

Stroke Support Group of Havasu

Stroke Support Group of Havasu improves the quality of life for stroke survivors and their caregivers.

You are invited to join our group, a safe and accepting place to share personal stories, get help with problems, celebrate successes, find resources, and receive support from others who have been through a similar situation. The Stroke Support Group of Havasu has built a community for survivors, families, and caregivers to interact socially and meaningfully with others.

In addition to our monthly meetings, we have a presence at all of our local community health fairs, veteran's stand-down events, back to school fairs, and other local events sponsored by HCHF and others, distributing information on risk factors and stroke prevention.

KATHRYN HAMMOND MS CCC

Kathryn, our facilitator is a retired speech-language pathologist working with stroke patients for 40 years, and can often offer suggestions for local resources, as well as provide information regarding specific speech-language-cognitive-swallowing deficits a survivor may be experiencing. Our Stroke group is a round-table discussion format. Attendance at our group will provide stroke survivors and their families and caregivers with information about their stroke recovery, where they might be in their recovery, and ideas for how to move forward. Other survivors will provide their insight, born of living through similar circumstances and getting through it, to help as the new stroke survivor moves through recovery. We also welcome folks who had a stroke many years ago, as they can provide insights into the long-term effects of stroke, and give information on what worked for them. As we are constantly changing and adapting, even someone who is a long-term stroke survivor can learn something new, when we come together to share!

F.A.S.T. Warning Signs

Use the letters in F.A.S.T. to spot a stroke

F=

Face Drooping

Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

A=

Arm Weakness

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S=

Speech Difficulty

Is speech slurred?

T=

Time to Call 911

Stroke is an emergency. Every minute counts. Call 911 immediately. Note the time when any of the symptoms first appear.

Other Stroke Symptoms

Watch for Sudden:

NUMBNESS or weakness of face, arm, or leg, especially on one side of the body.

CONFUSION trouble speaking or understanding speech.

TROUBLE SEEING in one or both eyes.

TROUBLE WALKING dizziness, loss of balance or coordination.

SEVERE HEADACHE with no known cause

Resources and Links

- <https://www.stroke.org/en/help-and-support>
- <https://www.heart.org/en/about-us/heart-attack-and-stroke-symptoms>
- <https://www.aarp.org/caregiving/medical/stroke-recovery-what-to-know/>

(the above includes a caregiver guide)

- <https://www.rebuildafterstroke.org/find-your-community>
- <https://www.thestrokefoundation.org/>

External Links Disclaimer

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