

# Annual Review

2018



# From the President and Chief Executive Officer



Together we are making gains towards our mission of preventing stroke, saving lives and enhancing recovery. The year 2018 brought many new opportunities, highlights and rewards. It marked the first year of our new strategic plan Strategy 2022 which demonstrates our commitment to working across the stroke journey from prevention through to research as we strive for a world free from disability and suffering caused by stroke.

Strategy 2022 sets out five clear strategic goals:

Goal 1 	Fewer preventable strokes in Australia
Goal 2 	Ensure all Australians have access to evidence-based stroke treatment
Goal 3 	Enhance recovery to help Australians live well after stroke
Goal 4 	Champion research in stroke
Goal 5 	Grow our impact and manage our charity effectively and efficiently

With your support, there were solid gains towards these goals in 2018. It is our privilege to highlight and celebrate these achievements in this annual review.

As you will read, 2018 was a significant year for stroke in Australia. It culminated in the announcement of a Federal Government partnership with Stroke Foundation and the Heart Foundation to develop the National Heart Disease and Stroke Action Plan. We have long advocated for the need for a national plan to address gaps in stroke prevention, treatment and care.

The first plan of its kind, the Action Plan will set out proven solutions to prevent heart disease and stroke, treat and support those impacted and deliver the research breakthroughs we need to have a long-term impact. Produced following extensive community consultation, the Action Plan will not only provide a guide to Government efforts to changing the state of stroke but also provide a roadmap to direct Stroke Foundation's efforts in the coming years.

## Research

Research was a standout area of increased effort and reward for Stroke Foundation in 2018. Stroke Foundation's Research Program expanded exponentially, with the benefits to be realised for generations to come. Our well-established seed grants program was boosted by the establishment of two very special new research grants centred on stroke in young people.

The Tim Glendinning Memorial Research Grant and the Gavin Paul Bennier Memorial Research Grant were established by generous families in memory of their son's tragic deaths following stroke.



## State of Stroke Recovery Journey 2018

475,000



Stroke survivors in Australia

51%



of rehabilitation services reported delivering 2+ hours of active therapy daily as per guidelines

50%



of patients experience mood impairment or disturbance

Further to this, Stroke Foundation was successful in championing for increased Government funding for stroke.

The Australian Government through the Medical Research Future Fund (MRFF) is partnering with Stroke Foundation to deliver a 'Return to life, return to work' research package including clinical trials to enhance stroke recovery. Grants drawn from the memorial endowment funds and MRFF are set to be awarded in 2019.

In addition, Stroke Foundation furthered its own research work. The National Stroke Audit Rehabilitation Services was conducted with 120 health services taking part. Stroke Foundation and Cochrane Australia also commenced the world's first 'Living' Stroke Guidelines Pilot, also funded by a grant from the Medical Research Future Fund. This project will revolutionise the rapid translation of medical discoveries into clinical practice, saving lives and improving health outcomes for future generations.

### Stroke Ambulance

With your help, we continued to support Australia's first Mobile Stroke Unit (MSU or Stroke Ambulance) Research Trial. The MSU marked one year on the road, treating more than 1,300 patients.



Early results of the trial have been promising and there is significant potential for the trial to change the way emergency stroke treatment is provided nationally and internationally.

### Prevention

Fewer preventable strokes was also a key area of attention in 2018. New global research highlighted the urgent need for more action on stroke prevention, as one in four people are now expected to experience a stroke in their lifetime. This has increased from one in six in 2006 and worryingly the numbers of working age people impacted by stroke appears to be rising around the world.

With your support, we empowered members of the community, including those who previously experienced stroke, to act and reduce their own stroke risk. We did this through community education, health checks, follow-up support for stroke survivors and their families, and targeted resources. We also partnered with Quit Victoria on World No Tobacco Day in a powerful campaign highlighting the link between smoking and increased stroke risk.



### Post stroke support

Excitingly, 2018 also marked the provision of the 100,000<sup>th</sup> copy of *My Stroke Journey* to stroke survivor Marcia Appleby and her husband Peter (pictured above). Launched in 2014, it provides a vital and comprehensive guide to help stroke survivors and their families navigate life after stroke.

None of this could have been achieved without our supporters, our amazing and committed volunteers and our small but dedicated Stroke Foundation staff team. Together, we have made real gains towards our shared mission. We can't thank you enough for believing in our work, for sharing your stories and for stepping up every time we have received an opportunity to put the needs of the stroke community on the national agenda.

2018 was a milestone year in many ways but there is so much more to be done. Stroke's impact on our community and our health system is ever increasing. By 2050 there is expected to be a stroke every four minutes and one million stroke survivors living in our communities.

Yet it doesn't have to be this way.

We invite you to stand with us alongside stroke survivors and their families, healthcare professionals and researchers. Join us to build community awareness and foster new thinking. Together we will support survivors on their journey to live the best possible life after stroke.

Finally, we would like to thank our volunteer board and committee members whose guidance has encouraged and enabled us to increase our impact in the community this year. We have achieved much together, and our journey will continue.

