



Stroke INSPIRE

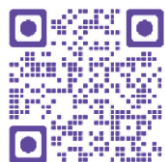
The Stroke INSPIRE program has been the community leader in providing support, activity, and educational programming to stroke survivors and their care partners.

Stroke can cause speech, cognitive, physical, and visual impairments. Recovery takes months to years of intensive rehabilitation to restore and improve the impact of the injury. However, the formal rehabilitation process often does not address the emotional impact of the injury, which can include depression, loss of employment, changed relationships, loss of independence, and isolation.

Stroke INSPIRE works closely with survivors and their care partners to support their emotional adjustments and ultimately provide a level of holistic support for everyone impacted by a stroke. But this vital care of a person's emotional life is traditionally not covered through insurance.

Stroke INSPIRE is made possible by our generous donors and volunteers.

Scan to learn more
about Stroke INSPIRE
support and activities:



What our participants are saying:

“Give it a try. You don't have to be on camera or talk, but just listen and learn. And over time you may have a question you want to ask or not. But you are not alone.”

-Jen L., Stroke Survivor



“I tell people where I would have been without INSPIRE. I would have stayed home and been depressed. Life is a journey and every day you have the option to decide who you want to be and how you will move forward.”

-Ralph O., Stroke Survivor



“This is a very welcoming and non-judgemental group. We want to know you and to help you with your journey. I am so very grateful for INSPIRE, there aren't enough words to express what impact this group has had on my life.”

-Amy O., Stroke Survivor



289

class offerings and
support groups

4,194

attendees, in-person
and virtual

318

mentor visits

24

volunteers provided
1,487 service hours
at Methodist Hospital

To learn more about the impact of your support, visit: parknicollet.com/impact