

# DAILY EXERCISE

1. Most Stroke Survivors suffer from chronic fatigue and lack of energy. It is most important that, even though you are tired and lack energy, you do spend some time exercising on a daily basis.
2. Experience shows us that at least one hour in the morning and one hour in the afternoon helps. Light exercises, eg. using hand grips are best or u medicine ball during other times.
3. Stroke survivors can do a lot of exercise on their own. However, best results are achieved if the Carer can assist by giving a massage first to stimulate muscles or use a heated wheat pack on joints that are stiff.
4. All exercises **MUST** be done slowly to get the message through to the brain.
5. Set yourself a goal to achieve each day, and increase on a daily basis. Vary your exercises.
6. Do any form of exercise while sitting in a chair watching TV.

## Monash Stroke Support Group

# MSSG

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# MONASH STROKE SUPPORT GROUP

# MSSG

**Meetings held on the 4th Friday  
of each month at the Mt.  
Waverley Uniting Church on the  
corner of High Street Road and  
Stewart Street Mt. Waverley.**

**Melway Reference: Map 61**

## **Stroke Changes Lives**

In the difficulties presented by **Stroke**, people often feel challenged beyond their ability to cope. Family members struggle to understand and often old friendships are broken and **Stroke Survivors and Carers** feel alone and isolated.

After rehabilitation you can often be left to your own devices, feeling many emotions such as:-

### **Anger**

Why me?

### **Frustration**

You're not getting anywhere!

### **Negativity**

It's not working!

You can withdraw from society and cuddle up in your cocoon and feel safe. It would be more beneficial to break free of your cocoon and fly like a butterfly.

## **STROKE FACTS**

**Stroke** is a **BRAIN ATTACK** not a heart attack, and affects approximately 12,000 Victorians each year.

**Stroke** is the third largest killer of Australians after cancer and heart disease.

**Stroke** affects Australians of all ages. It is occurring more in younger people. In fact, SAV has a Child Stroke Group and a Young Strokees Group.

**Stroke** is the most common cause of depression and dementia. The incidence of new stroke cases each year is increasing.

**Stroke** and diabetes don't mix. The risk of a stroke triples if you have diabetes.

## **Why Should I Join a Support Group**

Socialising with others can bring hope and knowledge about Stroke.

You can learn how others cope with their disabilities and share exercise ideas, create new friendships and enjoy social activities.

It takes courage to venture into something new.

The first step is the hardest but you will meet people who understand.

If you feel you do not need support maybe you can help someone else. This is always vital to everyone's recovery.

Other people can benefit from your experience.

Carers and family members are encouraged to attend meetings too. This is an opportunity for them to catch up with others in similar circumstances.