Yarning up After Stroke

The Yarning up After Stroke Project aims to:

- **Empower** Aboriginal people who have had a stroke to decide what they want and need in their **stroke recovery**
- Develop a culturally safe communitybuilt stroke recovery tool to maximise the health & well-being of Aboriginal people living with stroke
- The Stroke Navigator role has been proudly developed & created by many Aboriginal people with lived experience of stroke living on Gomeroi/Gamilaraay lands.

The **Stroke Navigator** is designed to **support & empower** people during their **stroke recovery** - from **hospital to back home in the community**.



Stroke Navigator - Nicol Connor



The Stroke Navigator role was designed within the Yarning up After Stroke Project, which is a research project led by Hunter New England Local Health District and funded by a Medical Research Future Fund Grant.

An important part of this **research project** is to **understand how helpful this role is**.

All stroke survivors receiving
support from The Yarning up After Stroke
Stroke Navigator role need to meet the
below criteria:

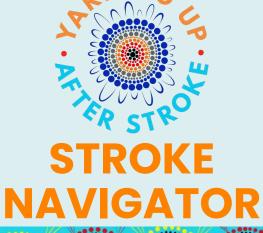
- Be Aboriginal and/or Torres Strait Islander
- Be 18 years old or older
- Have had a stroke within the past 6 months
- Be **living on Gomeroi/Gamilaraay lands** within the Hunter New England Local Health District
- Agree (consent) to be involved in the Yarning up After Stroke Research Project which involves meeting with an Aboriginal researcher two times over 3 months, to yarn about your mood, health and well-being (to complete 2 surveys).

www.yarningupafterstroke.com.au

Contact the Yarning up After Stroke Team on 0487 133102

Hunter New England Human Research Ethics Committee 2020/ETH02782

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Artwork: Created by Kristi Kirk
Titled: Stroke Recovery - Moving Forward Healing Together.





During your **Hospital stay** the Stroke Navigator will **check in** with you regularly and can **offer**:

SUPPORT

- Support you and your family to access & receive **culturally** safe health care.
- Support you & your family in finding culturally safe spaces to yarn together when they come to visit.
- Provide support to link in with your GP & Aboriginal Medical Service before your discharge from hospital.
- Provide support to you and your family during discussions with health staff.



MONITOR

Monitor your progress while you are in hospital.

ADVOCATE

- Advocate for you & your family with Drs & health staff.
- Attend hospital case conferences & discharge planning meetings to provide advocacy as needed.



EXPLAIN

- Explain & provide education to you & your family about hospital plans & processes regarding your admission.
- Explain what is happening, why & what tests are needed. e.g MRI
- Support and explanation of the referral options & processes for your discharge home.

When you are back <u>Home</u> the Stroke Navigator can offer:

- Regular check-ins with you and your family in person, over the phone or online.
- Support you with **health appointments**.
- Check on your referrals & follow up if needed.
- Provide education to family, friends & Community about changes that have happened after your stroke.
- Provide education on stroke signs and symptoms & reducing your stroke risk.
- Help connect you with other people who have had a stroke & group programs.
- Connect you with services that provide transport.

