



YOUNG STROKE GROUP PRESENTATION

# 2026 Stroke New Year's Resolutions

Result: To engage speakers that will assist in improved integration back into each person's community

Presented by Sue Emery for



# YSG Categories



**Stroke and  
Brain Health**

**Medication  
Management**

**Alternative  
Therapies and  
Clinical  
Interventions**

**Physical Health  
and Exercise**

**Nutrition and  
Healthy Living**

**Mental Health  
and Emotional  
Support**

**Social  
Connections and  
Relationships**

**Practical  
Resources and  
Advice**

# Meetings Already Scheduled During 2026

- Headache
- Neuropsychology
- Medical conditions and medications
- Stroke recurrence and research
- Depression
- Stress and anxiety
- Music therapy
- Mental Health First Aid
- Rehabilitation psychology
- Being back at work (Yo)
- Adaptive sports
- Sensory and skin issues
- New partnerships with rehab companies to bring in funds



# Group Needs

What New Year's resolutions related to stroke do you have, and how can Circle of Rights help support them?

What topics would you like to see covered in 2026?

A photograph of a corkboard with a light brown, textured surface. A white rectangular piece of paper is pinned to the board with two orange pushpins at the top. The paper has the handwritten text "Your feedback matters!" in black ink.

Your  
feedback  
matters!

# Stroke New Year's Resolutions

- Rehab based on symptoms
- Gaining abilities back
- When is it stroke-related?
- How to manage your full care?
- Don't feel like you anymore?
- Vision
- Local transportation
- Volunteers
- Gizmos
- When does indecision or inaction make sense?

