



WA CARES CONVERSATIONS

Caring for Stroke Survivors

May 7, 2024



What we'll cover

Host

Kristen Maki (she/her)
Community Relations & Outreach
Program Manager, WA Cares Fund

Agenda

- Introductions & opening poll
- Panelist remarks
- WA Cares Fund overview
- Audience Q&A

Panel

Heidi Stephens, RN, BSN, CEN, American Heart Association

Kelsey Hagstrand, MSN, ARNP-BC, CNS
Comprehensive Stroke Center Nurse Practitioner, Harborview Medical Center

Sarah Turnbaugh, RN, Nurse Navigator, Harborview Medical Center

Gurpreet Sandhu, MPH, Heart Disease Stroke Diabetes Prevention Program Manager, Washington State Department of Health

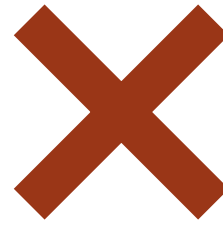
Janice Tadeo, Stroke Survivor

Webinar recording and slides will be available at wacaresfund.wa.gov/webinars.

Defining long-term care and caregiving



help with activities
of daily living
like bathing, eating & dressing



not medical care

like doctor visits & treatment for
medical conditions



paid care from a
professional



help from a
family member
or friend, often unpaid



services & supports provided
in your own home



care provided
in a residential setting
like a nursing home or assisted living



WA CARES PANEL

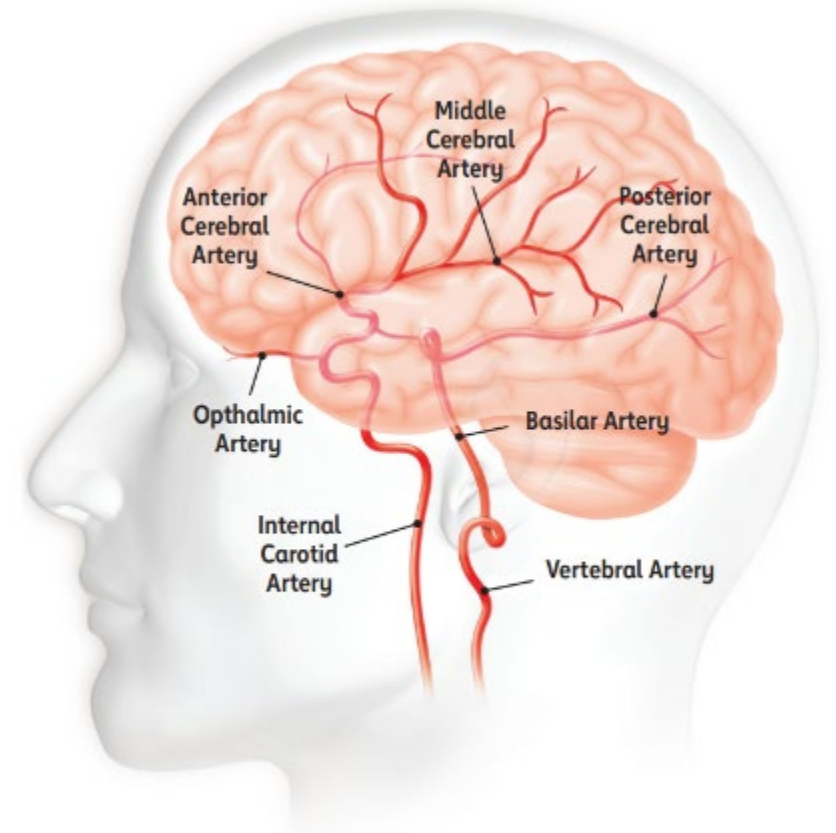
American Heart Association

Heidi Stephens RN, BSN, CEN



WHAT IS A STROKE

- A stroke occurs when an artery in the brain is either blocked by a clot or bursts (or ruptures).
- When the artery is blocked or bursts, parts of the brain cannot get the blood it needs.



