

## Who we are

Founded in 2004, SSEEO is a non-profit organization that's building a community that encourages, supports and guides stroke survivors and their families while connecting them to resources that help them meet the challenges of stroke.

## Advocacy

We believe it is essential for survivors and caregivers to play a key role. As such, we lobby at the local, state and federal level.

## Support

We are committed to providing ongoing support to stroke survivors in ways that are easy to access, understand and apply to their situations.

## Education

We understand that education for stroke survivors, their families and caregivers is vital, but also important to the community at large.

## Resources

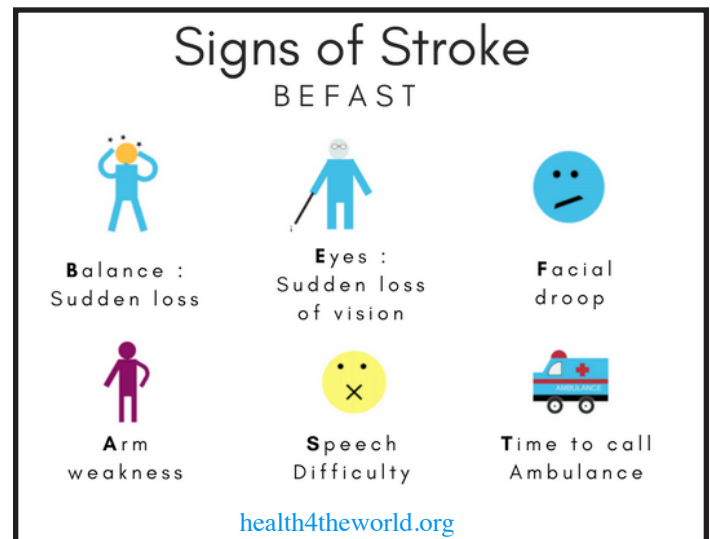
- **Stroke Survivor 2 Survivor (SS2S)** is a telephone peer support program for stroke survivors and their caregivers. It is run by stroke survivors or caregiver volunteers with special training and overseen by a local hospital on-site coordinator. The call encourages stroke survivors to self-manage their own care while offering support, guidance, and resources.
- **Stroke Talks 2 Go (ST2G)** are a series of stroke prevention/treatment presentations designed to increase stroke awareness in communities and available on the website.
- **E-newsletter** a bi-monthly publication that covers a range of topics including survivor stories, legislative updates and information on events.
- **Toll-Free Lunch and Learn series** builds community, provides support and shares information. All calls are recorded and downloaded on the SSEEO website.

## Why This is so Important

Stroke is the fifth leading cause of death in the United States, killing about 142,000 Americans annually that's one of every 19 deaths!

- Every year, more than 795,000 people in the U.S. have a stroke.
- Stroke is a leading cause of serious long-term disability.
- There has been a 44% spike in the number of young Americans (under 45 years old) hospitalized due to stroke over the last decade.
- Stroke is the second leading global cause of death.
  - [American Stroke Association](#)

To do its part in addressing the impact of stroke, SSEEO always strives to improve the quality of life for current and future stroke survivors by building a community that encourages, supports and guides stroke survivors and their families through their stroke journey.



*Stroke Survivors Empowering Each Other, Inc. is a 501(c)3 non-profit organization providing advocacy, support, education, and resources to stroke survivors and their families. 888-988-8047 [www.sseeo.org](http://www.sseeo.org)*

