



European
**Life After
Stroke
Forum**



**10-11
March
2025**

WELCOME

Hosted by



#lifeafterstroke

European
**Life After
Stroke**
Forum

What does advocacy mean to you?

Hosted by
SAFE
STROKE ALLIANCE FOR EUROPE



<https://youtu.be/8S9iDNEO4eM>

A vintage silver microphone is positioned in the lower center of the frame, angled upwards. The background is a soft-focus bokeh of warm, golden-yellow and light blue circular lights, creating a bokeh effect. The microphone has a classic, ribbed grille and a polished metal body.

**BY SURVIVORS,
FOR **ALL**:**

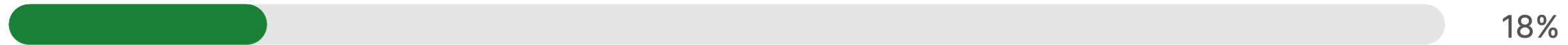
**INCLUSIVE
APPROACHES TO
LIFE AFTER STROKE
PERSONAL
PERSPECTIVES AND
BROADER IMPACT**



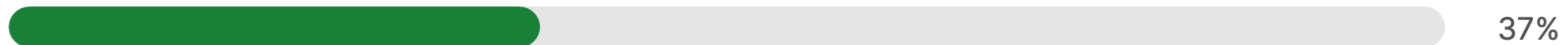
What do you think is the most important result in actively supporting stroke survivors?

Multiple Choice Poll 117 votes 117 participants

Improved policies - 21 votes



Better care - 43 votes



Empowered survivors - 74 votes



Better collaboration - 34 votes

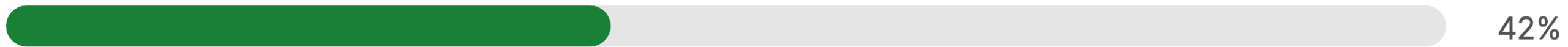




What are the biggest problems with speaking up for changes in stroke care?

Multiple Choice Poll 119 votes 119 participants

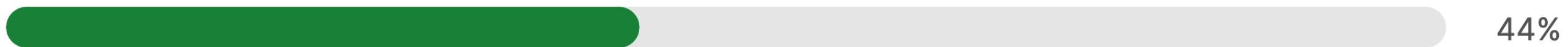
Lack of survivor voices - 50 votes



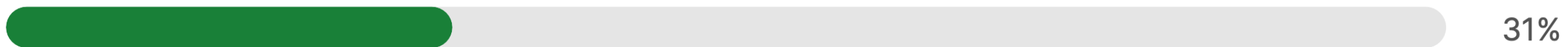
Poor collaboration - 43 votes



Limited resources - 52 votes



Lack of awareness - 37 votes





Do you know about stroke survivors helping other survivors?

