

Annual Review

2019



Stroke survivor Shannon Nelson (front right) with her family.



From the President and Chief Executive Officer

Thank you for standing with us as we take action to prevent stroke, save lives and enhance recovery.

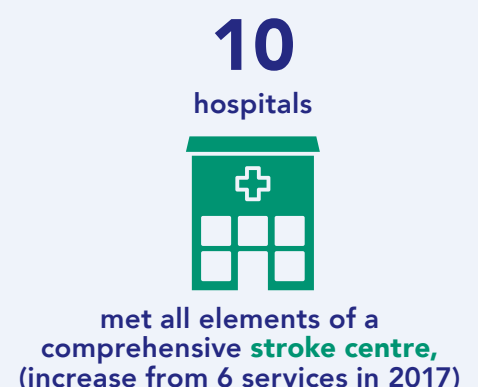
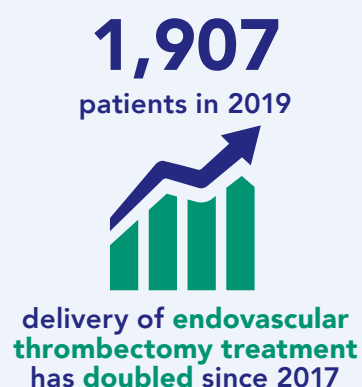
Every breakthrough begins with a vision. Our vision at Stroke Foundation is a world free from stroke, our plan to deliver it is Strategy 2022. We remain focused on our goal to prevent stroke, save lives and enhance recovery by innovating at every stage of the stroke journey.

Thanks to our generous donors, our work is ensuring people not only survive a stroke but thrive in their recovery. We have seen and supported some of the major breakthroughs in stroke research in recent years. But there is so much more that needs to happen to achieve our vision and with your help we can be part of the next 'game changer' to transform stroke treatment and recovery.

We know more than 80 percent of strokes can be prevented. Yet stroke is still one of Australia's biggest killers and a leading cause of disability. It is estimated more than 56,000 strokes were experienced in Australia during 2019. Worryingly, the number of strokes experienced by Australians continue to increase as our population grows and ages and lifestyles become more sedentary. Adopting a healthy lifestyle is a challenge. With knowledge and support, we are enabling the community to make progress towards this goal and reduce the burden of stroke for future generations. We remain ambitious for the outcomes we can achieve during the second half of our plan.

We will continue to build on solid foundations in prevention, treatment, research and support to deliver long term improvements and positive outcomes for survivors and their families.

State of Acute Stroke Care 2019



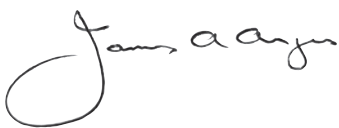
With your support, we saw some major projects reach key milestones during 2019. In partnership with the National Heart Foundation we co-designed The National Strategic Action Plan for Heart Disease and Stroke. The Action Plan provides a roadmap for our organisations to work with Federal and State Governments to reduce the impact of stroke and heart disease on the individual, the community and the health care system. The Action Plan includes policy recommendations and will shape how key health organisations work together to improve the overall health of the community.

Consumer, clinician and researcher engagement was central to the development of the Action Plan and ensures the final document has support of the community, especially those who have been affected by heart disease or stroke.

In 2019, we strengthened several key partnerships including our involvement in Australia's first Stroke Ambulance or Mobile Stroke Unit (MSU) based in Melbourne. Our long term vision is to see 'stroke capable' ambulances rolled out across the country. We also forged new collaborations including one with Ryman Healthcare to establish a mobile health screening service in Victoria. We recognise the enormous value in such partnerships and are confident they will boost our mission's impact when combined with the incredible work of our staff and volunteers.

The journey we are on is a long one and we can't achieve our goals without the continued and vital support of our amazing volunteers. Many of our volunteers have a lived experience of stroke and are the face of the Stroke Foundation in the community.

We thank our Board and Committees for their time, expertise and advocacy for our mission. We thank our staff for their commitment and hard work and our loyal supporters for saving and improving lives, every single day.



Professor James Angus AO
President



Sharon McGowan
Chief Executive Officer



“

Stroke is one of Australia's greatest health challenges. I am proud to be a long-term Ambassador of Stroke Foundation. I have had the privilege of witnessing world-leading innovations which are improving stroke outcomes for Australians.

