

Hospital to home: Stroke seminar series

Returning to life at home after a stroke can be a challenging and anxious experience for everyone involved. The 'hospital to home' seminars aim to help stroke survivors, their families and carers by providing practical information and advice about how to cope with the challenges of life after stroke.

The seminars are a partnership between Stroke Foundation of NZ and Nelson Marlborough Health (NMH). There are five seminars in each series; people can choose to attend any number of seminars in any order.

The seminars are also an opportunity for stroke survivors and their family members to make positive social connections with their peers who are sharing a similar recovery journey.

Seminar series topics:

Seminar 1: Stroke causes, prevention and medication

Seminar 2: Mobility in home and community and goal setting

Seminar 3: Fatigue and other impacts of stroke

Seminar 4: Communication issues and the effect on carers

Seminar 5: Looking to the future.

Seminar series dates:

Series starting 12 July: The five seminars are on 12 July, 26 July, 9 August, 23 August and 6 September.

Series starting 4 October: The five seminars are on 4 October, 18 October, 1 November, 15 November and 29 November

Presenters

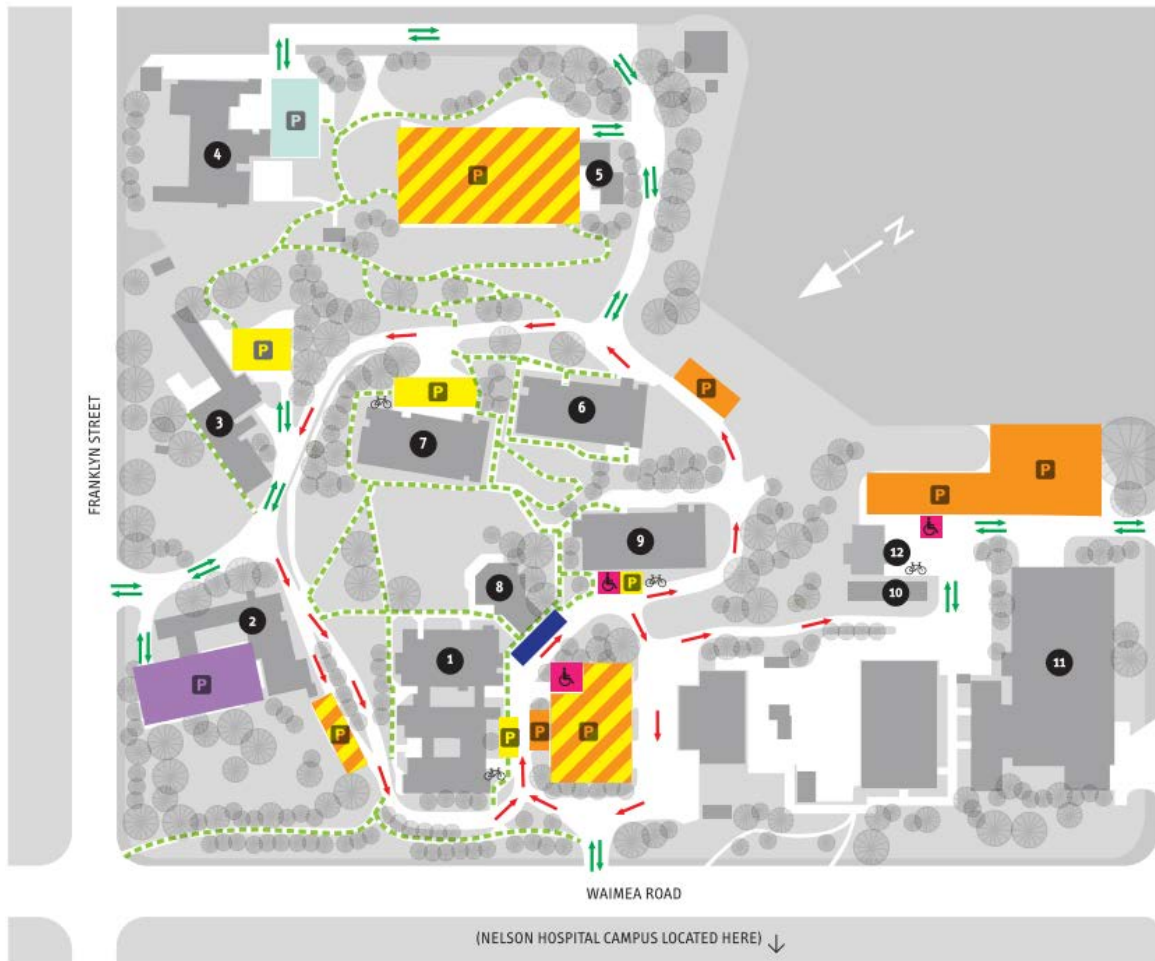
The seminars are presented by:

- medical and allied health staff from Nelson Marlborough Health
- Stroke Foundation volunteer Elaine Tyrrell, a registered nurse with experience in rehabilitation
- Stroke Foundation Community Stroke Advisor, Anne-Marie Fowke-Stayner.

Location

The seminars are held in the Nelson Marlborough Health seminar centre. This is on the Braemar campus, opposite Nelson Hospital's ED. Please see the other side of this page for a map.

Nelson Hospital Braemar Campus Map



How to register

For more information and to register for seminars selected please contact:

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