Professor James Angus AO  
President

Sharon McGowan  
Chief Executive Officer

80%



of patients given **no information on intimacy after stroke**

41%



offered **no assistance to return to work** (for those who wanted to)

40%



given **no lifestyle advice to prevent another stroke**

# Goal 1: Fewer preventable strokes in Australia

More than 80 percent of strokes can be prevented. Yet, stroke's incidence is on the increase and international evidence indicates more people are having a stroke at a younger age.

With your support, Stroke Foundation is empowering the community to act to reduce their own stroke risk. This is being achieved by raising awareness of stroke, its risk factors and how they can be managed.

## Health Checks

- › 505,664 free health checks were delivered as part of Australia's Biggest Blood Pressure Check with SiSU Wellness. The checks identified 65,658 Australians with high blood pressure referring those to their doctor for further testing and advice on managing their stroke risk. Many of those referred were not aware they were at risk of stroke, with more than 63% not on blood pressure lowering medication.

The number of strokes would be practically cut in half (48%) if high blood pressure (hypertension) alone was eliminated.

– World Stroke Organisation 2018.

- › 119,027 Queenslanders benefited from free My Health for Life health checks. Almost 40 percent of those tested were found to be at high risk of stroke and other chronic disease. These checks build on those delivered during Australia's Biggest Blood Pressure Check. Those identified as high or moderate risk were referred to a lifestyle modification program. A total of 4,547 Queenslanders have since completed the program, improving their health and reducing their risk of chronic disease. This program is funded by the Queensland Government and delivered by Stroke Foundation in partnership with an alliance of Diabetes Queensland, Heart Foundation, Queensland Aboriginal and Islander Health Council, Ethnic Communities Council of Queensland and Queensland Primary Health Networks.

## F.A.S.T. Education

- › 16,107 Australians received life-saving F.A.S.T. and stroke prevention messages from StrokeSafe Speakers. The StrokeSafe Speaker program provides trained volunteer speakers to explain stroke and its prevention to community groups and workplaces. There are currently 165 volunteer speakers around Australia who have delivered presentations to more than 120,000 Australians since the program's inception in 2011.

- › F.A.S.T. community education was expanded in Tasmania and Western Australia in 2018. Funded by the relevant State Governments, targeted stroke education has been delivered to those who need it most.

## Promoting Healthy Lifestyles

- › 3,021 events were held around the country during National Stroke Week raising awareness of stroke and stroke risk factors. During the week, Australians were encouraged to incorporate healthy habits into their daily lives and reduce their risk of stroke:

- Stay active
- Eat well
- Only drink alcohol in moderation
- Quit smoking
- See your doctor for a health check

Building on localised events, almost 10 million Australians heard Stroke Week messages via media and social media (many on more than one occasion).

- › Stroke messages were shared across social media and a record 5,299 media mentions were generated by Stroke Foundation across television, print, radio and online mediums.

- › Stroke Foundation partnered with Quit Victoria to deliver a confronting multi-media campaign 'Smokes can lead to strokes'.



Following the campaign, there was an eightfold increase in visits to the Quit Victoria website.

- › Visits to the Stroke Foundation website also increased with a record 1.3 million visits in 2018 and 47,677 members of the Stroke Foundation's social media communities.



**8** New language translations of key stroke information for our culturally and linguistically diverse community members



**505,664** Free health checks in partnership with SiSU Wellness for Australia's Biggest Blood Pressure Check



**3,021** Stroke awareness events held in National Stroke Week

# Paul Fink

Stroke survivor  
Stroke Foundation volunteer

“

I was a real hands-on dad, but I missed around six months of my son's life while I was in rehab. Oscar cannot remember my stroke – fortunately – but he is four years old now, and he is asking lot of questions and trying to process why I am different to other dads.

'Dad... why your hand is not working?'

'Dad... why are you confusing shoes and socks?'

'Dad... why are others dad's at work and you are not?'

Sometimes I have to remind myself how far I have actually come. I can now have a running race with my son Oscar. He mostly wins but I'm gaining on him! For me, it is rehab I have to do to get my recovery to the next level. For Oscar, it's just play time with Dad. Win-win!

I volunteer with the Stroke Foundation in their IT team. It means I can use my skills to help others and it's helped give me more confidence to eventually get back to work. Social media was a lifeline for me early in my recovery so, in sharing my story, I hope it might be a light bulb moment for people to look after themselves and prevent a stroke.

”



# Goal 2: Ensure all Australians have access to evidence-based stroke treatment

With your help, Stroke Foundation is breaking down barriers to high quality evidence-based stroke treatment. Together, we stand alongside stroke survivors and their families, health care professionals and researchers to ensure all Australians have access to the vital treatment for stroke we know saves lives and reduces disability.

## Stroke Ambulance

In its first year, Australia's first Mobile Stroke Unit recorded:

- › 1,328 dispatches
- › 45 percent of patients with stroke received clot dissolving treatment within 1.5 hours of symptom onset
- › 35 percent of patients were assessed by the specialised Stroke Ambulance team within 60 minutes, "the golden hour" from symptom onset, maximising their chance of a full recovery.
- › 22 percent of patients were directly dispatched to a comprehensive stroke centre for emergency clot retrieval treatment.

