

Stroke? What next...?



A stroke is a brain injury caused by an interruption of blood flow to the brain due to a blocked vessel or the rupture of a vessel within the brain. The effects of a stroke vary depending on which areas of the brain are affected and the severity of the damage. Specific parts of the brain are instrumental in language, memory, and physical mobility, which are often affected by a stroke, causing challenges for an individual to communicate, remember simple tasks, and to mobilize without supports.

A stroke can happen to a person of any age, however 2/3 of all strokes in Canada occur among people over the age of 65. This information is important in our community because the 2021 Census reports that 30% of Penticton's population is over age 65. With this important demographic information, it is vital to have services available for community members who suffer a stroke so that they and their family/caregivers are supported to maximize recovery and life satisfaction.

With advances in medical interventions, many more individuals are able to survive their stroke. But having a stroke is a life-altering event for the survivor as well as their families, caregivers, and friends. The Brain Injury Society, located in Penticton, offers programs and services to address immediate concerns as well as to assist in identifying longer-term goals for ongoing recovery.

The Stroke Navigator Program at the Brain Injury Society, can assist survivors explore what steps may be needed to move their recovery forward. Through case management, stroke education, and referral services, the Stroke Navigator can assist in the adjustment to life after stroke and integration back into the community. The program aims to improve quality of life and to maximize independence after a stroke. These services can include some 1:1 support as well as participation in group programs that focus on skill development and peer interactions.

For caregivers of stroke survivors, life has changed in an instant as well. This new reality can be overwhelming and challenging when adapting to new schedules, duties, and communication with your loved one. The Brain Injury Society offers a Caregiver Support Group that provides a safe and confidential space for sharing experiences, feelings, and peer support. Coping strategies and self-care are topics covered at the discussion group and the interaction between caregivers can be very inspiring.

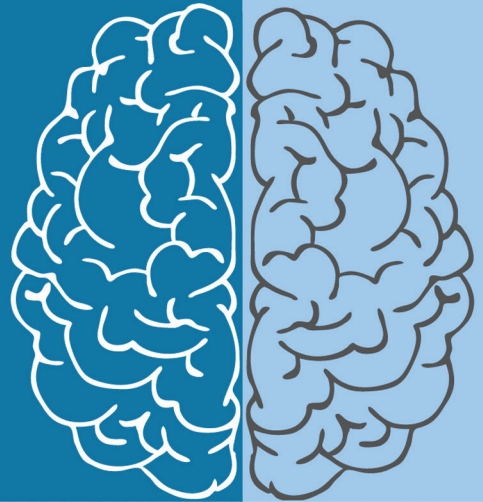
Our agency promotes brain health by encouraging exercise, social connection, and cognitive activities. We also offer education to prevent subsequent strokes or brain injuries by following health guidelines and wearing a helmet when doing activities with risk. These brain health strategies are important for our entire community, but can be especially rewarding for stroke survivors' mental well-being and recovery.

If you or a loved one has survived a stroke, please consider calling the Brain Injury Society at 250-490-0613 to find out more about the Stroke Navigator Program.



A brain injury, like a stroke, is a life-altering event for the survivor AND their families, caregivers, and friends.

The Brain Injury Society located in Penticton, offers non-medical programs and services to address immediate concerns as well as to assist in identifying longer-term goals for ongoing recovery.



What we do

We assist survivors to explore steps in their recovery. Through case management, education, and referral services, we can assist in the adjustment to life after brain injury and integration back into the community. The program aims to improve quality of life and to maximize independence after a stroke. This new reality can be overwhelming and challenging when adapting to new schedules, duties, and communication with your loved one. Our agency also promotes brain health by encouraging exercise, social connection, and cognitive activities.

→ Case Management

Services include some one to one support finding resources available for each client based on their experience.

→ Education & Prevention

Group programs that focus on social development, cognitive health, peer interactions, as well as presentations on how to prevent brain injury.

→ Support and Outreach

The Brain Injury Society offers Caregiver and Peer Support Groups that provide a safe and confidential space for sharing experiences. Other programs include skill building, movement exercises and resource referrals.

CALL US FOR MORE INFO:



250-490-0613



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