I have been particularly impressed by the Stroke Ambulance and its ability to deliver emergency stroke treatment in the 'golden hour'. I also admire the ambition Stroke Foundation and the broader stroke community have in taking emergency diagnosis and treatment to the skies, in a world first, with a stroke air ambulance. This breakthrough would transform emergency stroke treatment for regional Australians, saving lives and reducing disability. The potential benefits will extend well beyond stroke.

There is much to be excited about and I thank you for your joining me in supporting the Stroke Foundation to continue on its mission to prevent stroke, save lives and enhance recovery.

”

General the Honourable Sir Peter Cosgrove AK CVO MC (Retd)
Stroke Foundation Ambassador

61%
of patients in 2019



received a **rehabilitation assessment**

69%
of patients in 2019



received a **discharge care plan** compared with 65% in 2017

Goal 1: Fewer preventable strokes in Australia

As our population ages and our lifestyle becomes more sedentary the incidence of stroke is increasing. However, more than 80 percent of strokes can be prevented. This means many people can take steps to manage their stroke risk factors by living a healthy lifestyle.

With your support, Stroke Foundation is increasing knowledge of stroke risk factors. This is the first step towards improved understanding of stroke risk factors and how to manage them. In time, this will lead to fewer preventable strokes and a healthier Australian community.

Health Checks

- › Launched on World Stroke Day (October 29), Stroke Foundation and SiSU Health Group released Australia Under Pressure – Australia’s Biggest Blood Pressure Check Report.

The report was based on data from more than 500,000 free health checks delivered on 400 SiSU digital Health Stations around the nation. It found 15 percent of participants had high blood pressure (hypertension). Men were found to be at higher risk than women.

Encouragingly, the report found a 60 percent reduction in high blood pressure in people who had more than one health check on a SiSU Health Station over time. This shows, with knowledge, Australians will take action to improve their health.

Research shows the number of strokes worldwide could be almost cut in half (48 percent) if high blood pressure alone was eliminated.

- › Coinciding with World Stroke Day, the Victorian Blood Pressure (BP) Van, delivered in partnership with Ryman Healthcare, was launched.

The innovative service offers free five-minute health checks conducted by a trained health professional in support of the Stroke Foundation’s Australia’s Biggest Blood Pressure Check campaign. The mobile health check service includes a blood pressure check as part of an overall stroke and type 2 diabetes risk assessment.

Health Promotion Advisory Sub-committee

The Health Promotion Advisory Sub-committee was established in 2019 to provide expert advice and input supporting Stroke Foundation in its increased focus on prevention.

My Health for Life

194,403 Queenslanders benefitted from the free My Health for Life program. The program identified **58,378** Queenslanders to be at high risk of stroke and other chronic diseases.

People identified as having a high or moderate risk during the My Health for Life program check were referred to a lifestyle modification program.

A total of 9,050 Queenslanders identified at risk of stroke completed the program in 2019, helping

F.A.S.T. Signs of Stroke Education

- › Almost 20,000 Australians received life saving F.A.S.T. (Face, Arms, Speech and Time) and stroke prevention messages from Stroke Foundation StrokeSafe Speakers.

StrokeSafe Speakers program delivered a record 681 presentations to community groups, events and workplaces in 2019, a 46 percent increase on 2018.

- › With the support of the Tasmanian Government, F.A.S.T. community education expanded in 2019 to focus on The Huon Valley and Launceston in Tasmania. This built on the existing program in the south west of Western Australia (Bunbury and surrounds).
- › Funding was secured from the Australian Government as part of the National Action Plan for Heart and Stroke for a targeted campaign to be delivered in 2020.

Promoting Healthy Lifestyles

- › More than 4,000 stroke education and lifestyle messages were generated and shared across social media, television, print, radio and online mediums in 2019. Messages reached more than 95 million Australians (many on more than one occasion).
- › More than one million Stroke Foundation website sessions in 2019, disseminating stroke prevention, treatment and care messages. While our social media community grew by almost 10,000 new followers to 55,000.

to improve their health and reducing their risk of developing chronic disease. This was more than double the amount of 2018’s participants.

Funded by the Queensland Government, this program is delivered by Diabetes Queensland in partnership with the Stroke Foundation, National Heart Foundation, Queensland Aboriginal and Islander Health Council, Ethnic Communities Council of Queensland and Queensland Primary Health Networks.



Helen Keramides

Stroke survivor

It's been two years since Helen's stroke. Helen was a hairdresser for almost 40 years and describes herself as a social and creative person.

"Hairdressing was a job I loved, but since my stroke I'm unable to cut hair because I don't have the movement needed in my hand," Helen said.

