
ARE YOU UNDER 35 AND HAD STROKE?

This may be the group for you.

Different strokes- a club for stroke survivors of post school age to mid 30's that provides mentoring, support and information.

Why specifically a young stroke survivors club?

The issues faced by someone who has a stroke at age 25 are often quite different to those of someone who is 60,

We may be tackling the issue of coping with study, the beginning of a career or a young family and an inability to pursue active interests such as sports or travel.

Often our friends and family find it difficult to understand or empathise with lengthy periods of incapacity, hospitalisation, rehabilitation and ongoing physical limitations

We may have issues with acknowledging that a stroke can happen to someone so young together with the helplessness caused by such a catastrophic event

Often the issues are quite different to that of the older stroke sufferer. "Different Strokes" aims to address this point of difference.

This is what some of our members have had to say:

"I had a stroke at 14 now I have someone to talk to about my experience"

Sarah

I was transferred to a different hospital to the stroke ward; it was quite a shock to me, when they started referring to what had happened to me as a stroke. Like most people I thought that only happened to older people,

Alexis

"I finally have people to share my sadness at no longer being able to fit my splinted left leg into my nice shoes."

Alexis

Life can bite but we find strength from support like this group

Lara

If you know someone who may benefit from being part of this club please don't hesitate to contact Sarah Cullen at cullenandco@yahoo.com.au.

"Different Strokes" is affiliated to the Stroke Recovery Association of NSW