

## ▲ **ADVOCACY**

We believe it is essential for survivors and caregivers to play a key role. As such, we lobby at the local, state and federal level.

## ● **SUPPORT**

We are committed to providing ongoing support to stroke survivors in ways that are easy to access, understand and apply to their situations.

## ■ **EDUCATION**

We understand that education for stroke survivors, their families and caregivers is vital, but also important to the community at large.



## **SIGNS OF STROKE**

**REMEMBER TO "BE FAST"**

### **B**alance

sudden loss

### **E**yes

loss of vision

### **F**ace

facial droop

### **A**rm

weakness

### **S**peech

difficulty

### **T**ime

to call 911

## **WHO WE ARE**

Founded in 2004, Stroke Survivors Empowering Each Other, Inc. (SSEEO) is a grassroots volunteer-led 501 (C)(3) non-profit organization dedicated to providing stroke advocacy, support, education and resources. SSEEO strives to improve the quality of life for stroke survivors and their families through program development, design and outcomes by using a patient-based data driven approach.



## **WHY THIS IS SO IMPORTANT**

### Did you know...

- Someone in the United States has a stroke every 40 seconds.
- Stroke is a leading cause of serious long-term disability.
- Globally 1 in 4 adults over the age of 25 will have a stroke in their lifetime.



"WHAT AN AMAZING PRESENTATION YESTERDAY. I WAS SO MOVED BY CARLOS. MAY GOD BLESS ALL OF YOU ON THE WORK YOU CONTINUE TO DO FOR STROKE SURVIVORS! GREAT JOB!"



- Jameszetta James, MJ, MSN, RN, ASC-BC, ACM, Stroke Coordinator and MSAA volunteer

## **RESOURCES:**

### **Podcast Series:** **STROKE MATTERS**

A podcast series providing education to help stroke survivors acclimate to the changes caused by their stroke.

### **STROKE CHATS**

an online chat with stroke survivors and caregivers sharing their journey.

\*All calls are recorded and downloaded on the SSEEO website.\*

### **E-NEWSLETTER**

a bi-monthly publication that covers a range of topics.

### **STROKE TALKS 2 GO (ST2G)**

are a series of stroke prevention/treatment presentations designed to increase stroke awareness in communities.

### **STROKE SURVIVOR 2 SURVIVOR (SS2S)**

is a telephone peer support program operated by stroke survivor volunteers with a goal to increase access to healthcare, stroke-related resources, social support, and self management skills.

### **STROKE LEARNING GROUP**

a virtual group that meets monthly to create collective wisdom and experience from others with a variety of topics and speakers.

### **SSEEO.ORG**

The website is a collection of resources and stroke-related information.