Currently staffed by a neurologist, nurse, radiographer and two paramedics, the Stroke Ambulance or Mobile Stroke Unit has a brain scanner on board allowing on-scene imaging, which speeds up treatment and triage. It is hoped, the results and learnings from the Melbourne pilot will lead to further research and the roll-out of stroke capable ambulances in other areas of Australia.

Thanks to the generous donations of more than 10,000 Stroke Foundation donors, we are proud to be a founding partner of the consortium delivering this ground-breaking, innovative research trial. The research trial is being delivered by Stroke Foundation, the Victorian Government, The Royal Melbourne Hospital, Ambulance Victoria, The Florey Institute of Neuroscience and Mental Health, The RMH Neuroscience Foundation and The University of Melbourne. It has also been endorsed by the National Health and Medical Research Council for research purposes.

## Treatment Guidelines

The world's first Living Guidelines for Stroke Management Project commenced in partnership with Cochrane Australia and supported by the Australian Government's Medical Research Future Fund. This three-year pilot project will utilise new technologies in machine learning, citizen science and peer review to ensure the latest in evidence-based research is translated into clinical practice.

- › 115,653 views of the Clinical Guidelines for Stroke Management occurred. Updated in 2017 by Stroke Foundation and endorsed by NHMRC, the Guidelines set out best-practice stroke care reflecting the latest in evidence.

## Supporting stroke health professionals

- › 9,986 health professionals have subscribed to InformMe, completing 5,619 training courses on Stroke Foundation's innovative online one-stop-shop developed to improve stroke treatment and care. InformMe was developed with the support of Gandel Philanthropy.
- › 120 Rehabilitation Services participated in the National Stroke Audit for Rehabilitation Services coordinated by the Stroke Foundation. 3,651 patient case notes were audited (the largest audit ever undertaken for Stroke Rehabilitation) with analysis provided back to sites to enable them to focus on improving care provision.
- › 22 Queensland Hospitals partnered with Stroke Foundation to implement quality improvement initiatives in stroke care under a program funded by the State Government. A similar program is soon to be established thanks to State Government support in Tasmania.

## National Action Plan

- › The Federal Government commissioned the National Heart Foundation and the Stroke Foundation to develop Australia's first National Action Plan for Heart Disease and Stroke. Stroke Foundation came together with Heart Foundation and the Australian Government to develop a new National Action Plan to tackle two of Australia's biggest killers – heart disease and stroke. The Action Plan will identify and prioritise achievable actions the Australian Government can implement across prevention, diagnosis and treatment, recovery and support and research.

1,300+

Dispatches in the first year of Australia's Stroke Ambulance



9,986

Stroke health professionals have subscribed to InformMe for evidence-based information and education



5,619

Training modules completed by stroke health professionals



# Lizzie Dodd

Stroke Nurse Consultant,  
Royal Adelaide Hospital  
Stroke Care Champion 2018



Most people don't think about stroke at all until it happens to someone close. Then they are scrambling to get as much information as possible.

Stroke changes lives in an instant. Every day we see people at a real low point in their life. With their families, they are struggling to understand what has happened and why them. And finding it challenging to know what the future holds.

The people I work with are passionate and driven. They know that recovering after stroke is a journey that their patients are just starting on. That journey will require courage and determination. The team doesn't just care for the physical, they also inspire hope.

The Stroke Care Champion Award has given me renewed energy for projects within the stroke unit at the Royal Adelaide Hospital. To be viewed as an inspiration to colleagues makes me walk taller and try harder.



# Year in review



## Community Fundraising



## Stride4stroke

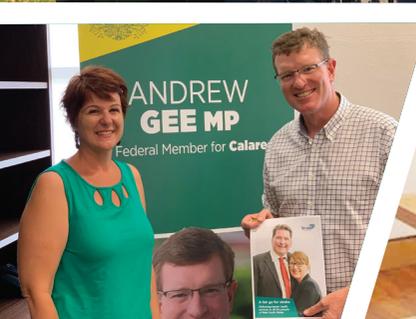


## Our Family's Stroke Journey Project

## First year of Mobile Stroke Unit



## Advocacy





## Stroke Week

## Act FAST to save lives

**SOPHIE BOYD**

She said those with high blood pressure, high cholesterol, high waist circumferences, diabetes, atrial fibrillation or heart palpitations, hypertension, a family history of strokes and smokers all had a higher risk of a stroke.

Seeing the impact of a stroke on her life and through her time as a patient on the Alfred Hospital's neurological ward, opened her eyes to the drastic need for prevention, Mrs Parker said.

"I realised how lucky I actually was," she said.

"The long-term effect if someone doesn't get a clot breaker in the first three hours is that they'll have a long-term disability."

"I saw so many people with brain injury that they were never going to recover from or that it was going to be a long pathway."

Mrs Parker encouraged everyone, including young people to get assessed.