"At first, my stroke was really difficult to come to terms with. I went from being a busy, independent mother of three boys to feeling lonely and too frightened to leave my bedroom if nobody else was home.

"But my eldest son stepped up and took on responsibility for his younger brothers to help me focus on my recovery."

Determined to prevent another stroke, Helen has changed her lifestyle. Helen has given up alcohol and cigarettes, is walking more, ensures she takes her blood pressure medication like clockwork and has reduced her stress levels.

"My recovery's been hard. It's still hard, but there is life after stroke," Helen said.



500,000 free health checks delivered in partnership with SiSU Health Group



681 StrokeSafe Speaker Program presentations delivered



4,081 media mentions with a reach of 95 million



55,000 social media followers (10,000 new)

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

New life saving treatments, now being implemented mean survivors of stroke have a better chance of recovery. Medical breakthroughs such as endovascular thrombectomy or clot retrieval are only possible with the dedication of researchers and the generosity of our supporters.

Together, we continue to make progress towards ensuring all Australians have access to evidence-based stroke treatment and care.

Stroke Ambulance

Australia's only Stroke Ambulance or Mobile Stroke Unit (MSU) has slashed treatment times, improving outcomes for stroke patients in Melbourne.

After two years of operation, the Stroke Ambulance recorded:

- › 2,700 dispatches.
- › More than 480 brain scans.
- › More than 108 patients had thrombolysis (blood clot-dissolving) medication.
- › Treatment times were 61 minutes faster than the average hospital treatment times nationally. This is an incredible achievement because for every 15 minutes saved in giving thrombolysis, the patient gains approximately one month of healthy life.

Funded in part by your donations, the Stroke Ambulance is a purpose-built ambulance with onboard brain scanner and staffed by a neurologist, nurse, radiographer and two paramedics.

Stroke Foundation is working with our partners to have more stroke ambulances rolled out across Australia.

Clinical Guidelines

In an Australian first, the Clinical Guidelines for Stroke Management, officially entered 'living' mode.

This three-year pilot project harnesses innovations in software, data systems, machine learning, citizen science and co-production to enable continuous evidence surveillance and near real-time updating of clinical practice guidelines.

The aim is to rapidly bring health and medical research discoveries in stroke to point-of-care and decision-making by clinicians at the bedside. The project team has assembled a panel of almost 90 health professionals, and 26 stroke survivors and carers to assist in creating these living guidelines.

Health professionals clocked up 93,482 page views of Clinical Guidelines on Stroke Foundation website InformMe.

The project is delivered by the Australian Government in partnership with Stroke Foundation and Cochrane Australia.

- › The first ever Australian guidelines for childhood stroke rehabilitation were launched in 2019. Stroke Foundation hailed this as a step forward in improving the lives of our youngest stroke survivors.

The Subacute Rehabilitation of Childhood Stroke Clinical Guidelines were developed by researchers and health professionals from the Murdoch Children's Research Institute and Victorian Paediatric Rehabilitation Service.

Australia is aiming to become the first country in the world with a stroke capable ambulance fleet. This includes a stroke air ambulance.

The Australian Stroke Alliance research program, of which Stroke Foundation is a member, was awarded a \$1 million grant to develop the business case for a stroke capable ambulance fleet. Funds were provided as part of the Australian Government's Medical Research Future Fund Frontiers initiative. This project brings together experts from more than 30 of our leading health and academic institutes and charities.

If successful at Stage 2, the Australian Stroke Alliance research program will develop lightweight mobile brain imaging equipment and a telehealth stroke network to transform access to stroke specialists for rural and remote communities. This will ensure no postcode in Australia is left untreated for stroke.





Felix Schibeci

Stroke survivor

It was the day after Valentine's Day when Felix Schibeci, 72, almost lost his life.

Felix was at his home in Melbourne, on his knees with a hammer in his hand when he screamed out to his wife Ina.

Paralysed down one side, Felix couldn't speak. He tried to mouth the word 'stroke', but Ina had already called an ambulance.

The Stroke Ambulance crew moved Felix into the ambulance. Onboard scanning allowed the type of stroke to be diagnosed immediately. Clot busting treatment was given in his driveway, possibly saving his life.

In hospital, Felix went straight into surgery to remove the clot in his brain. Five hours later, the father of six and grandfather of 11 was awake and in recovery.

"I consider myself very lucky. I have known others who have had strokes, and I know the damage they can do, but my recovery has been remarkable," Felix said.

Since his stroke, Felix doesn't rush around anymore. His joy is family, cooking, gardening – and telling the tale of his stroke survival.

