



In Australia, strokes are a leading cause of disability and death, particularly among older adults. In this edition of our Health & Wellness Newsletter, we discuss the importance of stroke prevention, early intervention and treatment for stroke survivors. A comprehensive, multidisciplinary approach is necessary to reduce the impact of stroke on older adults in our community.

HEALTHY AGEING



### The power of exercise

It is estimated that around 80% of strokes can be prevented through lifestyle changes, such as increasing physical activity levels.

Insufficient physical activity can contribute to major stroke risk factors such as high blood pressure, elevated cholesterol levels, and diabetes. Additionally, a sedentary lifestyle often leads to weight gain, which further increases the risk of stroke.

Regular physical activity is beneficial in preventing strokes as it promotes overall health and wellbeing. Moreover, exercise has been shown to enhance brain function and promote neuroplasticity, which is the brain's ability to change and adapt. This can be especially beneficial for individuals who have had a stroke and may need to relearn certain skills or develop new ones.

[Learn more](#)

EVENTS



### Out of the Square performance: Artists Who Fly Under The Radar

16 June 2023

Have your clients heard of our **Out & About** events? These are open to all people in the over 50s community, to provide a new experience with social benefits.

Join us in delighting in the skills of local musical artists that will leave you feeling nostalgic while listening to the acoustic guitar, close vocal harmonies and the cello. The program will include tunes from household names Neil Young and Joni Mitchell, Aussie favourites Nick Cave and Colin Hay and the dulcet melodies of The Secret Sisters. We'll have morning tea beforehand at Queenies Store and later lunch and dessert at Largs Pier Hotel.

To book now, please call [8179 6825](tel:8179 6825)

[Learn more](#)

NEWS



### Looking after mental health

While the physical consequences of a stroke are well-known, its impact on mental health is often overlooked. One of the most common psychological consequences of a stroke is depression and anxiety. Studies show that up to one-third of stroke survivors develop depression.

Depression and anxiety after a stroke can be caused by several factors, including the physical and emotional trauma of the event, changes in brain chemistry, the disruption of daily activities, the loss of independence, and the fear of a recurrence. Older adults can be at an even higher risk due to increased social isolation.

Social workers can provide various forms of assistance to stroke patients such as advocacy, emotional support, education, care coordination, financial assistance, and advocacy for community resources.

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### Modify your life

Following a stroke, a person may have restricted physical abilities, weakness, or even paralysis in one or more limbs, which can significantly impact their quality of life.

This change in ability can make simple tasks such as gripping or holding objects a challenge. In some cases, a person may require assistive devices, such as a cane or walker, to help them move around the home and perform tasks.

Occupational therapists play a vital role in stroke rehabilitation. They work to enhance mobility and motor function, improve safety at home, and reduce carer burden - with the ultimate goal of helping clients regain independence.

[Read more >](#)



### Hands-on with hand therapy

Rehabilitation of the upper limb is a crucial aspect of stroke rehabilitation as it is closely linked to the ability to perform activities of daily living (ADLs) such as eating, dressing, and grooming. Enhancing upper limb motor functions is therefore essential to promote independence and minimise disability.

Research suggests that scheduling more therapy sessions, including occupational therapy and physical therapy, leads to better rehabilitation outcomes.

Participating in a group-based exercise program like our Hand Therapy classes also provides ample opportunities for social interaction, which can help clients maintain a socially active lifestyle.

[Read more >](#)

## Services tailored to those aged 50+

At Southern Cross Care, our clients are our number one priority. Whether they use our Health & Wellness Allied Health services, visit our Respite centres, undergo a Restorative Care Program or go on one of our exciting Out & About trips; our person-centred approach ensures every client is supported in their journey to be **Better for life.**



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