



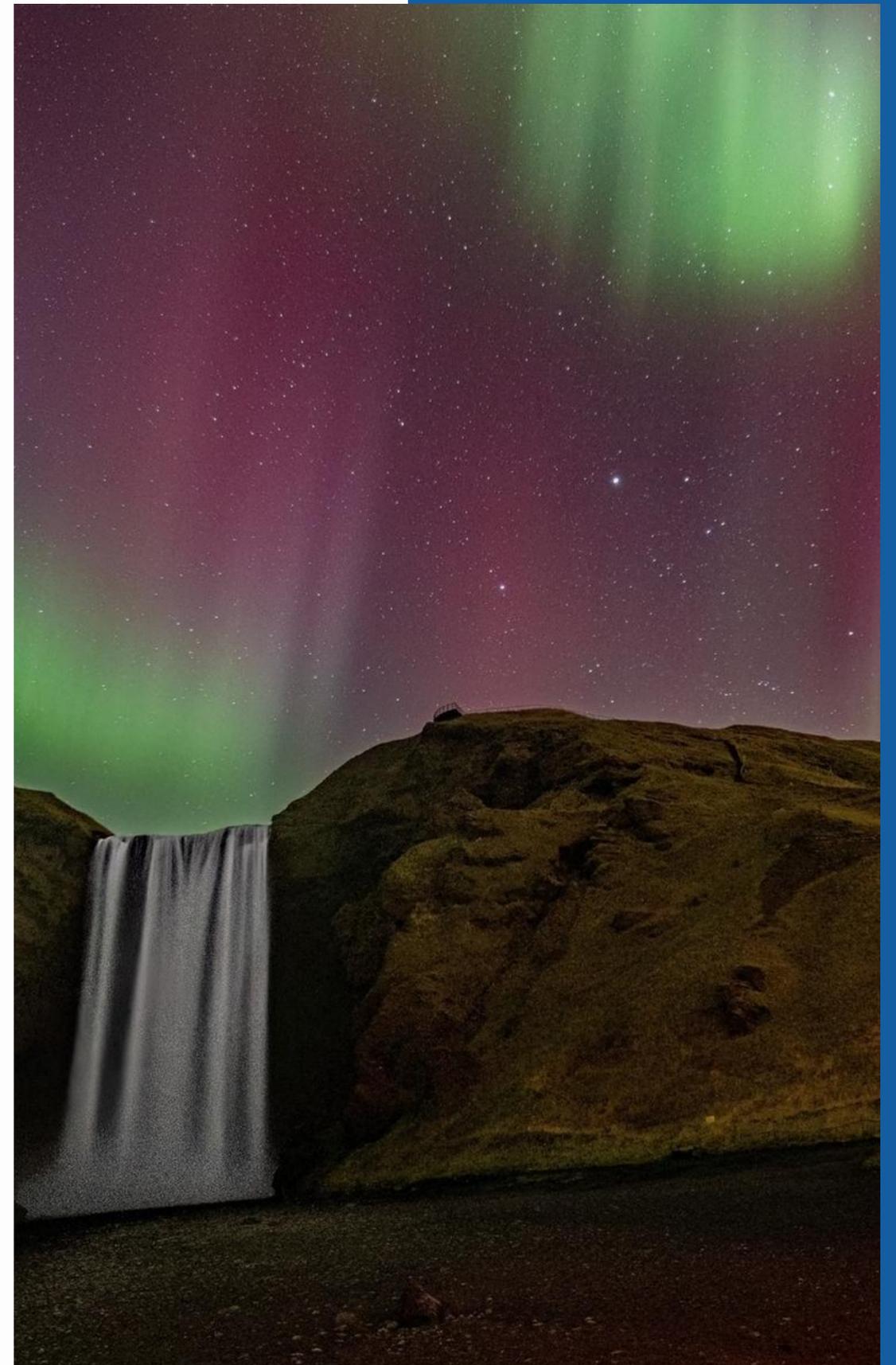
Heilaheill - Iceland

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Speech Language Pathologist, SLP



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Pórunn Hanna Halldórsdóttir

- MSc Speech Language Pathology, Dalhousie, 2001
- Specialized in Neurogenic Communication Disorders
- Have been in cooperation with Heilaheill for 20 years
- SLP with Kjarkur Rehabilitation and adjunct professor at University of Iceland



About Heilaheill

- Non-profit patient organization for stroke survivors, their families, professionals and others
- 612 Members
- Under the umbrella of ÖBÍ réttindasamtök – ÖBÍ rights association

Main purpose

To work towards common interests and welfare of stroke survivors.

- To increase the knowledge of stroke and its consequences
- Provide information and counselling to Stroke survivors and their families about rights, welfare and stroke prevention
- Strengthen cooperation with other patient organizations with similar purpose





Páll Árdal
gjaldkeri



***Sædís Björk
Þórðardóttir***
ritari



Kristín Árdal
meðstjórn



Gísli Geirsson
meðstjórn



Þórir Steingrímsson
formaður

STJÓRN 2024 - 2026

Funding



Membership fees

Heilaheill has a low membership fee. around 5000 IKR
Today Heilaheill has 600+ members



Profit of Íslensk Getspá

Íslensk Getspá which operates Lotto, Euro Jackpot and Vikinglotto and is owned in part by ÖBÍ Rights Association which divides the profit to their member societies



Grants

Heilaheill applies for grants for specific projects, to the government, Nordic Welfare Centre and others.

Operations

Heilaheill is a small association but it works in different platforms to increase the knowledge about stroke and its consequences, as well as cooperate with various groups



Peer support

- Information to members through email and social media
- Monthly meetings
- Yearly Summer trip



Increase awareness

- Magazine published 1x year
- World Stroke day
- Website with information about stroke
- Youtube channel with videos



Cooperation

- With other patient organizations, domestic and internationally
- With health professionals on specific projects

Stroke

Symptoms



Facial drooping



Arm and leg weakness



Speech difficulties



Tingling or numbness



SLAG app

Heilaheill and Spektra publish HEILA-APPIÐ 2016

The app has information about the most common stroke symptoms:

- visual disturbances
- loss of movement in limbs
- facial paresis
- loss of language skills.

Can call 112 by pressing one button.
Sends SMS with personal information and GPS coordinates

The app is free of charge



FAST Heroes

The FAST Heroes Campaign is an international health initiative focused on educating young children and their families about the signs of stroke and the importance of acting quickly in the event of a stroke. The campaign aims to increase awareness of stroke symptoms and promote rapid response to save lives and reduce the impact of strokes, especially among older adults.

The FAST Heroes Campaign was published in Iceland in 2021. at least 47 schools and 1600 students have participated.

Project manager: Marianne Klinke, Phd. in Nursing



APHASIA GROUPS

- 1999–2007 Aphasia group meetings at Grensás rehab lead by SLPs
- Weekly Aphasia Peer Groups with writing exercises
- Monthly meetings at Cafés
- COVID
- 2022– Aphasia group meetings led by SLPs





Thank you



THANK YOU!

Thorunn Hanna Halldorsdottir

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