Rating Poll

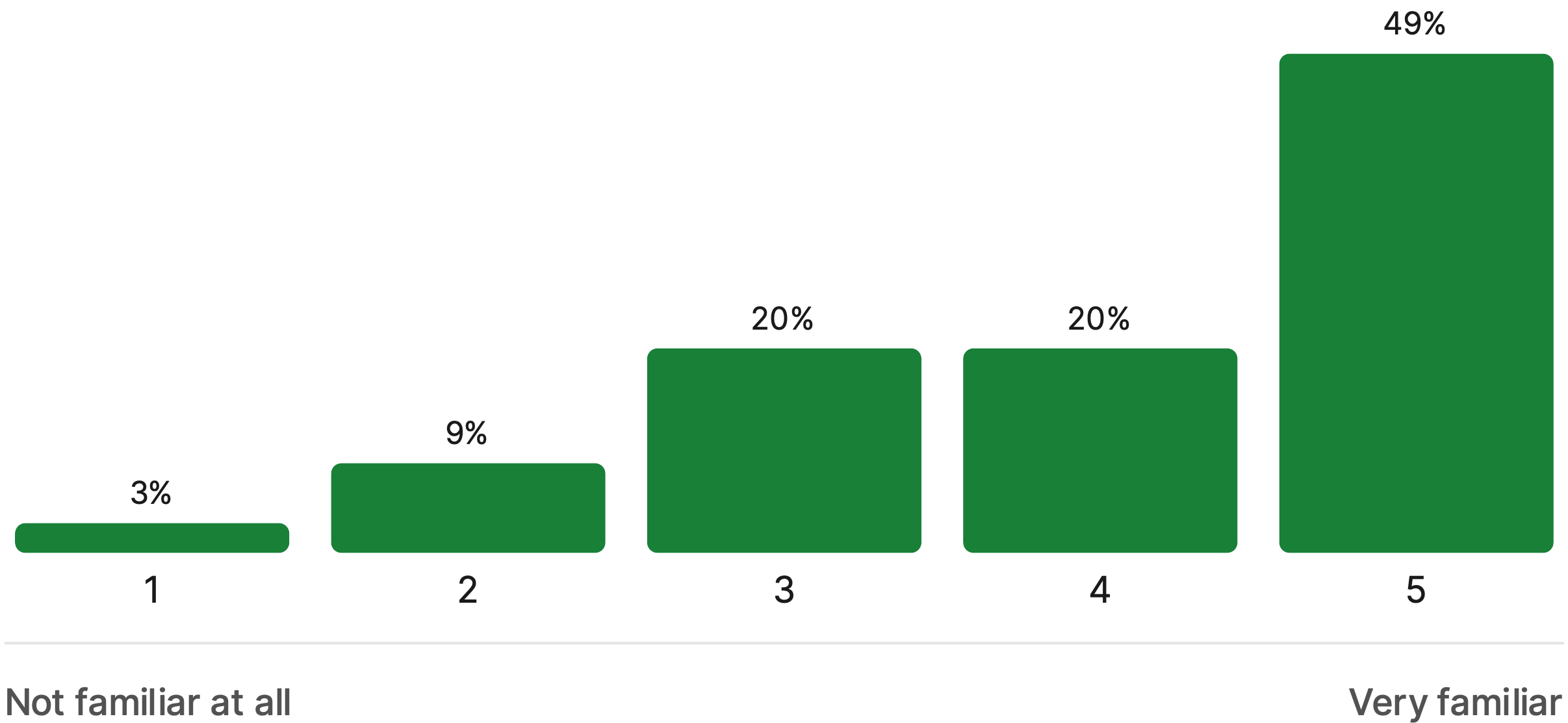


123 votes



123 participants

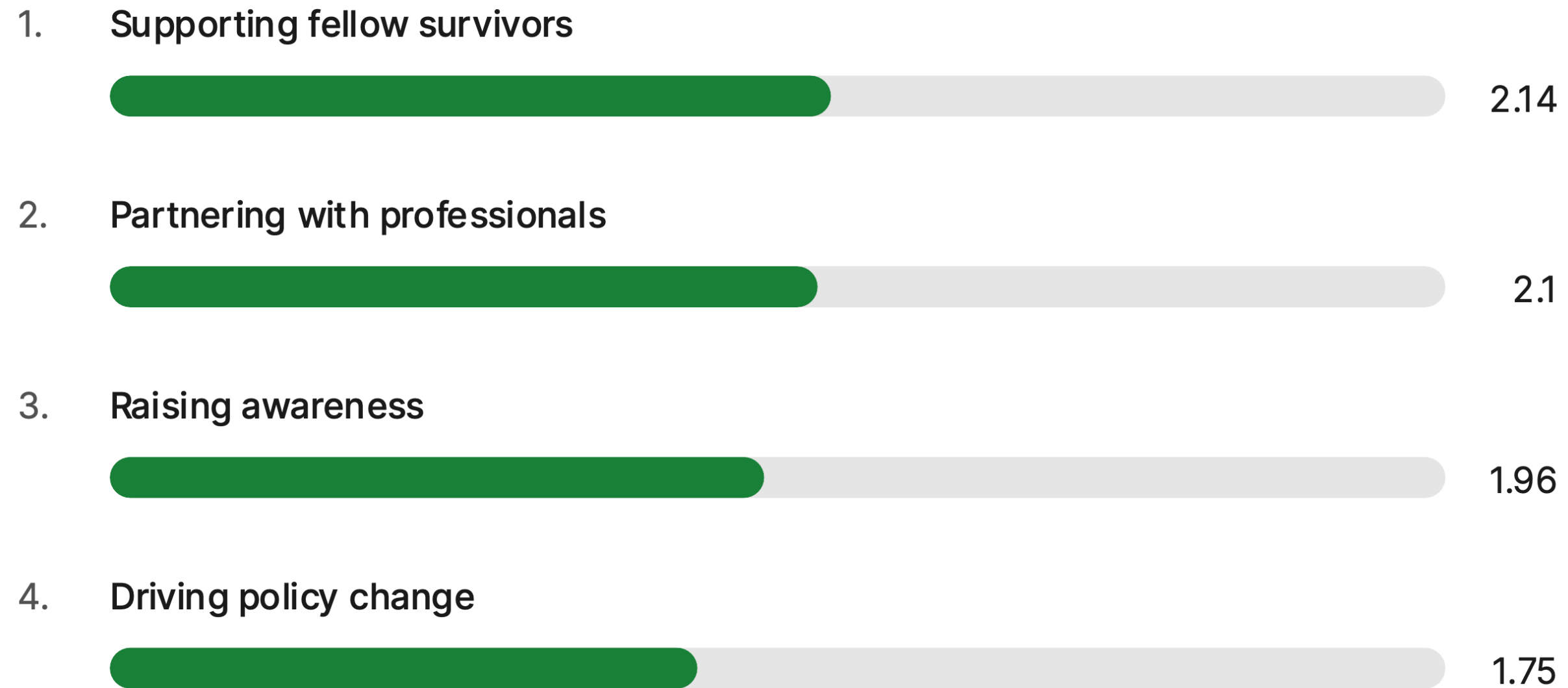
Score: 4





What role should stroke survivors play in improving recovery and care?

Ranking Poll  128 votes  128 participants





**ADVOCACY IN ACTION:
PERSONAL PERSPECTIVES AND BROADER IMPACT.**



GRETHE LUNDE
STROKE SURVIVOR
NORWAY

▶ **STORYTELLING**

I believe in the power of storytelling to better reach the listeners feelings.

▶ **STROKE SURVIVORS AS A LOUD VOICE!**

If you share your personal story, you are more likely to persuade your wanted audience to help your cause.

Stories are remembered more than 20 times more than facts alone

▶ **CHANCE TO IMPROVE**

If stroke survivors and their carers, together with allied health professionals, can work together towards policy makers and other stakeholders we might get a chance to improve care and support for stroke survivors worldwide.

If I can help change the **SYSTEM** by telling my story - I have already won.



DIANA WONG RAMOS,
STROKE SURVIVOR SINCE 2011
PORTUGAL

▶ **FORMER JOURNALIST**

I used to work in a gossip magazine! I knew everything about football players romances', I was invited for the most exclusive parties and sometimes my presence was feared...

▶ **SOULMATE**

I started dating my husband in 1991. We grew up together! Unfortunate coincidence, my stroke happened on our 12th wedding anniversary... Célio was always by my side and helped me “reborn”!

▶ **MOTHERHOOD**

I was 24 years old when my son was born. David is now 23, Madalena 20 and Maria 11. Becoming a mother is a fulltime job, with no day off and lots of challenges to overcome.

▶ **PORTUGAL AVC**

Stroke is the main cause of death and disability in my country. “Portugal AVC”, which I founded in 2016, is the first and only Portuguese stroke survivors and careers support organization.

Carpe Diem and don't forget to **smile!** Embrace Life After Stroke!



MELINDA ROALDSEN

ASSOCIATE PROFESSOR & MD WITH LIVED EXPERIENCE
NORWAY

► BUILDING BRIDGES

It is a privilege to be able to contribute to a small part of a greater understanding, insight into the different perspectives and experiences and building bridges between communities, the academic, the clinical and the lived experience.

► TRUST THE PATIENT, ALWAYS!

To all healthcare professionals that meet stroke survivors I want to recommend to listen carefully and clarify the expectations the patient and carer have before you start and align yourself accordingly.

► FIERCE AND PASSIONATE ABOUT

Working for person-centred care approaches in shaping real-world action plans and policies.

Hopes and **dreams** are motivating and crucial to any accomplishment.





What is your biggest hope for life after stroke advocacy?

