

What do people with stroke think about...

Stroke Care in South Africa

Stroke affects everyone around me



- Stroke affects families, children, and friends too, especially those who need to take care of me.
- Stroke causes a lot of emotions and feelings, like being scared, confused, angry or sad.
- Support is very important but I don't know where to get help, or the help I need is not available in my community.

Stroke survivors experience many difficulties



- **Communication:** We don't know where to go for help and sometimes health professionals don't explain things clearly, like what to expect or do after leaving the hospital.
- **Transport:** There are no ambulances or transport to get to the hospital or clinic.
- **Money:** There is not enough money to pay for transport and everyday needs like buying food.

Better stroke care is needed

- Hospitals or therapists are too far from our homes and communities.
- During the COVID pandemic, I didn't go for help at the clinic/hospital because I was scared of getting the virus.



To recognise a stroke, think...FAST!

F

Face drooping,
crooked smile



A

Arm weak or numb



S

Slurred speech
(Difficulty speaking)



T

Time is critical, call
an ambulance



Tips that could help with recovery after stroke

- Speak to others with stroke in your community or join support groups like the Stroke Survivors Foundation (contact details: <https://www.strokesurvivors.org.za/contact-us/>).
- Stay active and involved in social, religious or enjoyable activities.
- Ask the doctor about a temporary disability grant to help you and your family during the first few months.



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