

Cabarrus Stroke Support Group

LORRIE HAMPTON, SUPPORT GROUP COORDINATOR

How we started

- ▶ We saw a need for support for stroke survivors in our community.
- ▶ Founded in 2014.
- ▶ Started with 7 members in attendance at first meeting expanding to 50+.
- ▶ Researched various support groups throughout the state and attended local support groups.
- ▶ Consistently meet the same day of the month all year long. Overall consensus that afternoon (daylight) meeting times were best suited for our patient population.
- ▶ Survivors voiced that meetings outside of a hospital setting were ideal.
- ▶ A comfortable meeting place with light refreshments proved to be appealing for attendees.

Typical Meeting

- Allotted for an hour, with extra time for additional support and fellowship.
- Welcoming and introductions.
- Guest speaker, from suggestions of topics provided by members.
- Open discussion on individual needs, support, and questions.



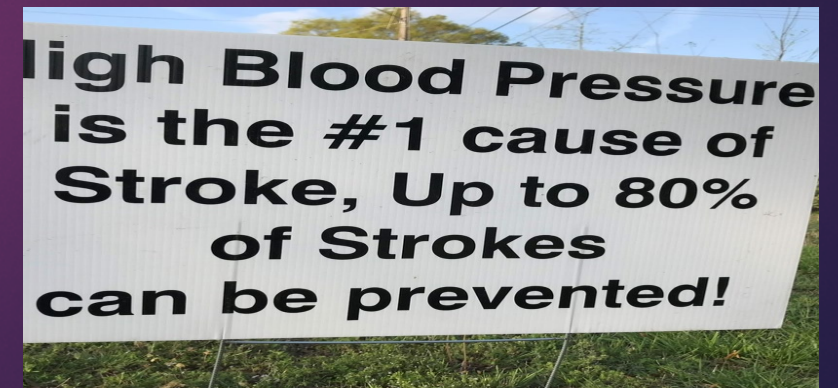
Community Involvement

- Host annual 5k/10k
 - Started in 2015
 - Raises money for support group
 - Survivors “lap” to kick off the event
 - VIP tent to honor survivors
 - Risk factor education provided on signs throughout the route.



Community Involvement

- Stroke education and awareness events.
 - Set up tables with flyers about risk factor management, education, BE FAST.
 - Provide support group information for survivors through out the community.



Group Outings

- Annual Fall Picnic
 - Celebrate with food and fun!
- Strike Out Stroke
 - Survivor throws out first pitch.
 - Community awareness.
 - Survivors attend game.
 - BE FAST read during game announcements.