TYPES OF STROKE

ISCHEMIC STROKE (CLOTS)

Occurs when a blood vessel supplying blood to the brain is obstructed. Accounts for 87% of all strokes.

HEMORRHAGIC STROKE (BLEEDS)

Occurs when a weakened blood vessel ruptures. The most common cause of hemorrhagic stroke is uncontrolled high blood pressure.

TRANSIENT ISCHEMIC ATTACK (TIA)

Called a mini-stroke, it is caused by a series of temporary clots. This is a warning sign stroke and should be taken seriously.

IMPACT OF STROKE IN WASHINGTON STATE, 2022

Prevalence

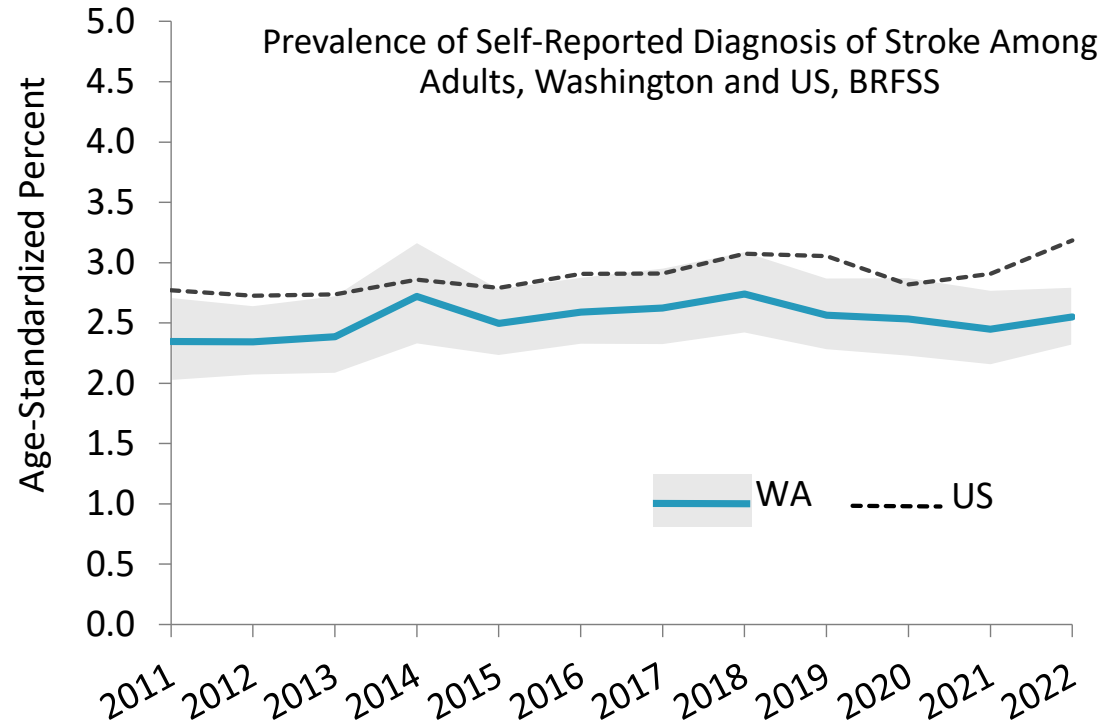
- **2.9%** of adults in WA suffered a stroke in 2022 (177,070 adults)
- Lower than the national percent, which is 3.6%

Hospitalizations

- **21.8 per 10,000 people** with primary diagnosis of stroke
- This is approximately 17,121 inpatient and observation stays due to a primary diagnosis of stroke

Deaths

- **42.4 per 100,000 people** with stroke as underlying cause of death
- There were approximately 3,332 deaths from stroke as the underlying cause
- **5th leading cause** of death



*Grey background on WA trend line shows margin of error around percent

Survivorship

- Nationally nearly **1 in 4 strokes** are in people who have had a previous stroke

SIGNS OF A STROKE – F.A.S.T.