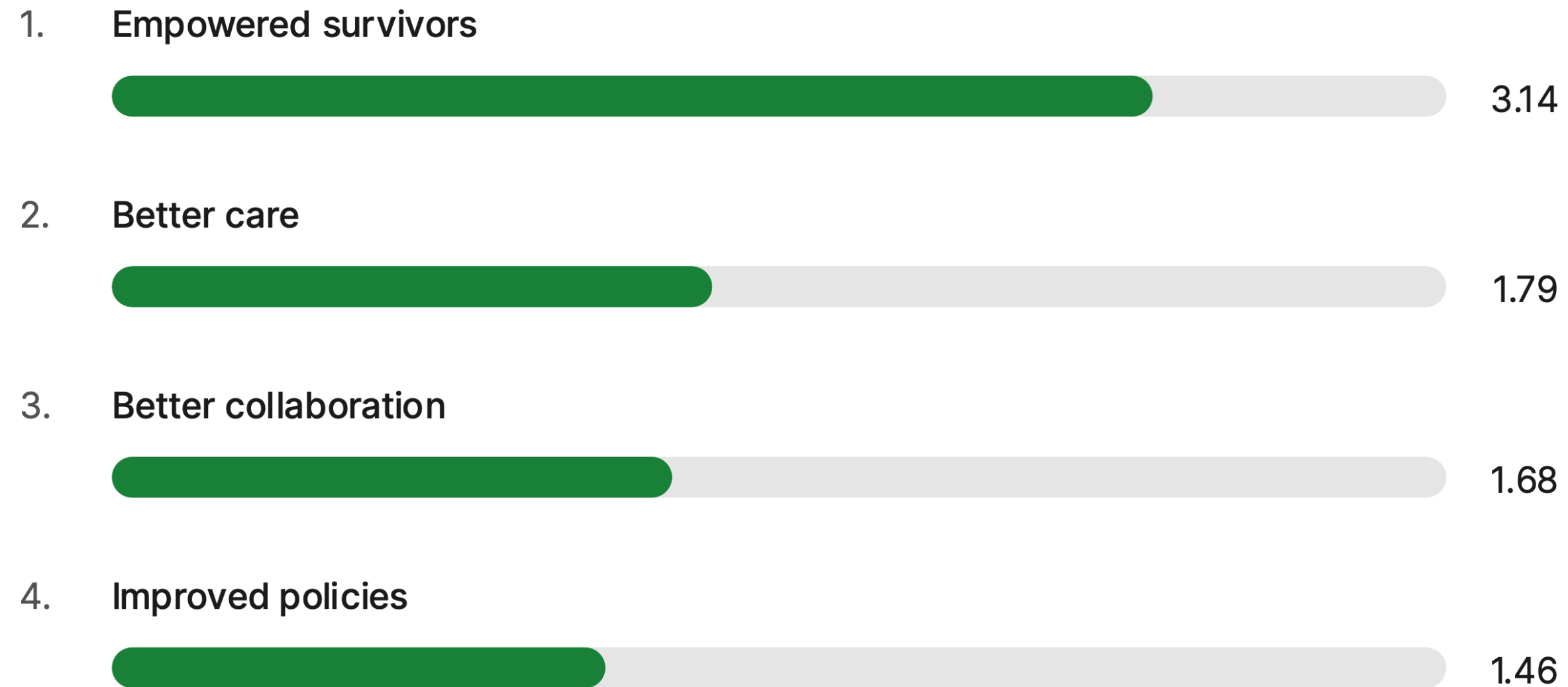
Wordcloud Poll 159 responses 117 participants





After participating in our session, what do you now think is the most important role in actively supporting stroke survivors?

