

# A stroke can be life changing

Most people, about 80%, now survive a stroke due to increased awareness of the signs of stroke and improvements in stroke management. This results in more Canadians living with the effects of stroke and requiring services and supports as they recover, especially those who return home or to a community setting.



to life after stroke and the integration back into the community.

The stroke navigator helps to identify the needs of each individual and goals will be met through a variety of supports such as coordination of care, education and system navigation to access community support services.

A stroke is a brain injury and is caused by either, a blockage of the blood flow to the brain or a rupture of blood vessels in the brain. Every stroke is different and the effects vary from person to person based on the type of stroke, the severity and part of the brain affected and the number of strokes. Symptoms that may occur after stroke include limitations of physical movements, loss of speech, memory problems, changes in behaviour and personality and loss of vision.

Our health care system has become much better at dealing with the medical fallout when a stroke happens but many stroke survivors and caregivers are unprepared for what follows after hospital discharge. Our Stroke Navigator Program offers non-medical, community support to assist stroke survivors and their caregivers to find their way in the complex care system, with the adjustment

Feeling connected to other people plays an important role in stroke recovery. Discover the value of support in our Heads Up group that meets on a regular basis.

Our stroke program currently runs out of our Penticton office but services will be offered in communities throughout the South Okanagan and Similkameen region such as Oliver and Summerland.

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.

This program is supported by United Way Southern Interior BC, Community Foundation South Okanagan Similkameen, Brain Injury Alliance, Okanagan Fest of Ale and ICBC.



**Linda Sankey**, Executive Director  
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## Had a Stroke? Need Support? Contact Us!

**We provide:**

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



## Brain Injury Society

Education • Support • Housing

**#2-996 Main Street, Penticton**  
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