"People think it's an older person condition," she said.

"But I was a really fit person, I was running a lot at the time, mine was genetic."



**Stride4stroke | WA stroke survivor runs from Perth to Dunsborough**

## Media



**YOUNG STROKE**  
 QUINN WAS JUST SIX-YEARS-OLD WHEN HE SUFFERED A STROKE

## Consumer Council



# Goal 3: Enhance recovery to help Australians live well after stroke

Recovery from stroke can be a long and challenging journey. Stroke attacks the brain, the human control centre changing lives in an instant. There is no time to prepare for the journey ahead. With your help, Stroke Foundation is ensuring no one is left alone to navigate the journey to living well after stroke.

## Post stroke support

- › The 100,000<sup>th</sup> stroke survivor benefited from *My Stroke Journey* since its inception in 2014. *My Stroke Journey* is Stroke Foundation's guide to navigating the journey from hospital to home after stroke, providing vital information and links to ongoing support. A total of 250 hospitals nationally provide the high-quality resource to their patients.
- › A new project to develop a version of *My Stroke Journey* tailored for the Aboriginal and Torres Strait Islander community commenced in consultation with the Queensland Aboriginal and Islander Health Council.
- › 3,003 stroke survivors, their families and carers had their calls for help answered by StrokeLine thanks to your support. StrokeLine's team of health professionals provided vital information, support and advice. StrokeLine is the only dedicated national helpline for people affected by stroke.



- › 2,916 Victorian, Queensland and Australian Capital Territory stroke survivors were followed up by Stroke Foundation to support their transition home. Follow-Up services are funded with State Government and philanthropic support in these jurisdictions.
- › New Stroke Outreach Program (StOP) evolved out of learnings from the follow-up service. To be rolled out first in Tasmania during 2019 thanks to State Government support, this telephone based follow-up program will focus on secondary stroke prevention, mental wellbeing and linking survivors with their local health services.

## Community building

- › 102,871 stroke survivors, their families, carers and supporting health professionals accessed 372,530 pages of information on Australia's largest online stroke support community and information resource, EnableMe. A new goal setting tool was established on EnableMe, helping survivors chart their own recovery.
- › The EnableMe community and resource was showcased at the World Stroke Congress. We are leading the way internationally by providing an innovative solution to supporting stroke survivors, their families and carers to live well.
- › Key stroke resources were translated into Arabic, Chinese, Greek, Italian, Korean, Macedonian, Turkish and Vietnamese, supporting more of our culturally and linguistically diverse stroke community members to recover well.
- › 11,700 downloads of podcasts focused on living well after stroke.

## Our Family's Stroke Journey

With your amazing support we are set to begin an exciting new project in 2019 – Our Family's Stroke Journey. This will be Australia's first evidence-based childhood stroke guide.

In early 2019, we will begin to develop this exciting and much needed resource in partnership with Little Stroke Warriors and leading paediatric stroke specialists, for childhood stroke survivors and their families.



**5,972**

Stroke survivors, their carers and families accessed StrokeLine and other stroke support services



**6,500**

Members make EnableMe Australia's largest stroke support community



**1**

New online goal setting tool created to help and inspire stroke survivors to achieve their recovery goals

# Jenny Ferrier

Stroke survivor  
Stride4stroke participant

“

After 14 weeks in hospital and rehab, I was finally able to go home. But the first three months were the hardest time...I could do so little around the home. I lost my independence as I could no longer drive, and my husband of over 50 years had to become my carer plus taxi driver.

It was difficult to find information to help with my recovery. I wanted to ask what others had been through. Then I read about the Stroke Foundation's EnableMe website.

As a senior I wanted to enter the world of technology (a big learning curve) and after my stroke I wanted to challenge my brain. My husband bought me an iPad and a whole new world – and a new stroke community – opened up!

You see, I like a challenge. So when I read that Stroke Foundation was looking for people to join Stride4stroke and improve their physical activity, I thought 'I can do that'. I signed up and committed to ride my exercise bike for 15 minutes a day, every day. And I did! Best of all, I found it reduced my blood pressure too.

”



# Goal 4: Champion research in stroke

Stroke can be prevented, it can be treated, and it can be beaten. Research holds the key. Effective research takes time, perseverance and a great deal of funding. However, the rewards when those breakthroughs are made will benefit generations to come.

## Research grants

- › Six innovative new research projects with the potential to advance stroke treatment and care were progressed with your support with almost half a million dollars awarded. Four early career researchers shared in Seed funding of \$200,000 for pilot or feasibility studies. The 2018 grant recipients are:
  - **Doctor Matthew Pase, The Florey Institute for Neuroscience and Mental Health** – This project will examine whether exercise can preserve brain health following stroke.
  - **Doctor Wenbo Peng, University of Technology Sydney** – This project aims to quantify the health services, health outcomes, and medical costs of people with stroke who adopt a healthy lifestyle, generating evidence to demonstrate the impact of a healthy lifestyle on the prevention of recurrent stroke.
  - **Doctor Dana Wong, La Trobe University** – This project will assess the impact of two eHealth interventions on maintaining the benefits of post-stroke memory rehabilitation.
  - **Doctor Liam Johnson, Epworth Healthcare** – This study will test the feasibility of delivering early fitness training within a model of stroke-adapted cardiac rehabilitation (i.e. exercise training + risk-factor reduction education).
- › \$1 million boost to support new, innovative and cutting edge treatment options to aid stroke recovery for working age Australians. Funded by the Federal Government's Medical Research Future Fund and administered by Stroke Foundation, the research package has the potential to provide new medicines to working age Australians impacted by stroke. Announced in 2018, grants will be awarded in early 2019.

