

## May is National Stroke Awareness Month

May is National Stroke Awareness Month. According to the National Stroke Association, of Minnesotans aged 65+, 7.2% have had a stroke. While stroke is the leading cause of long-term disability and ranks number two on the list of common causes of death worldwide, it's also one of the most preventable.

For those in the midst of dealing with a loved one who has experienced a stroke, however, you know the spiral of confusion that ensues – how did this happen, what do I do, what happens next?

We like to share Tim's story about why an integrated support team is critical when it comes to stroke. Our home health team helped him recuperate after heart surgery and when he had a stroke months later, his wife knew where to turn for support. Things didn't seem to be going well initially and family was called in; they weren't sure he'd survive. But they soon found that involving experts to proactively guide them early on made all the difference. In fact, four months after Tim's stroke, he was enjoying his favorite latte again.

[Has your loved one experienced a stroke and you need support? Or are you looking to get proactive?](#) Either way, reach out to Senior Care Navigation, a free benefit to you as an Education Minnesota member, for support and proactive guidance. **We can help: Call us directly with any questions or concerns at 952-345-3317 or visit [Senior Care Navigation online](#).**