The Stroke Ambulance has been operating since November 2017. It is the only one of its kind in Australia.



2,700 dispatches since operation of Australia's Stroke Ambulance



Stroke Ambulance delivers treatment 61 minutes faster than average hospital times



Clinical Guidelines for Stroke Management reaches 'living' mode



93,482 page views of Clinical Guidelines on InformMe website

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

Stroke is insidious. It attacks the brain and can change lives in an instant, not only for the person who had a stroke, but their loved ones too. Recovery can be long and challenging, both physically and mentally. Stroke Foundation is ensuring practical tools and programs are available to provide survivors and their loved ones with the confidence and support they need to live well.

My Stroke Journey

My Stroke Journey provides survivors and their loved ones with information about the transition home and onto recovery. Developed by the Stroke Foundation, the booklet is provided free of charge. The latest version launched in July 2019. This answers common questions, features survivor and carer stories and is easy to read and to navigate.

- › 22,160 people received a copy while in hospital.
- › 250 hospitals delivered My Stroke Journey to stroke patients.

Our Family's Stroke Journey

Between 300 to 500 babies and children will have a stroke in Australia this year. With the generous support of our donors, we are developing Our Family's Stroke Journey – an information pack for parents and families of childhood stroke survivors.

Partnerships have been an important part of delivering Our Family's Stroke Journey. Our collaboration with Little Stroke Warriors, along with paediatric stroke health professionals and researchers across Australia, has been crucial for success. Our Family's Stroke Journey will be launched in 2020 and copies will be provided freely to major paediatric hospitals.

Community Building

- › EnableMe, Australia's largest online stroke support community and information resource, continues to go from strength to strength. It now has 7,696 registered users, including stroke survivors, their families and carers. In 2019, users and visitors to the website accessed 381,671 pages of information.
- › EnableMe podcasts were played 13,200 times, with the episode on hidden disability receiving the most engagement with 1,315 plays.

- › 3,470 stroke survivors, their families and carers had their calls for help answered by StrokeLine. Thanks to your generous support, this national helpline is staffed by a team of health professionals. StrokeLine provides confidential information, advice and support to help those impacted by stroke on the recovery journey.
- › Funded by the Australian Capital Territory Government, Stroke Foundation's telephone follow up service helped 187 stroke survivors. The service focusses on secondary stroke prevention, mental wellbeing and linking with their local community health services.
- › StrokeConnect, the telephone follow up service funded by the Queensland Government, had 1,401 referrals into the program from 22 hospitals in the first half of 2019. Unfortunately, this service ceased in June 2019 when the program funding was not renewed.
- › With the support of a grant from the National Disability Insurance Agency (NDIA) a new resource was launched in July to support stroke survivors navigating the National Disability Insurance Scheme (NDIS).

This resource has been accessed by 5,709 people and includes a video series featuring young stroke survivors, carers, health professionals, advocates and local area coordinators.

- › The Stroke Outreach Program (StOP) in Tasmania provided a telephone follow up service to 93 people, thanks to State Government support. StOP is a new approach to the telephone follow up service built on learnings from working with health services, clinicians and consumers over the past seven years in other states and territories.

StOP delivers planned, individualised and coordinated education at key points along the Transient Ischemic Attack (TIA) or stroke journey. It contacts people when they are most likely to take action to reduce their risk of subsequent stroke, but often lack the knowledge and skills needed.

National Stroke Week

The 17th annual National Stroke Week was held from 2 – 8 September 2019. Stroke Foundation focused on F.A.S.T. heroes, the people who recognised the signs of stroke and called an ambulance straight away, potentially saving a life.

More than 2,000 events were held across the country with health organisations, workplaces, community groups and individuals taking part.

Participants hosted awareness activities, conducted health check events and raised funds over the month of September.

Media Mentions

- › 785 media mentions.
- › 10,787,362 Australians received the National Stroke Week message.



Sandra Lever

Stroke Care Champion 2019

Stroke Care Champion Sandra Lever is passionate about improving the lives of stroke survivors.

The New South Wales Clinical Nurse Consultant in Rehabilitation was recognised as the 2019 Stroke Care Champion for her exceptional commitment to care.

Sandra, who is the Co-Chair of the Agency for Clinical Innovation (ACI) Rehabilitation Network, said she was fortunate to love her work.

"My career in rehabilitation began at a time when there was very little evidence about improving the lives of people after a stroke. I remember thinking so much more could be done," Ms Lever said.

"I have been inspired by many extraordinary health professionals throughout the years along with incredible stroke survivors who have demonstrated courage and determination.

