



## PRESS RELEASE

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### **LIFE After Stroke: First stroke-specific programme for stroke patients in the community launched by the Singapore National Stroke Association (SNSA) and NTUC Health during SNSA's Charity Movie Gala 2014**

1. The Singapore National Stroke Association (SNSA) is launching a programme, in partnership with NTUC Health, for stroke survivors called LIFE (Learn, Interact, Flourish, Engage) After Stroke, during SNSA's Charity Movie Gala 2014 on 11 October. The collaboration is a novel stroke-specific programme aimed at supporting and empowering stroke survivors in the community.

2. Stroke is common, 3-4 out of every 100 Singapore residents over 50 years old has suffered from a stroke. Singapore will experience a rise in stroke incidence with our ageing population. Stroke is the leading cause of adult disability, and survivors have to cope with the physical, psychological, cognitive and social consequences of stroke for the rest of their lives.

3. The three-month pilot programme will kick-start on 18 October, and aims to enhance the wellbeing and quality of life for stroke patients in the community. The weekly three-hour sessions will include the "learn, interact, flourish and engage" components through self-empowerment, meaningful interactions, peer support, group activities and outings, group exercise sessions supervised by therapists, and educational talks by doctors, nurses, allied health professionals and stroke survivors.

4. LIFE After Stroke was launched during SNSA's Charity Gala 2014, graced by guest-of-honour, Mrs Tan Ching Yee, Permanent Secretary (Health). Mrs Tan said, "With our rapidly ageing population, the incidence of stroke in Singapore will likely increase. In addition to providing physical and medical care, there is a growing and crucial need for services, such as the LIFE After Stroke programme, which addresses and supports the psychosocial and emotional needs faced by stroke survivors."

5. Dr Deidre De Silva, President of the SNSA, and Senior Consultant Neurologist at the Singapore General Hospital campus of the National Neuroscience Institute, said, "Stroke hits suddenly without warning yet leaves long-term consequences. Stroke survivors and their families find themselves struggling to cope in a difficult and often isolated situation. Just as its name, this programme aims to help inspire stroke survivors in the community that there is Life After Stroke and to help them manage and cope with the burden of stroke."

6. NTUC Health's Head of Day Care, Ms Caymania Low, said, "Many elderly who have suffered a stroke have the potential to recover much of their mobility with regular

rehabilitation therapy and care assistance. We will support the Programme with therapists, and pharmacists who can provide medical advice to such stroke survivors. In the long run, we hope to enable more stroke survivors and their families to be able to continue to live life to its fullest even after the illness.” The Life After Stroke programme will, for a start, be run at NTUC Health’s Silver Circle Senior Care Centre at Serangoon Central every Saturday.

7. SNSA and NTUC Health aim to replicate this programme in other regions of Singapore and have plans to conduct the programme in different languages and for specific target groups such as young stroke survivors.

8. SNSA’s Charity Gala 2014 aims to raise awareness of stroke as well as funds for SNSA, and is sponsored by Covidien, a global health care technology and medical supplies provider.

For more information, please contact

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## About the Singapore National Stroke Association

The Singapore National Stroke Association (SNSA) is the first stroke support group to be formed on a national level. It was registered under the Societies Act in December 1996 and was granted Charity Status in November 1998. The Association is a member of the Health Endowment Fund and the National Council of Social Service since 1999. It was founded by stroke survivors and caregivers with the guidance from doctors and health professionals. The Association depends fully on the generosity of individual and corporate donors for financial support. The SNSA does not replace the work of other government or private organizations in this space, but rather seeks to complement their good work.

SNSA strives to offer an avenue of help, support and information to stroke survivors and caregivers in their hour of need and to educate the public so that stroke incidence in Singapore can be reduced. For more information, please visit: [www.snsa.org.sg](http://www.snsa.org.sg)

Some of SNSA's core programmes include:

Befriending Services: The SNSA conducts befriending services at hospitals during which our volunteers interact with recent stroke patients providing support and a listening ear, sharing experiences and offering hope and encouragement during their recovery. SNSA currently has befriending services at Ang Mo Kio-Thye Hua Kwan Hospital, Tan Tock Seng Hospital, Khoo Teck Puat Hospital, and we recently expanded our services to include Bright Vision Hospital.

Stroke Clubs: SNSA organises stroke club sessions which include talks by healthcare professionals, sharing sessions and social activities. The sessions provide a platform for stroke survivors, their caregivers and healthcare professionals to meet, interact, and receive support and information.

Social Integration: SNSA organises social integration outings, aimed at promoting the reintegration of stroke survivors back into the community. Stroke survivors and their caregivers participate in visits to places of interest around Singapore, watching movies, and having a meal together.

Public Education: SNSA conducts talks and forums and produces educational material to increase stroke awareness. We have actively partnered with various agencies in stroke awareness projects. In addition, the SNSA publishes a newsletter StrokeWatch.

Stroke Advocacy: SNSA participates in various focus groups and discussions as an advocate for stroke survivors. SNSA participated in the WSO's global Bill of Rights for stroke survivors, being launched in October 2014. We had a representative on the drafting committee and provided feedback on initial drafts.