



strokefoundation

National Stroke Foundation
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Supporter Line 1300 194 196
www.strokefoundation.com.au

2010 WINTER STROKE APPEAL

Barcode
Mr. Sam Sample
123 Sample Street
Sampletown 99999



At just 17 months old Jacob suffered a stroke...

Line 1
Line 2
Line 3

His parents were shocked and devastated. How could it happen to a child? Surely stroke only affected the elderly? What they didn't know then is that stroke is amongst the top ten causes of death in childhood. Sadly there is little knowledge or published research about the causes and outcomes of childhood stroke. That's why we would like to thank you for your past generosity which has enabled vital work into prevention of stroke and to support many Australian families recover from stroke. But there's still so much work to do. It's hard to imagine how Jacob's mother Fiona felt when her precious son was diagnosed with a stroke. We hope that by reading her emotional story, you will continue to kindly support the Stroke Foundation. A gift of as little as \$45 (or any amount) will help save lives and provide support for families devastated by stroke.

Yours sincerely,

Erin Lalor (handwritten signature)

Dr Erin Lalor, CEO

How you can save lives

\$45 \$45 can help operate Strokeline - where families can ring for advice, referrals and counseling.

\$56 \$56 will help fund the online Peer Support program - where stroke survivors of all ages can talk with other stroke survivors.

\$124 \$124 will go towards providing Stroke Survivor Kits to help people recovering whilst they are in hospital.

Please turn over to read the story about Jacob's stroke

YES I will help stop stroke, save lives and reduce suffering



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Line 1
Line 2
Line 3

OPTION 1 - I am making a gift of

\$00 \$00 \$00 \$000 My choice \$

A cheque / money order is enclosed (made payable to National Stroke Foundation)

OR Please charge my credit card VISA MASTERCARD AMEX DINERS

CARD NO.

EXPIRY

Cardholder's Name

Cardholder's Signature

OPTION 2 - I want to become a regular giver

Monthly amount \$10 \$20 \$30 My choice \$

Please arrange a direct debit from my bank account

Account Name

Bank Signature

AC/NO.

OR Please charge my monthly pledge to my credit card

VISA MASTERCARD AMEX DINERS

CARD NO.

EXPIRY

Cardholder's Name

Cardholder's Signature

I have already left a bequest (in my will) to the National Stroke Foundation Phone ( )

I'd like to speak to someone about leaving a bequest DOB (optional) / /

Thank you for your commitment to help reduce Australia's second biggest killer.

Any amount you donate is greatly appreciated. All donations \$2 and over are tax deductible.

## A Mother's Story...

A simple fall – a bump to the head – kids will be kids – it's normal. Or so we thought. But what we were about to experience was to us, far from normal and the most frightening thing we've ever had to go through.



### ***“Every parent's nightmare.”***

It's true Jacob was having an off day. He was grumpier and a little sleeper than normal. So when he tumbled backwards from his chair and hit his head on a wooden floor, naturally he cried. But after a cuddle he seemed to settle. It was when he couldn't bear weight or use his arm however, that alarm bells went off in my head. I'm a midwife and thinking he had a head injury my husband and I took him straight to the after-hours medical centre.

### ***“What happened next proved to be the most stressful 24 hours of our lives.”***

The medical centre could not work out what was wrong and recommended we take Jacob to hospital. By now it was 1 ½ hours after the stroke and still we had no answers. Jacob was seen quite quickly and a CT scan seemed to rule out any injury. But a mother's instinct is strong and I knew there was something terribly wrong. The hours ticked by and our fear and frustration grew. Finally the unimaginable happened – Jacob was diagnosed with a stroke.



### ***“Nothing can prepare you for the uncertainty and the fear...”***

The relief of knowing what was wrong was quickly overcome by worry. The stroke had caused hemiplegia (paralysis) down Jacob's right side. He would have to learn to sit-up, crawl and walk all over again. It was like having a newborn. So many questions rushed through my mind. How was I going to care for Jacob? Had he suffered brain damage? How will I feed him? Bathe him? Will he ever learn to talk? Will he play and go to school like any normal child?

### ***“We had so many questions – but very little information.”***

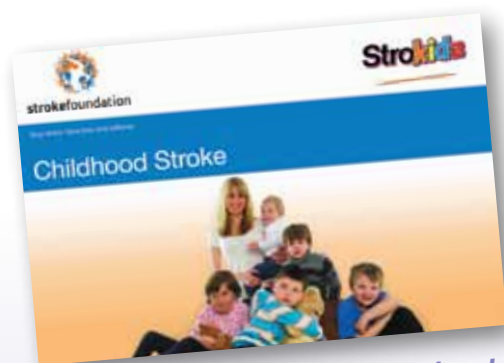
Worse was to come when we realised there was very little information available to help us take on the enormous task of caring for Jacob. It's a distressing fact that stroke is mostly under-researched particularly in young children. With the help of family who cared for our other sons, we were able to stay in hospital and focus on Jacob. There were complications and we were there for 10 days. It was an anxious time and we were distraught with worry.

### ***“Jacob can't remember anything about the stroke but it's a day we'll never forget.”***

Fortunately we were lucky. Today Jacob is a bright, sensitive and most importantly, healthy boy. Every day I'm thankful that Jacob has not only survived his stroke but has overcome every hurdle he's faced. Jacob doesn't remember anything about the stroke and would prefer not to talk about it or the splint he wears to help with leg shortening. He dislikes being different from his friends – and it seems his goal in life is to prove he is just like any other kid! Something that at the time of his stroke seemed impossible. Without the support of organisations like the Stroke Foundation – who would parents like us turn to? Please support their work, they play a crucial role for families of stroke survivors in their journey to recovery.

Warm regards,

***“Our beautiful boy”***



***“Booklet about Childhood Stroke”***

## **Stroke in children**

**Alarmingly, strokes do happen to infants and children:**

Stroke is in the top 10 causes of death in childhood.

Stroke affects approximately 1 in 4000 newborns.

One third of all cases occur in children less than 1 year of age. 20-40% of these children will have another stroke.

Parents are obviously devastated when their child has a stroke. There is generally a lack of support services for parents caring for a child after stroke.

The Stroke Foundation acknowledges the information supplied by the Royal Children's Hospital Melbourne in preparing the booklet “Childhood Stroke”. For a copy please visit [www.strokefoundation.com.au](http://www.strokefoundation.com.au) or ring StrokeLine on **1300 194 196**.



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**Please consider sending a gift to the National Stroke Foundation.**  
Your support will make a huge difference.