"Being recognised with this award is an honour and it encourages me to continue working towards making a positive difference in stroke rehabilitation care."

Sandra has conducted research into patient relationships and intimacy after stroke, recognising stroke recovery extends well beyond learning to walk and talk again.



3,470 calls for assistance answered by StrokeLine



22,160 people received My Stroke Journey



Our Family's Stroke Journey is in development



EnableMe podcasts were played 13,200 times

Year in review



Community Fundraising



Stride4Stroke



Advocacy





National Stroke Week



SHANNON NELSON
STROKE SURVIVOR



Media



"A stroke at 34 almost killed me"

When radiographer Kats Corner collapsed, she feared it might be a stroke and knew her chances of survival were slim. Now she wants more women to be aware of the warning signs...



STROKE RESEARCH
ALISON ARIOTTI
REPORTING



Victorian BP Van, delivered in partnership with Ryman Healthcare



Goal 4: Champion research in stroke

Stroke is a devastating disease and too many Australian lives are impacted when we know it can be prevented, treated and beaten. To beat stroke, we need high quality, evidence-based research. Research takes time, persistence and a great deal of funding.

This year there will be more than 56,000 strokes in Australia – that’s one stroke every nine minutes. Globally, one in four people will have a stroke in their lifetime.

Our donors enable us to support early and mid career stroke researchers. With these funds, Stroke Foundation is supporting researchers to bring their big ideas to life, with the potential to save lives, reduce disability and benefit generations to come.

Research Grants

In 2019, Stroke Foundation awarded four Early Career Researcher Seed Grants of \$50,000 each. In 2019, two grants focused on improving quality of life for stroke survivors by better supporting carers. The majority of those who survive stroke will return home, with care needs falling on their parents, spouse, children or siblings. The sudden and abrupt nature of stroke places huge demands on these loved ones.

Recipients:

- › **Dr Joosup Kim, Monash University**, Understanding long term community support provided by primary care.
- › **Dr Kirstine Shrubsole, Southern Cross University**, Implementing Conversation Partner training with Carers of People with Aphasia: A pilot implementation study.
- › **Dr Elizabeth Lynch, The University of Adelaide**, Where to go and what to do? Supporting carers of stroke survivors to get tailored information to meet their needs.
- › **Ms Emily Ramage, The University of Newcastle**, Physical activity and dietary interventions to reduce secondary stroke risk: The ENable Pilot Randomised Control Trial.

Research Community

Stroke Foundation welcomed the awarding of \$1 million ‘Return to Life, Return to Work’ grants. These Australian Government Grants, were funded by the Medical Research Future Fund and implemented by Stroke Foundation. Invested in the future of stroke survivors of working age, the research package included Australia’s first multicentred clinical trial of Perispinal Etanercept in chronic stroke.

Grant recipients:

- › **Professor Vincent Thijs, Florey Institute of Neuroscience and Mental Health** – Perispinal Etanercept to improve Stroke Outcomes (PESTO).
- › **Professor Natasha Lannin, Monash University** – Does an embedded vocational rehabilitation intervention improve employment outcomes above and beyond standard stroke rehabilitation?

The Stroke Foundation Research Program aims to build capacity in the stroke research workforce.

It was pleasing to see National Health and Medical Research Council (NHMRC) grant recipients in 2019 included four researchers previously funded by the Stroke Foundation’s own Research and Innovation program; Professor Bruce Campbell, Associate Professor Jacqui Webster, Associate Professor Elif Ekinci and Professor Mark Parsons.

This funding built on Stroke Foundation’s investment in these minds.

Stroke Foundation Health Promotion Advisory Sub-committee Chair Associate Professor Seana Gall was also funded in the NHMRC grant round.

Research Projects

Stroke Foundation assisted 51 research projects to recruit participants in 2019. This highlights trust and strong connections the organisation has established with those living with stroke and research communities.





Dr Karen Borschmann

Tim Glendinning Memorial Fund for Young Adult Stroke Grant Recipient

In 2018, Dr Borschmann was awarded the Tim Glendinning Memorial Fund Seed Grant, made available through the Stroke Foundation. Dr Karen Borschmann is working with a team of researchers to develop better health and support services for young stroke survivors.

Around 20 strokes a day impact working age Australians, yet their needs often go unmet because the health system is not equipped to deal with them.

Dr Karen Borschmann, who is based at the Florey Institute of Neuroscience and Mental Health, said this project involved speaking to young people with stroke, their families and other supporters about what was important to them to help in their recovery.

