

Park Nicollet Foundation works to improve the health and well-being of patients, families and communities through partnerships and philanthropy.

Stroke INSPIRE Program

For more than 20 years, the Park Nicollet Stroke INSPIRE program has been the community leader in providing support and education to stroke and brain injury survivors and their families. Brain injury and stroke can cause speech, cognitive, physical and visual impairments. Recovery takes months of intensive rehabilitation to restore and improve the impact of the injury. However, rehabilitation often does not address the emotional impact of the injury, which can include depression, loss of job, changed relationships, loss of independence and isolation. Stroke INSPIRE works closely with survivors and their families to support their emotional adjustment.

The education and support survivors and families need to move forward after a stroke or brain injury requires the care of the whole patient and family. But, the vital care of a person's emotional life is traditionally not covered through insurance. Stroke INSPIRE is made possible through philanthropy. Donor and volunteer generosity in 2018 gave survivors and caregivers the education and support they needed to rediscover joy, purpose and healing in their lives.

In 2018, Stroke INSPIRE Program Coordinator Karen Bjorgan received the HealthPartners President's Community Service Award for her more than 20 years of leading the INSPIRE program and helping stroke survivors and their families build healthy futures.



You Make it Happen

Karen Bjorgan



"It started with a seizure while I was out of the country. And then, a few months later, a collapse from a brain bleed and brain injury from my fall. It took months of rehab and therapy before I felt ready to get active again.

"When I was ready, I chose to give back to people, like me, who have had to deal with the trauma and fear from stroke and brain injury. At Park Nicollet Stroke INSPIRE, I'm a facilitator for a support group. I share my first-hand experiences with other survivors and their families. I listen to them tell me about their fears and wins.

"I'm no longer in a place of post-traumatic stress. For me, it's post-traumatic growth. I am grateful I get to support people in their journey to what is normal for them. Every week, I ask our group, 'What are you grateful for this week?' I know what they will say, because it is the same thing I say - I am grateful for every bit of my life - good and bad - because it is all opportunity."

-Susan, Stroke INSPIRE volunteer and participant



SUPPORT AND EDUCATION
FOR MORE THAN
3,839
PARTICIPANTS, FAMILIES
AND COMMUNITY MEMBERS



MORE THAN
200
PEOPLE ATTENDED
SUPPORT GROUPS AND
CLASSES



506
HOURS OF PEER VISITOR
SUPPORT TO NEW STROKE
SURVIVORS

Thanks to donor and volunteer generosity in 2018, Park Nicollet Stroke INSPIRE gave stroke and brain injury survivors and their families inspiration, education and support.

2018 Highlights

Patient & Family Experience

- Provided 703 survivors and their families with “Understanding Stroke,” a resource guide that includes comprehensive information on stroke, stroke recovery and beyond.
- Supported 183 sessions for participants to attend exercise and artistic expression classes in photography, writing, speech, meditation and much more, helping to support emotional and physical recovery.
- Provided more than 24 uninsured or underinsured individuals with social worker case management support to help overcome barriers to care.
- Supported special needs including transportation, meals, assistance with technology, craft supplies and much more.

Research & Innovation

- Adapted photography equipment for people in camera club who needed individualized solutions to holding a camera, pressing the shutter button and taking photos.
- 10 survivors provided more than 506 hours of peer visits, education and support to patients and families new to stroke in the Methodist Hospital Stroke Unit, transitional care centers and at home.
- Launched INSPIRE Book Club to give survivors the opportunity to read and build comprehension skills.
- Started Game On!, a new class that promoted improvement in number recognition and cognitive skills through playing games like dice and bingo.

Community Partnerships

- Provided an opportunity to build community and support Stroke INSPIRE at the annual September Step to INSPIRE event. More than 300 people came together to walk, run, roll and raise more than \$31,000 in support of survivors of stroke and brain injuries.
- Raised awareness of stroke warning signs and symptoms to more than 500 people through community outreach events.
- Connected more than 150 survivors with community mental health programs and resources for additional support.
- Provided more than 100 people in need with information and referrals to community services to address issues ranging from housing insecurity to transportation resources.
- Updated more than 1,400 survivors and their families on available education and assistance and built community through a quarterly newsletter.
- Held support groups and classes on life after stroke for more than 200 participants and family members, including caregiver outreach and support.

Volunteer Services

- 127 volunteers provided more than 4,085 hours of support.
- 93 volunteers dedicated more than 375 hours to help make Step to INSPIRE a success.
- Stroke INSPIRE Photography Club participants raised \$600 through their photo and handmade greeting card sales.

To learn more about the impact of your support visit parknicollet.com/foundationimpact



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