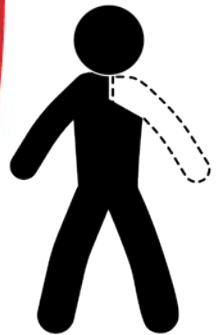
Face Drooping

Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?



Speech Difficulty

Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a sentence, like "The sky is blue." Is the sentence repeated correctly?



Arm Weakness

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?



Time to Call 911

If someone shows any of these symptoms, even if the symptoms go away, call 911 and get the person to the hospital immediately. Check the time, so you'll know when the first symptoms appeared.

***The sooner someone experiencing a stroke gets to the hospital, the sooner they'll get lifesaving treatment.*

RESOURCES FOR CAREGIVERS, FAMILY AND FRIENDS

1. Visit stroke.org to find more resources about the effects of stroke, recovery and life after stroke
2. Find local stroke education resources: [Stroke Education Resources | Washington State Department of Health](#)
3. Join Seattle Young Adult Stroke Survivor's support group of stroke survivors in the Seattle area: [Seattle YASS – Young Adult Stroke Survivors](#)
4. Seek more information on caring for a stroke survivor: Call the **Stroke Family Warmline** 1-888-4-STROKE (1-888-478-7653) or visit [Stroke.org/SpeakWithUs](https://stroke.org/SpeakWithUs).
5. UW Medicine Virtual Stroke Club, Multicare Stroke Survivorship Groups or use AHA's *Find a Support Group Near You* feature: (<https://supportnetwork.heart.org>)
6. Dial 2-1-1 from anywhere in Washington state for free confidential information about various resources across the state
7. Family Caregiver Alliance (caregiver.org)
8. Talk to the experts about receiving financial assistance

WA Cares Fund Panel

Gurpreet Sandhu
HDSDP Program Manager
WA DOH



GREAT 8



TIP 1: BE ACTIVE

Benefits of Physical Activity

- Reduction in blood pressure
- Reduction in bad (LDL and total) cholesterol, increase in good (HDL) cholesterol
- Increase in insulin sensitivity
- Improved muscle function
- Increase oxygen uptake
- Improved bone health, better balance, fewer falls
- Improves the capacity of the blood vessels to dilate in response to exercise or hormones
- Increase in exercise tolerance (fitness)
- Help maintaining body weight
- Improvements for depression and anxiety
- When done with others, reduces isolation



TIP 2: EAT WELL

Nutrition for Optimal Cardiovascular Health

- Avoid high sodium foods
- Eat in, cook most meals, use whole foods
- Eat plenty of fresh or frozen fruits & vegetables (for potassium)
- D.A.S.H.-style eating plan – Dietary Approaches to Stop Hypertension – do an internet search for DASH Diet
- Diet high in sugar also raises blood pressure, increases inflammation
- Eat in moderation to manage weight



TIP 3: PRACTICE WELLNESS

Manage Stress & Avoid Substance Abuse

- **Reduce stress by changing your expectations & recognizing where you have control.**
 - Give yourself enough time to get things done. Learn to say “no.”
- **Know your stress triggers. Acknowledge what contributes.**
 - Reduce stress by taking care of your mood. Relaxing is important.
- **Give yourself the gift of a healthy lifestyle.**
 - Limit alcohol, eat mindfully & steer clear of substances.
- **Reduce stress by practicing gratitude and joy**
 - Practice gratitude. Know what brings you pleasure and find ways to enjoy the experience.
- **Spend time developing supportive and nurturing relationships.**
 - Invest in people & places that nourish you.
 - Recognize that connecting with others contributes to health.



