

Senior Residential Communities

GOAL – Residential communities' staff and residents save lives and reduce disability through increased stroke awareness.

Action Items

- Understand how 911 calls are handled; if the facility intercepts them or uses pendants or call buttons to activate internal staff, train staff who answer those calls to alert 911 when callers describe symptoms indicative of stroke.
- Train all residents and staff to spot and stop a stroke
 - Housekeepers
 - Drivers (for outings/appointments, etc.)
 - Activity planners
 - Sales staff—this could be a sales pitch for prospective residents—that their facility is SS
 - Meal preparers
 - Administrative staff
- Encourage activity planners (i.e., massage therapists, cosmetology students, hairdressers, art teachers, musicians, etc.) to learn the signs and symptoms of stroke and to alert emergency personnel if a stroke is suspected.
- Encourage all guest entertainers to learn stroke signs and symptoms during their orientation to the facility, encouraging them to alert medical personnel if a stroke is suspected.
- Provide posters, magnets, and wallet cards for display and distribution.
- Write a letter to the senior facility days after the initial visit to:
 - 1) thank them for their time,
 - 2) inquire of further needs and for feedback, and
 - 3) request recommendations and introduction of colleagues who might also appreciate this training.
- Identify SS champion residents committed to door knocking throughout facility.

Make Your Retirement Community Stroke Smart!

[Leave Behind after your Presentation with the Activity Director]

- 1) Consider identifying resident SS champions willing to educate every resident to be Stroke Smart using these simple talking points:
 - a. Strokes are medical emergencies that can kill and disable you
 - b. If accessed in time, medical treatment can stop the stroke (within one hour is the goal)
 - c. There are 5 symptoms and 2 tests to help you spot a stroke:

Five Symptoms

Sudden onset of:

- 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!

- 2) Display the Stroke Smart posters throughout the facility in cases anywhere announcements are posted.
- 3) Include the 2 tests/5 signs in regular newsletters to residents and their families.
- 4) Include the magnet and wallet card in each new resident packet
- 5) Train all those working with and entertaining residents to become stroke smart.