



Stroke affects over  
**9,000** New Zealanders every year



Around  
**20%** of people are in paid employment at the time of their stroke



Around  
**30%** have inpatient rehabilitation



Over  
**40%** of people have difficulty communicating after stroke



Around  
**20%** need residential care after stroke



Around  
**30%** go home from hospital and need ongoing help with daily activities



Māori and Pacific people are significantly more likely to experience a stroke during their working lives and  
**10 – 15 years** earlier than European New Zealanders



**Stroke** is a leading cause of adult disability

## Our vision

If you have a stroke you will receive timely, person-centred, evidence based and culturally responsive stroke rehabilitation services to help you achieve the best possible recovery and live well in your community.

## Focus areas:



Equitable and accessible stroke rehabilitation services

- All people who experience acute stroke are considered for rehabilitation.
- In-patient and community services meet the New Zealand Organised Stroke Rehabilitation Service Specifications.
- Rehabilitation is tailored to an individual's cultural and social needs, and services are equitable, readily accessed and delivered at the right time.
- Early Supported Discharge (ESD) services are offered to eligible people with stroke.



Addressing gaps in rehabilitation support services

- Psychosocial support with appropriate and timely intervention is offered to all patients who require it.
- Clear advice, screening and access to driving assessments is provided, after stroke or TIA.
- Returning to work after stroke is supported by specialist expertise and services that facilitate rehabilitation for people who require assistance to remain in employment.



Smoother transitions of care

- Key aspects of care are clearly communicated.
- Transitions of care occur smoothly between services, hospital and home.
- Stroke Foundation referral offered to all people with stroke.
- Carer training and support is provided to minimise carer stress and maximise safety for patients and carers.
- Follow up plan and further review is available to meet ongoing rehab needs.



Provision of person / whānau centred care

- Goals are tailored to suit the needs of an individual.
- Self-management strategies and supports are provided to help people live well and engage in meaningful activities.
- Rehabilitation staff are trained in approaches to self-management.