## Research community

- › Previous recipients of Stroke Foundation's Research and Innovation Fund took another step towards the next breakthrough in stroke, receiving NHMRC funding:
  - Professor Dominique Cadilhac
  - Professor Billie Bonevski
  - Professor Tammy Hoffmann
- › Stroke Foundation Research Advisory Committee Member, Professor Sandra Eades, and retired member Professor Julie Bernhardt were also funded in the NHMRC grant round.
- › 36 research projects were assisted with participant recruitment of stroke survivors.

## Young stroke

The Gavin Paul Bennier Memorial Research Grant and the Tim Glendinning Memorial Research Grant were established by generous families in memory of their sons taken by stroke.



**Gavin Paul Bennier Memorial Research Grant \$240,000 (over three years)**

Professor Vincent Thijs, The Florey Institute of Neuroscience and Mental Health, will investigate the prevalence of the rare brain disorder Cerebral Amyloid Angiopathy (CAA) in young stroke survivors. CAA causes bleeds on the brain and is more commonly associated with dementia and older people.



**Tim Glendinning Memorial Research Grant \$50,000 Seed Grant (18 months)**

Doctor Karen Borschmann, The Florey Institute of Neuroscience and Mental Health, will partner with young stroke survivors and their carers to design a health service dedicated to addressing the needs of the young stroke community.

120

Rehabilitation centres participated in the stroke audit to guide rehabilitation care improvements



\$490k

Research grants awarded including two new Memorial Research Grants for young adult stroke



\$1m

New Federal Government research funding announced from Medical Research Future Fund



# Vincent Thijs MD, PhD

Researcher at the Florey Institute of  
Neurosciences and Mental Health

Recipient of Stroke Foundation  
Research Grant

“

Too often stroke goes unexplained in younger people. The uncertainty is devastating for the individual and their family because they do not know if a stroke will happen again.

Around 20 strokes a day impact young Australians (under 65) and international evidence shows stroke's incidence among younger people is on the increase.

As well as the fear of recurrent stroke, younger stroke survivors are left with many complex challenges that are unique to their age and stage of life – like re-learning basic skills, changing family dynamics, returning to work or restricted mobility and independence.

Through the Stroke Foundation, a generous gift from a family that lost their son too soon is allowing me to seek to find some answers. I am hoping my research project will provide valuable insights into the poorly recognised condition of Cerebral Amyloid Angiopathy (CAA), which may be the cause of more unexplained strokes than we realise. My hope is that it will unlock some much-needed answers in the early diagnosis of CAA.

”



# Goal 5: Grow our impact and manage our charity effectively and efficiently

We respect your support and commit to repaying this trust by making sure every cent donated to Stroke Foundation is spent well. We manage our resources to ensure we achieve the greatest impact for the largest number of people.

With your help we can be there for the stroke community when and where we are needed most.

## Our volunteers

Almost 12,690 hours were provided by our dedicated volunteers. Your support is crucial to the Stroke Foundation. This includes our Board, Clinical Council and Consumer Council who help guide our work, our StrokeSafe Speakers who deliver vital stroke awareness talks in the community, those who assist or host events, and support our workforce. We could not deliver on our mission without you. Thank you.

## Stride4stroke

654 members of the stroke community came together during the month of November to walk, ride and roll 46,093 kilometres in aid of Stroke Foundation. Stride4stroke is Stroke Foundation's annual campaign to raise stroke awareness, funds to support our work and also encourage people to reduce their own stroke risk.

## Governance

The Stroke Foundation is governed by an independent Board of Directors comprising stroke clinicians, researchers, successful business people and stroke survivors. The Board is supported by the leading medical minds in stroke on our Clinical Council and stroke survivors with lived experience of stroke on our Consumer Council.

The Treasurer is supported by the Audit, Finance, Investment and Risk Committee of industry specialists who monitor the financial plans and integrity of all funds.

## Privacy

Stroke Foundation completed a major milestone to increase security of donor personal information with the implementation of Salesforce. This world standard relationship management tool is PCI DSS (credit card security) and HIPPA (health information) compliant and maintains multiple ISO certifications, including Code of Practice controls for the protection of personal information. With an increasing number of donations being made online, data security, including the retention of all data in Australian based datacentres, remains an ongoing priority for the organisation.

