

# GOLD COAST STROKE SUPPORT GROUP

[A supporter of National Stroke Foundation]

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**ANY *STROKE* (or Brain Attack) *SURVIVOR***  
**MEMBERS of their *FAMILY* their *CARER* (S)**  
**And *OTHER INTERESTED MEMBERS OF THE PUBLIC***  
**ARE INVITED and WELCOME TO ATTEND OUR**  
***AUGUST 2018 MONTHLY MEETING***

- GUEST SPEAKER** - SUSANNAH KINNY plus Four or Five (4 or 5) Presenting Students from BOND UNIVERSITY  
M. Adv. Prac. Hth Prof Ed, (Hons)  
BHSc (Nursing) RN, ICC,  
***Lecturer and Coordinator Community Engaged Medical Education Project Lead Interprofessional Learning (IPL) in Aged Care***
- TOPIC** - OCCUPATIONAL THERAPY EDUCATIONAL SESSION
- VENUE** - The Undercroft,  
Rear Saint Peter's Anglican Church,  
Cnr. Nerang & High Streets, Southport.
- DAY AND DATE** - Wednesday, 1 August 2018
- TIME** - 11:00 am to 12:30 pm

**NOTE:** - Morning tea will be served from 10:30 am. Come early and have a chat with other attendees.

***[For a Gold Coin Donation]***

Talking with others about your experiences, both before and after meetings, can often bring surprising results. A chance word may result in your learning how someone else overcame a problem you have, or the other person discovering how you mastered a problem they have. Come along to this meeting of the Gold Coast Stroke Support Group for you will almost certainly find someone there who has had a similar experience to your own. They may be able to suggest from their own trauma, ways and means to give you: -

## ***A BETTER QUALITY OF LIFE.***

Susannah Kinny has advised me as follows: - "As part of their studies, the Bond Occupational Therapy students will be presenting some information to this group around the following topics:-

**\*\* What is occupational therapy? \*\* Ways to increase independence with self-care activities (showering, dressing etc.). Students may bring some equipment to demonstrate a few options \*\* Ways to increase independence with activities of daily living (meal preparation, shopping, medication, cleaning etc.) \*\* Home modifications and equipment to prevent falls, and increase safety at home \*\* Memory difficulties after a stroke \*\* Transport options**

Colin A. Oxenford  
Chairman and Co-ordinator  
25 June 2018

Please note that the details of the **JULY MEETING** to be held on **Wednesday 4 JULY 2018** appear on the reverse]

2018 NATIONAL STROKE AWARENESS WEEK  
(From Monday, 10 to Sunday, 16 September 2018)