

# Recent stroke? Need some support?

The Stroke Navigator Program, operated by the Brain Injury Society, aims to provide non-medical, community support to people who have had a recent stroke.

A stroke happens when blood flow to part of the brain stops, this can be caused by a brain blood vessel blockage (ischemic stroke) or a rupture (hemorrhagic stroke). Each area of the brain controls different functions and the effects of a stroke vary from person to person depending on the type and severity of stroke and the location it took place in the brain. Stroke is the third leading cause of death in Canada.

The physical effects of a stroke are most notable, such as muscle weakness, loss of coordination and balance and post-stroke fatigue. However, the cognitive effects of stroke, such as memory problems, difficulties with attention, decision making and speech, can impair someone's ability to perform activities of daily living. The complications of a stroke can persist and impact the quality of life.

Access to services in an early stage plays an important role in stroke recovery. Once discharged from the hospital our Social Worker is available to provide information and answer questions to the stroke survivor

and/or their caregiver and we will follow up to discuss any support needs. We provide information about available resources in the community and can assist with making that connection. Our "Heads Up" support group for stroke survivors offers a welcoming and safe environment where peers can share their successes and hope.

Stroke support can be provided as long as needed but is intended to be short-term. Once people become connected to programs and services they can build their confidence to continue their recovery without our agency's support. Our agency's goal to assist people to maximize their independence has been accomplished.

To access the Stroke Navigator Program people can self-refer or be referred by their physician or health-care provider. Our program is "Free of Charge" thanks to funding from Aging Well Penticton and the Brain Injury Alliance.

We can be reached by phone 250-490-0613 or by email at [info@sosbis.com](mailto:info@sosbis.com)



**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

250-490-0613

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