Additionally, Stroke Foundation's strategy of moving to a Software-As-A-Service (SAAS) model provides access to the most up-to-date cloud-based business software, improving reliability and security whilst decreasing costs. Recent investment in a hosted telephony solution in particular offers support functionality to improve the training of personnel and delivery of services by StrokeLine.

Delivering programs across stroke prevention, health professional support and training, supporting stroke survivors and their families, research and advocacy.



**12,690**

Hours of service given by volunteers to help fight stroke



**1st**

National Heart and Stroke Action Plan announced by Federal Minister



**46,093km**

Run, walked, and cycled to raise funds in Stride4stroke

# Tony Finneran

Stroke survivor  
Stroke Foundation Fundraiser

“

It was Easter Sunday when I had my stroke. I was hospitalised for 13 weeks. I have a right arm deficiency and have lost my peripheral vision due to the stroke. However, I'm still breathing and want to add value where I can.

My career after the Army has always centred on the Bus and Coach industry. So it made sense to me to write a book about buses to help raise some money for the Stroke Foundation. Then one book became five, with number six planned for 2020. It's raised over \$35,000 to fight stroke.

My industry contacts were happy to help too. We got a bus and wrapped it all over in the F.A.S.T. (Face, Arms, Speech, Time) message to raise community awareness of the signs of stroke. It drove all over Sydney for a year. I got a buzz every time I saw it.

I've met so many amazing and inspiring people since my stroke. I know it sounds strange but in a way I am grateful for having had a stroke as it has brought new and wonderful people into my life who I wouldn't have met otherwise.

”



# Financials

The Stroke Foundation turned around in 2018 and recorded a surplus of \$0.2 million mainly by continuing to diversify and grow income streams and through efficiency savings.

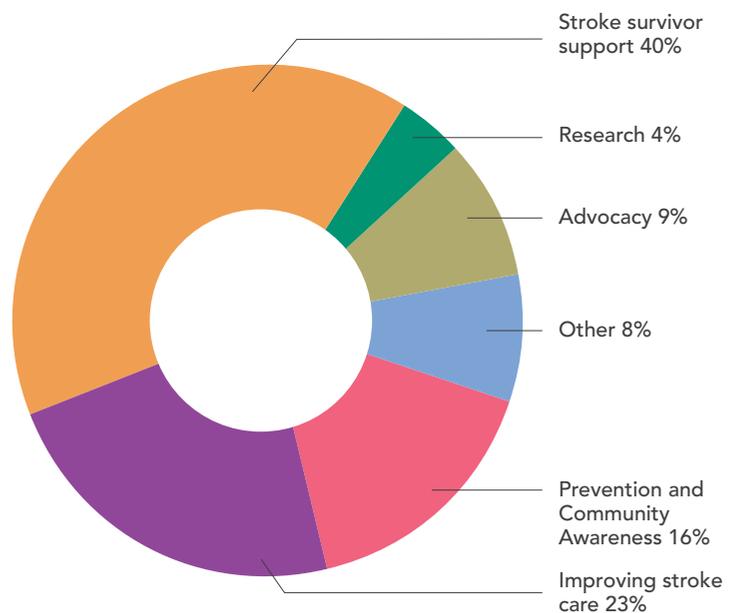
Total income was \$14.1 million, an increase of 7% over 2018 despite suffering investment portfolio valuation losses of \$0.9 million.

Highlights include:

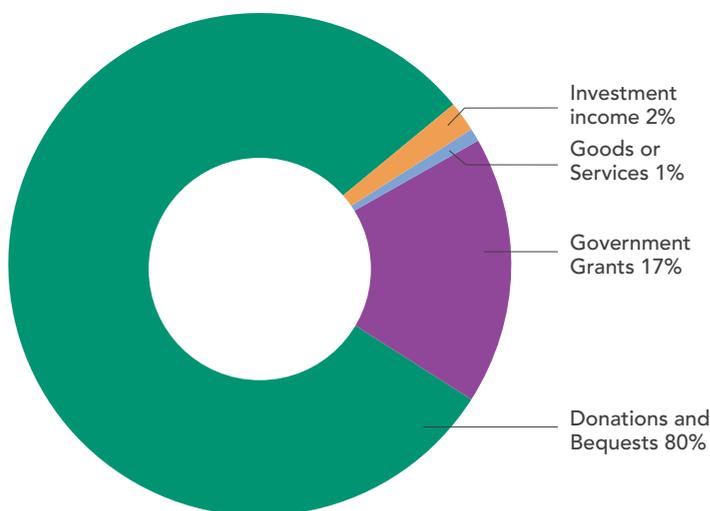
- Receipt of endowments worth \$0.8 million towards research
- Continued investment in the regular giving donor acquisition strategy
- Secured significant additional funding of \$3.5 million from the following sources:
  - Medical Research Future Fund to develop Australia's first 'Living Guidelines' and a targeted clinical research investment in stroke recovery for young survivors
  - Western Australia government to address stroke awareness in the community through the F.A.S.T. program
  - ACT government for the Stroke Connect Follow up program and the implementation of a clinical stroke registry through AuSCR

