides information and support to people with a stroke, their family/whanau and caregivers.

About Stroke Aotearoa

Stroke Aotearoa New Zealand is the national charity dedicated to stroke. Te Ahī Tūmanako, the flame of hope, connects us and symbolises taking action and advocating for others, ensuring that hope remains alive and thriving in our communities.

As stroke affects people all over Aotearoa, we make our services accessible to people, no matter where they are based or what challenges they may face. Our Community Stroke Navigators (Kaiārahi) work all over New Zealand, ensuring each part of the country has a local representative. Community Stroke

Navigators are responsible for developing partnerships and stroke education programmes in communities, providing advocacy support, building awareness of our services, and delivering face-to-face support when needed to people and their whānau affected by stroke.

Similarly, our free Return to Work Service is available for stroke survivors all over Aotearoa who meet the eligibility criteria set by the Ministry of Social Development. This service assists stroke survivors with employment and work-related advice and support, and it has helped hundreds of people to achieve their work goals and confidently re-enter the workforce.

Alongside these services, we recently launched a free helpline 0800 STROKE (0800 78 76 53). No referrals are necessary - anyone can call the helpline, including whānau and caregivers, no matter where they are based in Aotearoa. It is staffed by our Community Stroke Navigators who can provide stroke information, practical guidance, service navigation, referrals to services including stroke support groups, clubs and community organisations, and other life after stroke support.

Working in the Northland Community

We are dedicated to working closely with stroke survivors and whānau to implement practical solutions for both stroke prevention and support after stroke. We hold hui and workshops based around what people want to learn about, offering information that is useful and practical. We strive to make these events as accessible as possible, by not charging attendees and being conscious of the venue choice. These sessions are advertised on our website and Facebook page and through our contacts from local iwi and Māori providers.

These sessions are producing real change. In response to hearing from whānau who have indicated that people in the health sector need to know more about stroke, we are providing stroke education for kaimahi and kaiawhina in Kaitaia, Kaikohe, and Whangārei, and anywhere else in Te Tai Tokerau where there is a demand. To request a visit in your community, email help@stroke.org.nz.



Email Address

help@stroke.org.nz



Contact Number

0800 STROKE (0800 78 76 53)



Facebook

facebook.com/strokeaotearoanz



Website

www.stroke.org.nz