



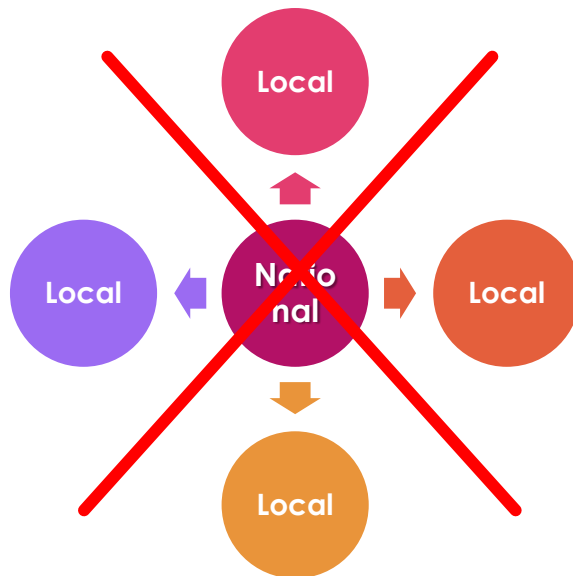
PORTUGAL

The road to National Association

What we want?



- ▶ An association of stroke survivors, with voluntary participation of families, caregivers, doctors, therapists, ...
- ▶ National association, but founded in local initiatives!



Objectives / goals



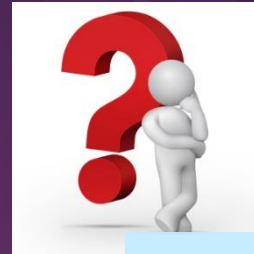
- ▶ First objective, priority!
 - ▶ Promote the birth of local initiatives, that can contribute to the social integration of stroke survivors, with the active participation (if possible) of them!
 - ▶ In a form locally chosen: “GAMs” (mutual help groups), “social clubs”, or other!
- ▶ Secondary objectives (in the first year...)!
 - ▶ Contribution to the diffusion of stroke information (not only preventive, but useful to stroke survivors – extreme need in Portugal!)
 - ▶ Make sent our voice near public agencies, companies, another handicaps organizations, etc.

Portuguese reality



- ▶ At this level (association of stroke survivors) there are an almost complete empty
- ▶ 2 or 3 stroke associations, with local action and different goals, and without active participation of stroke survivors
- ▶ Some (not many) initiatives of local action in assistance to stroke survivors – in general, not exclusive –, mostly health care (and the majority with commercial goals)

What we have done?



- ▶ Divulcation of the initiative at hospitals, to doctors, to therapists, and, of course, to motivated stroke survivors!
- ▶ We conducted a national meeting in April, with 55 participants
 - ▶ 16 were stroke survivors, and familiars, doctors, therapists, nurses, psychologists, and others.
 - ▶ They have been at individual initiative, but also representing associations, projects, stroke units and physical therapy clinics
 - ▶ From 11 cities of Portugal

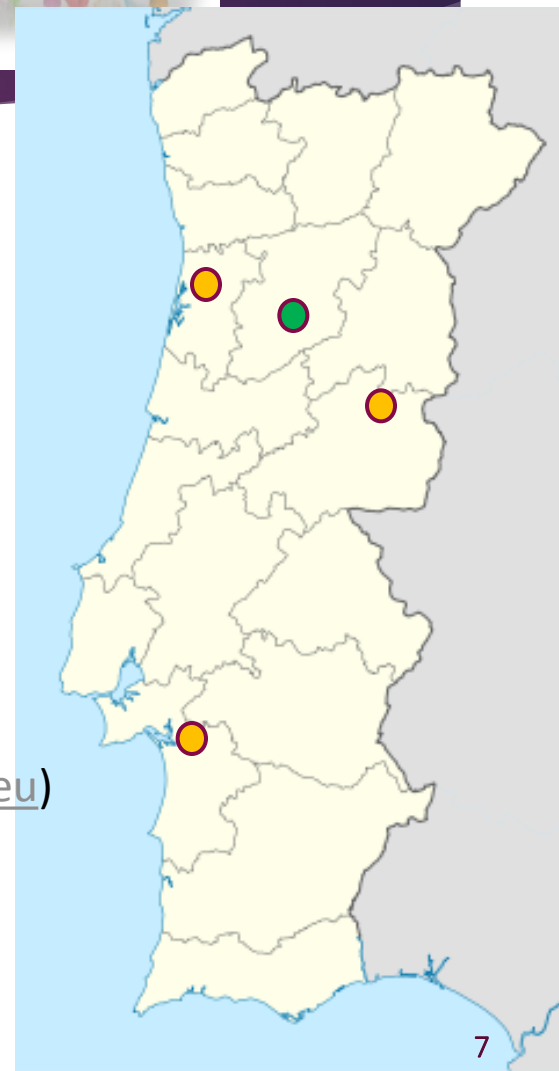




Happening now...



- ▶ Probably in sequence of this national meeting, there are some (almost 3) “GAMs” in preparation
- ▶ Almost one is already active (still a “baby”, because “the birth” was this year...): in Viseu’s Hospital
 - ▶ With an average of 20/25 participants (is monthly)
 - ▶ We have already done 5 meetings, and now with one “guest” each month: a psychologist, a nutritionist, a speech therapist, etc.
 - ▶ Present in social networks (www.facebook.com/avcviseu) and with website (www.avcviseu.pt - still poor...)





And in future?



- ▶ In this month we will hold a new meeting, by personal invitation, to stroke survivors (exactly because it was a less successful aspect on the April national meeting) and other persons very interested in our project
- ▶ For “feel the forces” to advance now with a national association
- ▶ We expect get out of this meeting a group with mandate to create this!



In short...



- ▶ We expect “the birth” of national association by the end of the year
 - ▶ Fixing clearly objectives and goals
 - ▶ Setting up the activities plan
 - ▶ Creation of website and presence on social networks
- ▶ The birth of more “GAMs” (or another denomination!)
- ▶ As soon as officially constituted, the SAFE adhesion!



The background is a dark purple gradient. It features several large, semi-transparent purple circles of varying sizes. In the top right corner, there is a solid pink rectangle.

Obrigado! Thank you!

António Conceição
antconceicao@gmail.com