

PRESS RELEASE

EMBARGOED UNTIL 27 OCTOBER

Stroke Support Station (S3) Launches Singapore's First Community-based Brain Health and Memory Training Programme

Extends holistic stroke recovery programmes to the community

27 October 2017 – Stroke Support Station (S3) has launched Singapore's first community-based Brain Health and Memory Training Programme (BHMT) specifically adapted for stroke survivors to help them improve brain health, memory and cognition, caused by the stroke incident. This announcement was made at the S3 Open House today, supported by partners including National University Health System (NUHS), National University Hospital (NUH), Tote Board, Enabling Village, POSB, NTUC FairPrice and is graced by Mr. Chee Hong Tat, Senior Minister of State, Ministry of Health and Ministry of Communications and Information. Additionally, S3 also introduced the WALK-ON at S3 programme, which uses a combination of technologies and data analytics to help stroke survivors improve their walking speed, stamina and stability.

The Open House serves as an opportunity to raise greater awareness of the various new S3 programmes, designed to serve the unmet needs of stroke survivors in the community to regain independence more effectively.

Brain Health and Memory Training Programme

Stroke is the number one cause of long term disability in Singapore. Apart from physical impairment, approximately 50% of all stroke patients develop memory and thinking problems within the first year of their stroke. These problems can affect daily functioning, disempowering stroke survivors from regaining independent functioning and resuming their social and occupational roles.

Led by Dr. Catherine Dong, the Brain Health and Memory Training (BHMT) programme at S3 is based on her translational research from the award-winning NUH Memory Clinic Brain Health Programme (Clinical Innovation Award from Australasia Society for the Study of Brain Impairment, June 2017). Dr. Dong is a Visiting Neuropsychologist at NUH Memory Clinic, and a clinician scientist with NUS Yong Loo Lin School of Medicine, a member of NUHS. It is the first community-based and community-led memory training programme adapted specifically to the needs of stroke survivors. Supported by the Tote Board – Enabling Lives Initiative Grant,

the programme will be led by the community, with guidance and support from medical professionals.

All stroke survivors who register for the BHMT programme will be given a neuropsychological assessment before they are recommended specific programmes to help in their brain health. The programmes will be conducted in small groups with their caregiver, to optimise their cognitive functioning, allowing them to better recall information, improve attention, planning and organisational skills. Besides preventing cognitive decline, the programme also helps stroke survivors regain independent functioning and resume their social and occupational roles.

WALK-ON at S3 Programme

Additionally, the WALK-ON at S3 programme in partnership with BODYENGINEERING, provides adaptive fitness with the help of several technologies and data analytics to improve stroke survivors' walking speed, efficiency and strength. WALK-ON at S3 sessions feature exercises using Anti-Gravity Treadmill, which allow stroke survivors with lower extremity impairments to exercise despite their disability. With their consistent participation, stroke survivors are able to safely bear more of their body weight over time as their limbs regain strength. This helps to rebuild survivors' confidence, and the physical fitness achieved may also prevent recurrent stroke, and ultimately allowing them to re-integrate into the community.

"It is important that we explore innovative solutions to address community long-term support for stroke patients to achieve greater independence and support for the caregivers," said Mrs. Teo Poh Yim, Chairman of Stroke Support Station.

Stroke awareness campaign to commemorate World Stroke Day

Detecting stroke early, and receiving treatment early can reduce functional disability from stroke. Research has shown that acute intravenous thrombolysis administered to a stroke patient within 3.5 hours of the first onset of stroke is proven to yield better functional status in patients. However, only 6 percent of ischemic stroke patients (blocked blood vessels) in Singapore receive intravenous thrombolysis in 2013, with the main reason being that most patients arrive at the hospital beyond the optimum window for treatment. In fact, 55 percent of patients arrive more than 12 hours after the first onset of stroke. Majority of patients did not present themselves in a timely manner because of a lack of awareness of stroke symptoms.

As such and in conjunction of the World Stroke Day, S3 is launching its “Stroke Awareness Campaign” to educate the public about stroke risks and prevention. It is important that the public is reminded about being able to recognise the symptoms of stroke early in order to mitigate the negative impact. S3’s stroke awareness campaign included a public roadshow at Bedok Town Square on 21-22 October, with an exhibition on stroke prevention tips, health monitoring activity, and interactive games for children. Additionally, 10,000 tissue packs with messages on F.A.S.T. were distributed to residents in the East Coast area as part of the community outreach.

The S3 Chopsticks Challenge

S3 is also launching the Chopsticks Challenge – a social media campaign with the aim to show support for stroke survivors by asking the community to pick up fishballs with a pair of chopsticks using their non-dominant hand.

Stroke Support Station (S3) Chopsticks Challenge



Step 1
Film yourself picking up a fishball with your non-dominant hand

Step 2
Now say, “I support stroke survivors and I now challenge (names of three friends) to the S3 Chopsticks Challenge within the next 24 hours. Let’s walk together.”

Step 3
Post it on Facebook and tag your friends. Include the hashtag **#StrokeSupportStation**

Show your support:
www.giving.sg/stroke-support-station

For more details, please visit S3’s facebook at <https://www.facebook.com/StrokeSupportStation/>

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S3: Re-learn & Enjoy Active Living

S3 is a Company Limited by Guarantee (UEN: 201503222G) and a registered charity with an Institute of Public Character (IPC) status.

About Stroke Support Station (S3)

Stroke Support Station is Singapore's first dedicated wellness centre to meet the gap in post-stroke care of stroke survivors and their caregivers in the community. By offering a unique platform for consistent stroke support, education and training, S3 provides its members with resources and coping skills to regain their independence.

S3's unique framework is grounded in the practice of R.E.A.L (Re-learn & Enjoy Active Living) that fosters a conducive environment for all stakeholders involved in the stroke recovery journey.

S3 and National University Health Systems (NUHS) and National University Hospital (NUH) have a partnership to increase the awareness on stroke and advance advocacy to enable an inclusive society and achieve a common vision to address the physical, socio-emotional and psychological needs of stroke survivors and their caregivers in a holistic and sustainable manner.

For more information, visit www.s3.org.sg

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