

STROKE AWARENESS AND REHABILITATION IN WESTERN KENYA

Stroke is a leading cause of death and disability in sub-Saharan Africa with increasing incidence. In Kenya, it is a neglected condition with a paucity of evidence despite its need for urgent care and hefty economic burden.

Sub-Saharan Africa (SSA) has the highest stroke burden globally with a steadily increasing incidence estimated at 316 cases per 100,000 persons. Stroke in SSA occurs in relatively young patients and tends to be severe due to uncontrolled risk factors resulting in high personal and societal costs and significant disability

After a stroke, patients are faced with many hurdles e.g. delayed transportation due to lack of emergency response systems, ill-equipped hospitals, and lack of stroke specialists

Our vision is a Kenya where stroke is prevented, survivors are empowered, and the impact of stroke is minimized through education and advocacy. We aim to be the leading organization in stroke awareness and support in Kenya.

Our Mission is to be committed to reducing the impact of stroke on the Kenyan community through prevention, education, and support for stroke survivors and their families.

Our intervention entails:

1. Raising awareness about stroke prevention and treatment.
2. The role of lifestyle changes, such as healthy eating and exercise which play a big role in reducing stroke risk. Through this we intend to establish an organic farm.
3. Providing support to stroke survivors and their families. (treatment and rehabilitation).