

Stroke Camp

It's Your Day: Refresh, Renew, Refocus



Human Development
Institute



Giving survivors tools and resources

Keynote speakers provided information on stroke awareness, stress management, music therapy and healthy eating. Attendees participated in a number of activities adapted to stroke survivors' needs, including fishing, boating, putt-putt golf, crafting and cooking demonstrations. The one day camp was held in partnership with:

UK Center of Excellence in Rural Health



For more than three decades, the Center has partnered with communities, providers, students, and individuals to

provide education, research, health care service, and community engagement to advance its mission of improving the health and wellbeing of rural Kentuckians.

East Kentucky Stroke Warriors

East Kentucky Stroke Warriors was formed in 2015 to provide advocacy and a positive forum for stroke survivors and their caregivers to ask questions, share challenges, triumphs, and other personal experiences. Additionally, the group provides community education to increase awareness about stroke signs, symptoms, and prevention.

Stroke support group

Support group meetings are held on the 2nd Tuesday of each month beginning at 5:00 p.m. Meetings are open to stroke survivors, caregivers, and community members.

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Adaptive recreation for stroke survivors

Activity: Miniature golf. Miniature golf is a great social recreation activity. The holes are designed to be fun and engaging but not all of them are accessible to stroke survivors. In 2002, the Architectural and Transportation Barriers Compliance Board introduced accessibility guidelines that apply to newly constructed or altered miniature golf courses in order to make them useable for everyone.

Some stroke survivors are left with mobility impairments, hemiparesis, or even paralysis following their stroke. As part of the 2002 update to the Architectural Barriers Act (ABA), miniature golf courses are required to make at least 50% of their course accessible for people with mobility devices like wheelchairs, walking sticks, and canes. Sitting in a wheelchair or walker while playing miniature golf can be safer for those with balance problems but can make it hard to use a standard putter. A few companies have developed adjustable putters that can help. The Happy Putter, pictured here, has several angle and weight adjustments so that all golfers can participate. It can be adjusted easily on the course and can be adjusted for use by right or left handed golfers.



Activity: Fishing. Fishing is a relaxing sport that anyone can participate in. All it takes is a stick, a hook, and some water. Anglers can fish from a boat, pier, or riverbank and the sport can involve a whole range of complexity depending on the anglers' abilities.

Most of the equipment used by fishermen with disabilities was not designed to be adaptive but to help all users regardless of ability. This clip closure (pictured bottom left) makes it easy to swap out hooks and tackle without having to tie knots, perfect for a person who has reduced hand dexterity. The rod holder (pictured below, middle) has a spike that can be pushed in to sand or dirt and then the fishing rod can be inserted at the top. This allows fishermen with disabilities to keep their poles at a reachable height but also not be stuck holding them in their hands. For those with a mobility issue who need some extra support, this JORTA folding seat cane (pictured below, right) acts as a cane when folded but turns in to a stool for sitting on the pier or bank.