Ranking Poll  132 votes  132 participants

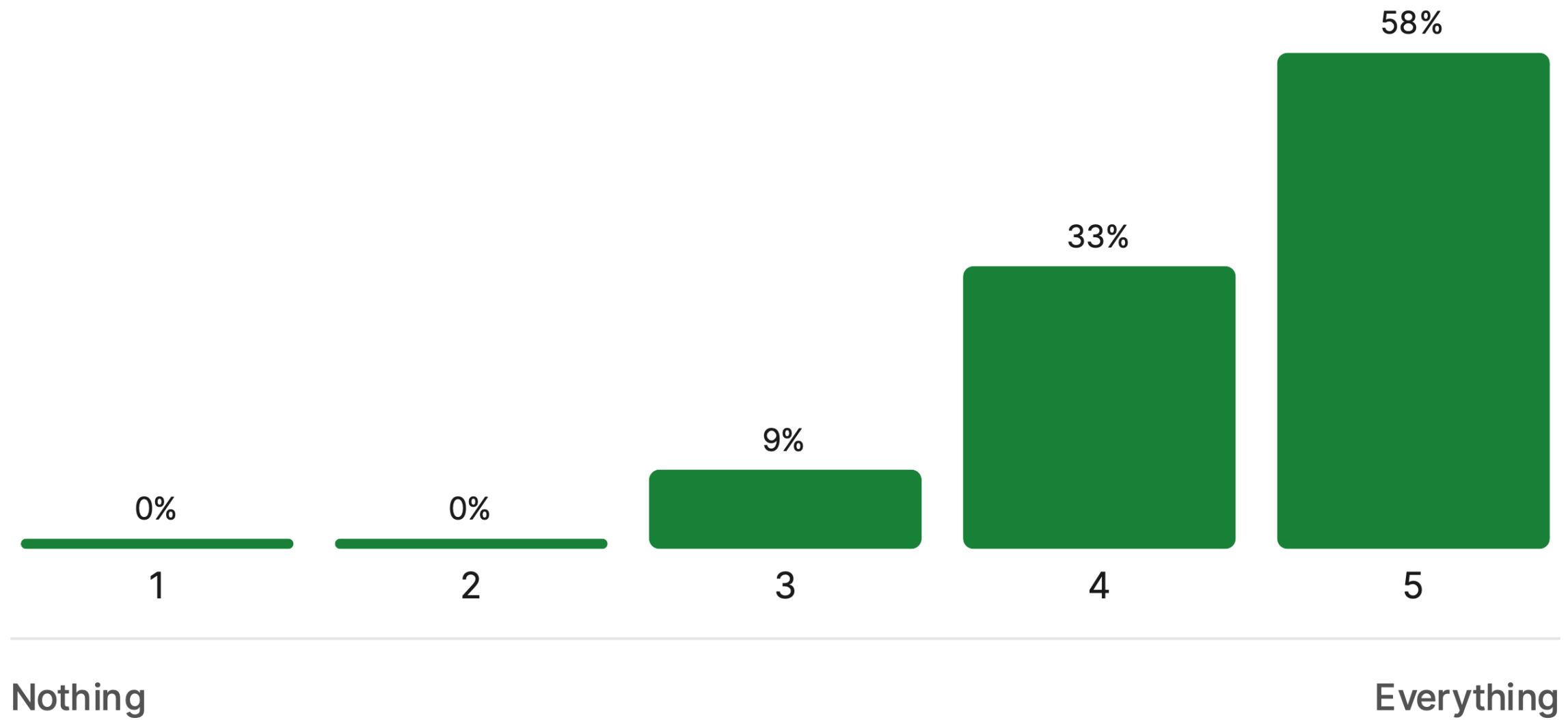




How much can stroke survivors do to change care by speaking up?











Rating Poll  129 votes  129 participants











Score: 4.5



 **What's one action you feel inspired to take after attending this session?**

Open text poll  136 responses  124 participants

-  Anonymous
It's not shortage of money but if ideas
-  Anonymous
Follow a number of stroke survivors to get some insights into life after stroke
-  Anonymous
Listen more carefully
-  Anonymous
Work, work, work
-  Anonymous
Solutions lie in harnessing all contributions
-  Anonymous
A conversation holds a lot of power for recovery
-  Anonymous
Encourage stroke survivors to share their story
-  Anonymous
To understand patient experiences better
-  Anonymous
We need more cross fertilization
-  Anonymous
I cannot just do one action, I'm so inspired. Talk to my bosses and politicians in addition to giveva resume from the congress to my colleagues and students, make further research.

-  Anonymous
Find ways for rehabilitation to offered over longer periods and learn from other countries
-  Anonymous
Spread awareness of the work needed AFTER a person had a stroke. What happened once rehab no longer is available for the person? In particular for the person with mild symptoms.
-  Anonymous
Yes we can
-  Anonymous
Do more research in life after stroke
-  Anonymous
Explore running a training session on acalculia for our people
-  Anonymous
We had to build strong networks
-  Anonymous
Share everything I've learned from ELASF 2025 to our stakeholders, partners & advocate for a #lifeafterstroke program in the Philippines.
-  Anonymous
The positive power of story sharing
-  Anonymous
Take the experiences back home and Improve my work based on all this impressions.
-  Anonymous
Work towards a more structured approach to acalculia rehabilitation

A vintage chrome microphone is the central focus, positioned vertically. The background is a soft-focus bokeh of numerous circular light spots in warm yellow and orange tones, interspersed with cooler teal and blue tones. The microphone's grille is highly detailed, showing horizontal slats and a fine mesh. The lighting is soft and directional, highlighting the metallic sheen of the microphone.

THANK YOU!