

Where to get more help after a stroke

There are lots of people and organisations out there that can provide you with information or support. Each state has a State Stroke Association that can give you information about stroke support in your area. Keep this list as a resource for important places to contact if you have any questions or needs.

National Stroke Foundation Ph: 1800 787 653 www.strokefoundation.com.au

Stroke Association of Victoria Ph: (03) 9670 1117 www.strokeassociation.com.au

Stroke Association of ACT Ph: (02) 6269 2636

Stroke Recovery Association of NSW Ph: 1300 650 594 www.strokensw.org.au

Stroke Association of Queensland Ph: (07) 3277 3838 www.strokeqld.org.au

Stroke Association of South Australia Inc Ph: (08) 8373 0570 www.stroke.org.au

Stroke Tasmania Ph: (03) 6231 4424

Stroke Foundation of WA Ph: (08) 9346 7540

NT Stroke Carers Support Group Ph: 1800 242 636 www.ntcarers.asn.au

The Aged & Community Care Information Line

Ph: 1800 500 853

Provides information about services provided by the Australian Government Department of Health and Ageing.

Australian Physiotherapy Association

Ph: (03) 9534 9400

www.physiotherapy.asn.au

National body for the physiotherapy profession in Australia

Australian Red Cross

Ph: 1800 246 850

www.redcross.org.au

Offer services such as respite care and the Telcross personal support line for older persons living alone with a disability.

Commonwealth Carer Respite Centres

Ph: 1800 059 059

Provides information on respite accommodation facilities for those with a disability.

Carers Australia

Ph: 1800 242 636 (Carer resource centre) or (02) 6122 9900 (national office)

www.carersaustralia.com.au

Carers Australia has representative organisations in each state dedicated to improving the lives of carers through support and information.

Carelink

Ph: 1800 052 222

www.commcarelink.health.gov.au

Links to Carelink centres that provide free and confidential information on community aged care, disability and other support services available anywhere in Australia.

Centrelink

Ph: 131 021 (to make an appointment)

www.centrelink.gov.au

The Australian Government agency administering disability payments.

Commonwealth Rehabilitation Service (CRS)

Ph: 1800 624 824

www.crsrehab.gov.au

Provides services to help people with disability return to work.

Commonwealth Carer Resource Centre

Ph: 1800 242 636

The Commonwealth Carer Resource Centre provides referral to services and practical written information to support people who are carers.

COTA National Seniors

Ph: (03) 9820 2655 (national office)

www.cota.org.au

An independent organisation run by and for older Australians. Contact local state offices for further information, news and events.

Contenance Foundation of Australia

Ph: 1800 33 00 66 **www.contfound.org.au**

Offers information & advice to people, their families, carers and health professionals in understanding and managing incontinence.

Diabetes Australia

Ph: 1300 136 588 (helpline)

www.diabetesaustralia.com.au

A national body representing people with diabetes, health professionals and researchers and has local offices in each state.

Legal Aid Commission

See 'legal aid' in any telephone directory for local office details **www.nla.aust.net.au**

Offices in each state and territory providing assistance with legal matters.

Medic alert

Ph: 1800 88 2222

www.medicalert.com.au

Provides services to ensure that your family is notified, and that doctors have access to your medical history in the event of an emergency.

Occupational Therapy Australia

Ph: (03) 9415 2900

www.ausot.com.au

National body for the occupational therapy profession in Australia.

Relationships Australia

Ph: 1300 364 277

www.relationships.com.au

Relationships Australia is Australia's leading provider of professional services to support relationships. It is a not-for profit community based organisation.

QUITLINE

Ph: 131 848

www.quitnow.info.au

Provides telephone advice and other assistance to smokers who want to kick the habit.

Speech Pathology Australia

Ph: (03) 9642 4899

www.speechpathologyaustralia.org.au

The national body for the speech pathology profession in Australia.

National Heart Foundation

Heartline: 1300 36 27 87

www.heartfoundation.com.au

Australia's heart health charity that carries out life-saving work in order to reduce the suffering caused by cardiovascular disease.

Vision Australia Foundation

Ph: 1800 331 000

www.visionaustralia.org.au

Provides information and services for the visually impaired.