

Support Group

Join our support group for information and help in coping with the effects of a stroke.

Next Meeting Tuesday, May 13

Speaker:

Jennifaye V. Brown, PT,
MSPT, PhD, NCS, CAPS
(via ZOOM)

Topic:

Brace Yourself:
AFOs after stroke

When:

11:30 a.m. to 12:30 p.m

Where:

Medical Plaza South
Conference Room 1
(across from the Community Pharmacy)

If you can't make it in person next month, join the Stroke Support Group by listening on your phone or by downloading the Zoom Meeting app onto your phone or computer. <https://www.zoom.us/download>

Join Zoom meeting

<https://RNHN.zoom.us/j/92721301514?pwd=suBS9p9eZjrgy2MP9yCxxMn4tzqiaa.1>

Meeting ID: 927 2130 1514
Passcode: 244660

Recap of April meeting

Car Fit Program

Our speaker was Janelle Visser, injury prevention coordinator for the Panhandle Public Health Department. She provided information about CarFit. This is an educational program developed by AARP and the American Occupational Therapy Association to provide information and resources on how to enhance your safety in the driver's seat. The program offers older adults the opportunity to check how well their personal vehicles "fit" them, while providing information and resources to enhance their safety as drivers.

Janelle is setting up a CarFit event where trained technicians and/or healthcare professionals work with each participant to get the best "fit" in their vehicle for maximum comfort and safety. An individual CarFit check takes about 20 minutes to complete.

The first item checked is showing the correct way to wear a seat belt. Next is checking the tilt and positioning of the steering wheel so there is a minimum of 10 inches of distance between the chest and air bag. This helps ensure that if the air bag deploys in an accident, it is angled toward the person's chest and not his or her face.

Other areas that may need to be adjusted include the line of site above the steering wheel for visibility, positioning of the head restraint, safe positioning of the driver to fully depress the brake and gas pedals, and positioning mirrors to minimize blind spots. Other items may depend upon the car's safety features (back-up cameras, lane departure warnings, blind spot warning devices, etc.).

Janelle also demonstrated adaptive tools, such as pivot discs and portable support handles, that can assist in safely and effectively getting in and out of the vehicle.

Contact Information can be found on the website: <https://car-fit.org>.

Questions? Contact Gene McDowell at 308-630-1440 or Gene.Mcdowell@rwhs.org.