"We will soon launch an Australia-wide review of which health services exist for young people with stroke," Dr Borschmann said.

The final phase of the project will be to work with young stroke survivors to amalgamate research findings to help prioritise what should be included in a new health service model specifically designed for younger people. The aim is for survivors to regain independence, live well and return to work.

"I am thankful for the Glendinning family's generous donation, and support from other donors into this Fund, which has allowed this important work to take place," Dr Borschmann said.



Four \$50,000 Early Career Researcher Seed Grants awarded



\$1 million awarded for 'Return to Life, Return to Work' grants



NHMRC grant recipients included four researchers previously funded by Stroke Foundation



Stroke survivors participated in 51 research projects

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

The work of Stroke Foundation would not be possible without the support and commitment of our donors. This means we can continue to make a positive difference for the stroke community – from survivors to their families, dedicated health professionals and researchers.

We know our donors want us to manage the money they donate responsibly and effectively. We are honoured with this trust and continue to ensure we use these funds to achieve the greatest impact and improvement in treatment and support for the largest number of stroke survivors.

Volunteers

Volunteers are a vital part of the Stroke Foundation. Their economic, social and cultural impact is evident across the organisation. Volunteers make a unique and important contribution; are part of the community we serve, provide different points of view and bring experience and expertise not otherwise available to Stroke Foundation.

Some 289 volunteers generously contributed 15,304 hours to Stroke Foundation in 2019 from StrokeSafe Speakers, to donor experience, reception, public affairs and advocacy and various committees. We simply couldn't achieve all that we do without our volunteers.

Stride4Stroke

Stride4Stroke had an incredible year, with 953 people taking part – that's 300 more than in 2018.

Stride4Stroke is Stroke Foundation's annual physical activity fundraising campaign. Participants set their own fitness goals and got moving – from walking in rehab, to running, cycling, swimming and two even jumped out of a plane.

More than \$224,000 was raised to support Stroke Foundation programs.

Fun Runs

In 2019, the stroke community embraced fun runs across the country as a key fundraising method. A total of 402 people participated, raising \$185,044.

Governance

Since its incorporation in 1996, the Stroke Foundation has been governed by an independent Board of Directors. The Board is comprised of stroke clinicians, researchers, successful business people and stroke survivors. The Board is supported by the expertise of leading health professionals in stroke on our Clinical Council, Research Advisory Committee and the new Health Promotion Advisory Sub-committee. It is also informed by stroke survivors and carers who advocate for those with lived experience of stroke as part of our Consumer Council.

Stroke Foundation's corporate performance is overseen by the Audit, Finance, Investment and Risk Committee and the Governance and Nomination Committee which include financial, risk and investment experts from the business world.





Kevin English

Stroke survivor, StrokeSafe Ambassador, Advocate and 2019 Volunteer of the Year

Kevin had a stroke while living in Singapore with his family.

"Following my stroke, I was not able to return to my old job but still wanted to make a positive contribution to my community. I trained as a StrokeSafe Ambassador in 2013 and have loved being able to educate others on the F.A.S.T. message ever since," Kevin said.

Since joining as a volunteer, Kevin has given presentations to many workplaces and community groups, represented others on the Stroke Foundation Consumer Council, and even made podcasts about travel after stroke. Kevin has shared his experience in videos and in media, and tirelessly advocates for people with stroke to receive improved treatment and care.

"I get enormous satisfaction from volunteering. I am passionate about raising awareness about stroke prevention. I hope to spread these important messages to as many people as possible to prevent them from going through the traumatic experience of a stroke," he said.

Kevin was recognised as the 2019 Volunteer of the Year, for his tireless work to reduce the impact of stroke on the community. His experience, dedication and insights continue to inspire us.



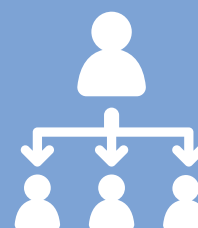
289 volunteers
contributed 15,304
hours of service



