



strokefoundation

Stop stroke. Save lives. End suffering.

StrokeConnections WA

Winter 2011

National Stroke Foundation www.strokefoundation.com.au / StrokeLine 1800 787 653

Neuro Aqua for Stroke Survivors

Neuro Aqua Therapy (NAT) was coined and created by the Managing Director (Ian Wee) at Perth Integrated Health (PIH) some seven years ago. This has been employed with great success over the past four years for our patients who suffer from chronic / prolonged neuromuscular conditions. All of the areas that can be targeted on the treatment table can be accessed in the water.

The benefits of this form of rehabilitation therapy come from the treatment in the gravity-minimal environment that water provides. This leads to the practitioner being able to make gains with the condition faster with much less pain for the client. It also means more mobility for the client who has an already weakened neuromuscular tone and ability.

For a stroke survivor there may be areas where the body is hypersensitive or contracted. The use of NAT is extremely beneficial for these conditions. Stroke survivors can also benefit from the confidence exercising in water can bring with the buoyancy that it provides.

Clients can be much more willing to mobilise in water where there are fewer opportunities for falling and feeling unsafe during the course of exercise.

The evidence for the use of Neuro Aqua in stroke rehabilitation is overwhelming and can be made accessible to all clients with stroke. NAT is available at Perth Integrated Health at our Performance Enhancement Clinic at the Melville Aquatic Fitness Centre. Bookings and enquiries can be made on: 9364 8626

Great opportunity for more therapy

Perth Integrated Health (PIH) is a group of occupational therapists and practitioners who work in private practice at Balcatta and Melville. They are committed to enhancing the lives of all people they work with.

Our StrokeConnect members have the unique opportunity to receive a **free** initial assessment with Perth Integrated Health. Whether you have problems with balance, strength or general activities of daily living they may be able to help you. You can then access their services under Better Access through Medicare. If you would like to take up this opportunity please call PIH on 92405266 and quote StrokeConnect National Stroke Foundation WA. Alternately if you have any questions please call the WA office on 93463574.

Physio Chi in Rockingham

Physio Chi is available at the Bethanie Wellness Centre Rockingham - \$5.00 per session. For information contact: 1300 883 893



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Don't miss out

An **Education Forum** will be held on **Thursday July 7** 10am – 2.30pm at The Niche, 11 Aberdare Road, Nedlands, 6009. You, your family and friends are welcome to join us.

Hear about the latest research that has been helping out StrokeConnect members. You will hear about singing for people with aphasia. Take the opportunity to meet with other people who have experienced stroke.

This is a **FREE** event. **RSVP is essential.** Please call 93463574 or email jleung@strokefoundation.com.au to RSVP by Wednesday 29 June.

Stroke support groups Calendar of meetings

Osborne Park

2nd Thursday each month 2PM – 4PM

Swan Districts

4th Tuesday each month 2PM – 4PM

Bentley

3rd Thursday each month 2PM – 4PM

Fremantle

2nd Monday each month 3PM – 5PM

Northern Suburbs

2nd Friday each month 3PM – 4.30PM

Please call Jane at the National Stroke Foundation on 08 9346 3574 if you would like more information.

News Flash

New Rockingham Stroke Support Group

We are pleased to announce that a new stroke support group will start in Rockingham in September.

The session will be held on **Thursday 15 September** at 10am – 12pm at Challenger Lodge, 17 Read Street Rockingham (off Benjamin Way). The session will include information on stroke, an interactive exercise session and morning tea. Please contact the WA office on 9346 3574 or email jleung@strokefoundation.com.au for more information or to register your interest.

Warming Winter Dinner

Lamb Stew

1 Onion

1 Garlic clove

Olive oil

400g Diced Lamb

1 Tin Tomatoes

1 Litre Chicken stock

2 Diced potatoes

2 sliced carrots

Any other vegetables you like

1 Cup soup mix

1 Cup red wine

Water as necessary

Heat oil, add onion and garlic. Remove.

Brown meat, then add all ingredients.

Simmer for 2 or more hours over low heat stirring occasionally.

Serve with rice or crusty bread.

Bon Appétit!

National Stroke Foundation

Centre for Neurological Support

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