- Tasmanian government for three programs – F.A.S.T. community education program, Stroke Outreach program (StOP) and Community of Practice.
- NDIS Linkage Grant for the development of return to work resources in South Australia

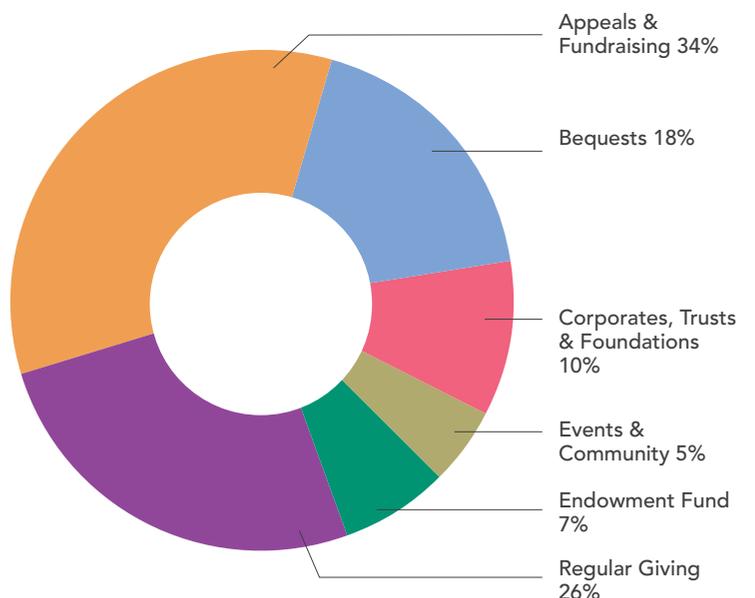
## Program support 2018



## Sources of income 2018: \$14.1m



## Donations and Bequests 2018: \$11.2m



View our full audited financial report at [strokefoundation.org.au](http://strokefoundation.org.au)

# Team stroke

As Australia's only national stroke charity, we are privileged to have many talented, passionate and generous supporters standing alongside us – and we are immensely grateful.

## We thank our:

Patrons who inspire us.

Board who lead and guide us.

Clinical Council who ensure our resources, guidelines and services are evidence-based.

Research Advisory Committee who guide and support our research program.

Consumer Council who help ground our decisions through their lived experience of stroke.

Governments who partner with us to ensure a healthier Australia and better outcomes for people with stroke.

Health services who partner with us to provide access to evidence-based stroke treatment, care and rehabilitation services.

Health professionals who give their time, expertise and commitment to quality stroke treatment and care.

Our staff who show their passion, commitment and compassion every day in delivering our vision and mission.

Our amazing volunteers who give their time, energy and expertise.

Supporters who stand alongside us, stroke survivors and their families, health professionals and researchers.

Those impacted by stroke and their families who inspire and drive us to deliver on our mission every day.

We express our heartfelt thanks to you all.

**Thank you for joining with us to prevent, treat and beat stroke.**



## Stroke Award Winners

We congratulate and honour those whose exceptional contributions help to fight stroke.

### Improving Life After Stroke Award Winners – Proudly Sponsored by Remedy Healthcare



Kylie Facer and Dee Banks (NSW and VIC) – recognised for founding Facebook community Little Stroke Warriors which brings together families of childhood stroke.

### Creative Award Winner – Proudly Sponsored by Marmalade Melbourne



Caleb Rixon (VIC) – recognised for founding the Genyus Network, an online platform that brings together survivors of trauma, after surviving a life threatening stroke himself at just 24.

### Fundraiser of the Year Award Winner – Proudly Sponsored by Precision Mail



Brendan Cutts (VIC) – recognised for raising more than \$8,000 for Stroke Foundation after the Ballarat based physiotherapist swam from Perth to Rottnest Island.

### Courage Award Winners – Proudly Sponsored by Australian Physiotherapy Association



Amanda and Sophie Clayton (QLD) – This mother and daughter duo from Queensland were recognised for their resilience in facing stroke recovery after Sophie survived a stroke at just 4 years old.

### Volunteer of the Year Award Winner – Proudly Sponsored by NAB



Brenda Booth – recognised for her ongoing commitment to stemming the tide of stroke through Stroke Foundation programs and initiatives, also a stroke survivor.

### President's Achievement Award Winner

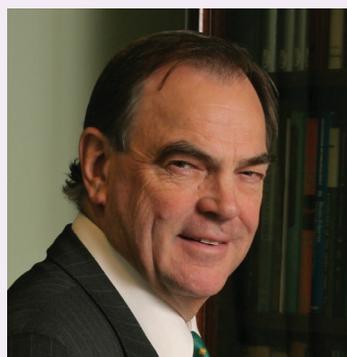


Grant Hocking – recognised for his dedication to improve the management and treatment of stroke with Ambulance Victoria.