953 people took part in
Stride4Stroke raising
\$224,000



402 people participated
in fun runs raising
\$185,044



New Health Promotion Advisory
Sub-committee formed

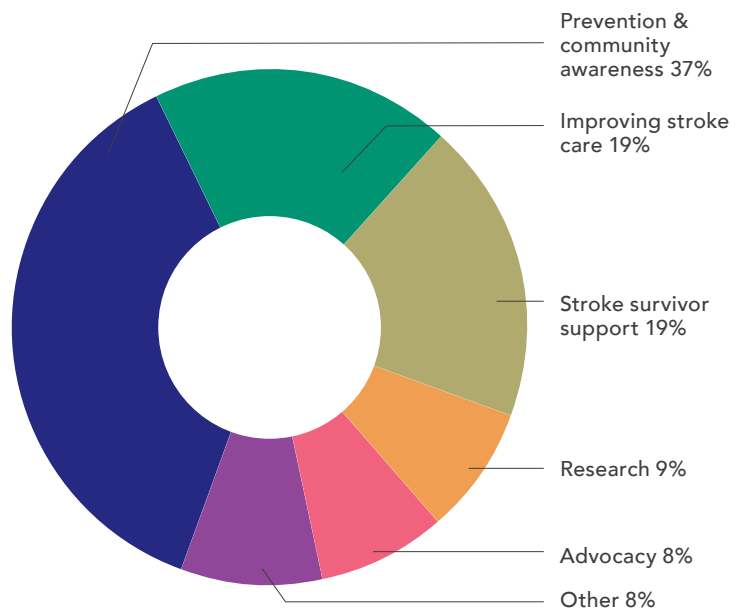
Financials

Stroke Foundation's total income was stable at \$15.5 million, a small decrease of \$0.3 million on the previous year. This included continued diversification of income streams enabling the organisation to be more resilient to changes in economic conditions and more adaptable to changing priorities from both private and public funders.

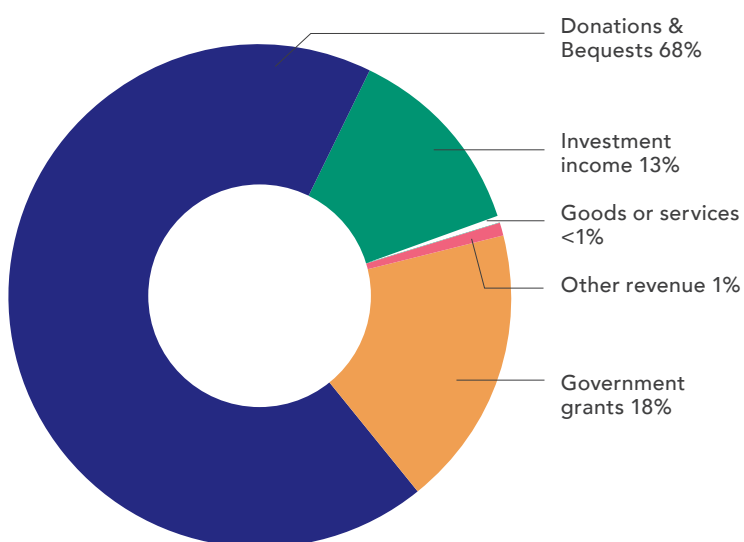
Highlights:

- › Increased spending on research (up \$0.5m, an increase of 163% over 2018), part-funded by the Medical Research Future Fund and Endowment fund grants.
- › Additional funding of \$1.0m over three years from the National Disability Insurance Agency to build innovative ways to increase the independence, social and community participation of people with a disability and their individual capacity to live a full life.
- › Continued investment in the regular giving donor acquisition strategy.

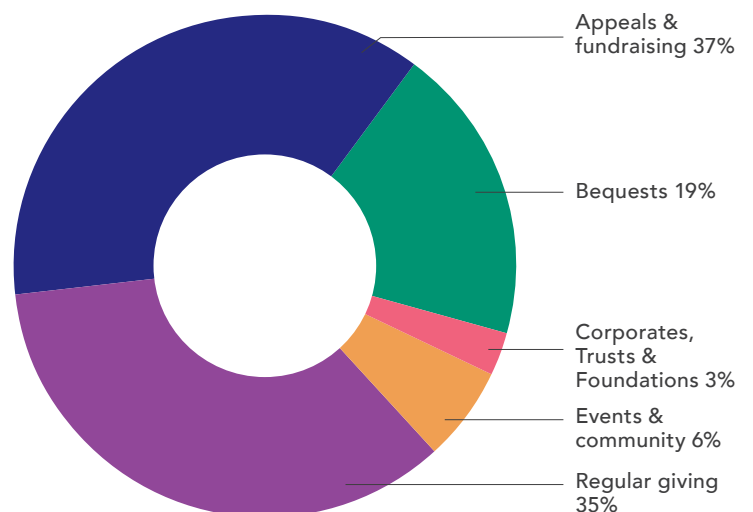
Program support 2019



Sources of income 2019: \$15.5m



Donations and Bequests 2019: \$10.5m



View our full audited financial report at 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.

