

Faith Based Organizations

GOAL – The FBO saves lives by increasing stroke awareness and among their entire congregation.

Action Items

To an audience of ministry leaders,

- Define/explain a stroke
- Teach 2 tests/5 signs
- Emphasize need to call 911 immediately
- Emphasize that death and disability can largely be avoided by getting the stroke patient to definitive treatment in a short time window
- Explain that ministry leaders and volunteers can incorporate this knowledge and training into their existing activities,
 - teaching meal ministry recipients the tests and signs when dropping off food
 - teaching home bound parishioners the tests and signs when visiting
 - teaching students (adults and children) during catechesis classes
 - Provide posters, magnets, and wallet cards for display and distribution
- Ask for suggestions from audience about other ways to disseminate this knowledge throughout the congregation
- Ask each ministry leader to become a SS champion, teaching their group members this material
- Encourage recruitment of a steward to celebrate Stroke Awareness month every May

Making Your Church/Synagogue/Mosque/ Temple Stroke Smart!

[THIS SHEET WOULD BE LEFT BEHIND AFTER PRESENTATION]

- 1) Display the Stroke Smart poster in your vestibule and activity centers/classrooms
- 2) Incorporate 2-minute Stroke Smart education into ministry activities (during food drop off, home bound visits, catechesis sessions, for example) using the following talking points:
 - a. Strokes are a medical emergency that can kill and disable you.
 - b. There are treatments to stop strokes IF they are accessed in time (within one hour is best).
 - c. There are five basic Symptoms and two simple tests for strokes.

Five Symptoms:

1) Slurred speech, 2) Weakness/numbness on one side of the body, 3) Loss of balance, 4) Vision loss, 5) Sudden, severe headache

Two Tests:

1) Ask the person to smile— facial drooping is a sign of stroke, and
2) ask the person to raise their arms— arm drift downward is a sign of stroke.

Call 911 if you suspect a stroke!

- 3) Offer magnets and wallet cards during this training.
- 4) Ask each ministry member to become a Stroke Smart champion, teaching their community this material.