# Thank you to ALL our supporters



**Patron-in-Chief**  
Governor General, His Excellency  
General the Honorable  
Sir Peter Cosgrove AK MC (Retd)



**Patron**  
Mr David Brownbill AM



**Patron**  
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(resigned 3 May 2018)

Ms Karen Vernon  
(appointed 3 May 2018)

## Treasurer

Mr Christopher Edwards

## Directors

Professor Bruce Campbell

Ms Sally Bateman

Mr Christopher Edwards

Ms Jennifer Muller PSM

Professor Amanda Thrift

Ms Irene Trethowan  
(resigned 3 May 2018)

Ms Karen Vernon

Mr Andrew Matthews

Mr James Stanistreet  
(appointed 3 May 2018)

Mr Christopher Nunn  
(appointed 3 May 2018)

Ms Janice Thomas  
(appointed 7 August 2018)

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Dr Timothy Ang

Ms Skye Coote

Associate Professor  
Erin Godecke

Dr Rohan Grimley

Associate Professor Susan Hillier

Professor Tammy Hoffman  
(retired 9 August 2018)

Associate Professor  
Timothy Kleinig

Dr Claire Muller

Associate Professor Michael  
Pollack (retired 9 August 2018)

Associate Professor  
Natasha Lannin (appointed  
25 September 2018)

Associate Professor Steven Faux  
(appointed 25 September 2018)

Associate Professor Seana Gall  
(appointed 25 September 2018)

## Consumer Council

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Ms Julie Davey

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Mr Richard Haley

Ms Nadia Moffatt

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Ms Saran Chamberlain  
(appointed 10 July 2018)

Mr Nic Stephen  
(appointed 10 July 2018)

Ms Lara Cole  
(resigned 3 April 2018)

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Mr Peter Fekete

Mr Alan Lahiff

Ms Karen Vernon  
(resigned 3 May 2018)

Mr Andrew Matthews

Mr Christopher Nunn  
(appointed 10 July 2018)

## Company Secretary

Mr John Buchanan

## Governance and Nominations Committee

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(resigned 29 March 2018)

Ms Karen Vernon, Chair  
(appointed 29 March 2018)

Professor James Angus AO

Ms Sally Bateman

Mr Christopher Edwards

## Research Advisory Committee

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Dr Nadine Andrew

Professor Ian Kneebone

Professor Richard Lindley  
(retired 16 November 2018)

Ms Brenda Booth

Professor Simon Koblar

Dr Caleb Ferguson

Dr Emma Power

Dr Eleanor Horton  
(appointed 24 September 2018)

Professor Mark Nelson  
(appointed 24 September 2018)

Professor Sandra Eades  
(appointed 24 September 2018)

## Endowment Fund Management Committee

Mr Andrew Matthews, Chair  
(appointed 18 May 2018)

Professor Amanda Thrift  
(appointed 18 May 2018)

Associate Professor Coralie  
English (appointed 18 May 2018)

Mrs Lynette Glendinning  
(appointed 18 May 2018)

Mr David Bennier  
(appointed 18 May 2018)

## Auditors

RSM Australia Partners

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## Principal partners



The Ian Rollo Currie Charitable Trust

## Major partners



## Supporting partners

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### Government

Australian Government, Department of Industry, Innovation and Science (Medical Research Future Fund)  
National Disability Insurance Agency

ACT Government, ACT Health  
Queensland Health – Community Services Funding Branch  
Tasmanian Department of Health and Human Services  
Government of WA, Department of Health

### Health and charity partners

Diabetes Australia Queensland  
National Heart Foundation

### Key Alliances

Australian Chronic Disease Prevention Alliance  
Australian Stroke Coalition  
World Stroke Organisation

## Gifts in Wills Supporters

*We are very grateful to receive generous gifts from the following wonderful supporters who thoughtfully included a gift in their Will to the Stroke Foundation.*

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Mr Joseph Glover  
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Mrs Jean Williamson

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Mrs Dee Clements, Co-chair  
Mr Chris Reilly, Co-chair  
Mrs Helen Angus  
Mrs Libby Cotton  
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Mr Ross Eddy  
Mr Ian Gardner

### Major Community Fundraisers

Tom Bull  
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Hannah Derwent  
Helen Woodhouse  
Lyn Waters & Maria D'Angelo  
Maya Cremers of Brain Aneurysm Support Australia  
Monique Celestre  
Tasmanian Iconic Walks  
Team Smashed Avo



“Imagine having your arm asleep for days on end and being told to just push through the pins and needles! My little girl Ava crawled up to be with me, to cuddle daddy, and it was like she was a little porcupine it was so painful. The nurse said, ‘Be thankful – that’s the nerves coming back to life.’ That changed my thinking!”

– Dan Englund, stroke survivor



#### Contact us

-  1300 194 196
-  [strokefoundation.org.au](http://strokefoundation.org.au)
-  [/strokefoundation](https://www.facebook.com/strokefoundation)
-  [@strokefdn](https://twitter.com/strokefdn)
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#### How to get more involved

-  **Give time** – become a volunteer.
-  **Raise funds** – donate or hold a fundraising event.
-  **Speak up** – join our advocacy team.
-  **Leave a lasting legacy** – include a gift in your Will.
-  **Know your numbers** – check your health regularly.
-  **Stay informed** – keep up-to-date and share our message.