Ambassadors who champion our cause.

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.



Creative Award Winner – Proudly sponsored by Marmalade.

Lynette “Saxy Lady” Gordon-Smith (QLD) – recognised for proving health professionals wrong by successfully playing her saxophone after stroke. Lynette’s performances and CDs raise money for the Stroke Foundation.



Fundraiser of the Year Award Winner – Proudly Sponsored by Precision Fundraising

Jo Cordell Cooper (TAS) – recognised for establishing Tasmanian Iconic Walks, a fundraising trek through the Tasman National Park. Jo and her team have raised more than \$50,000 in two years.



Courage Award Winners

Tracy and Stephen Ward (NSW) – recognised for tenacity in recovery from stroke and ongoing advocacy efforts. This included playing a key role in securing Australian Government funding for stroke research and providing a voice for people affected by stroke in regional Australia.



Volunteer of the Year Award Winner

Kevin English (VIC) – recognised for his ongoing work with Stroke Foundation as a member of the Consumer Council, StrokeSafe Ambassador and commitment to stemming the tide of stroke.



Improving Life after Stroke Award Winner – Proudly Sponsored by Australian Physiotherapy Association

Stephanie Ho (NSW) – recognised for giving back to the community after her own stroke through participation in stroke and rehabilitation boards, public speaking and supporting young stroke survivors.



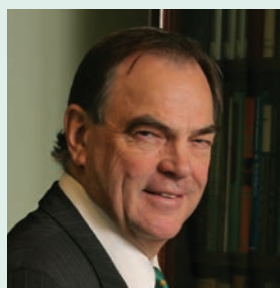
President's Achievement Award Winner

Professor Dominique Cadilhac (VIC) – for her extensive contributions to stroke research and public health policy.

Thank you to all our supporters



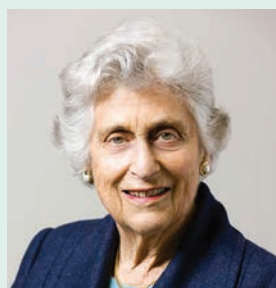
Patron-in-Chief
His Excellency General
the Honourable David
Hurley AC DSC (Retd)



Patron
Mr David Brownbill AM



Patron
Sir Gustav Nossal AC CBE



Patron
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Ambassador
General the Honourable
Sir Peter Cosgrove
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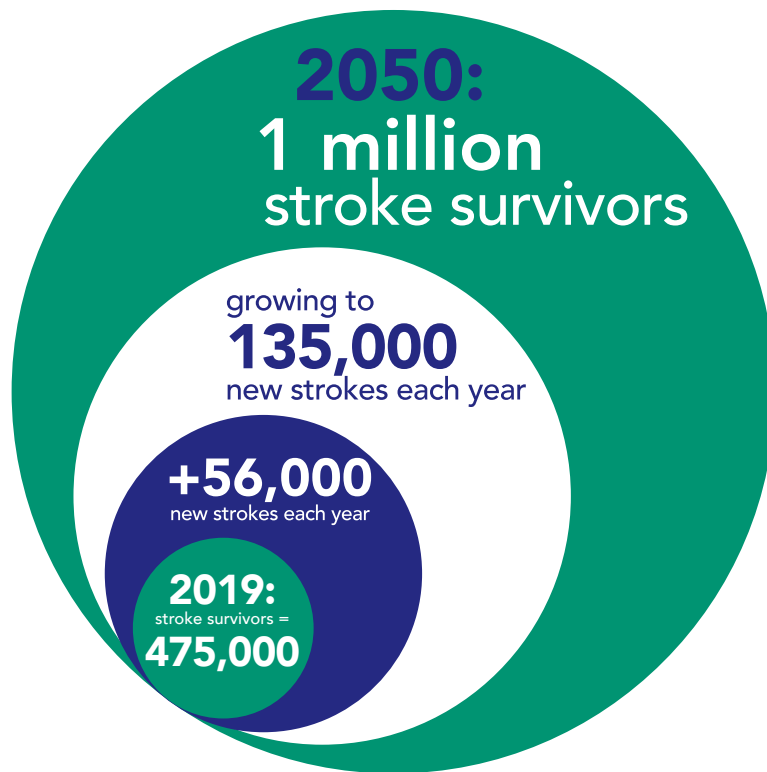
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-  **Speak up** – join our advocacy team.
-  **Leave a lasting legacy** – include a gift in your Will.
-  **Know your numbers** – check your health regularly.
-  **Stay informed** – keep up-to-date and share our message.