TIP 4: CHECK YOUR BLOOD PRESSURE

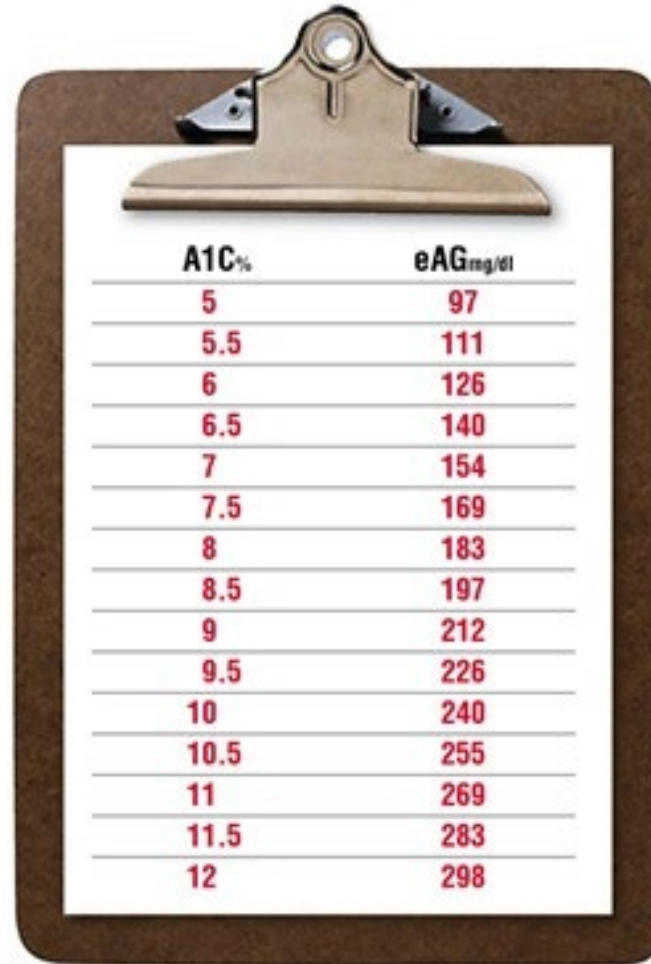
Blood Pressure Levels For Adults

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL Excellent! This is right where it needs to be as a normal blood pressure.	LESS THAN 120	and	LESS THAN 80
ELEVATED This is getting up there. Begin lifestyle changes that keep your blood pressure from developing into or becoming hypertension.	120–129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1 Your blood pressure is high. You need to see your medical provider.	130–139	or	80–89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2 Your blood pressure is very high. Seek medical care now.	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (Emergency Care Needed) Your blood pressure is dangerously high. Call 911 now.	HIGHER THAN 180	and/or	HIGHER THAN 120



TIP 5: UNDERSTAND YOUR BLOOD SUGAR

Average Blood Glucose and A1C



A1C%	eAG_{mg/dl}
5	97
5.5	111
6	126
6.5	140
7	154
7.5	169
8	183
8.5	197
9	212
9.5	226
10	240
10.5	255
11	269
11.5	283
12	298

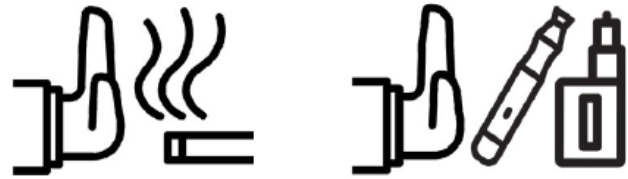


TIP 6: KNOW YOUR CHOLESTEROL LEVELS

2015 Washington State 10 Leading Causes of Death

**Heart Disease and Stroke combined are the
#1 cause of death in Washington State**

1	Cancer	23.2%	6	Stroke	4.9%
2	Heart Disease	20.2%	7	Diabetes Mellitus	3.3%
3	Alzheimer's	6.4%	8	Suicide	2.1%
4	Unintentional Injury	5.8%	9	Liver Disease	1.9%
5	COPD	5.8%	10	Flu & Pneumonia	1.6%



TIP 7: STEER CLEAR OF SMOKING/VAPING

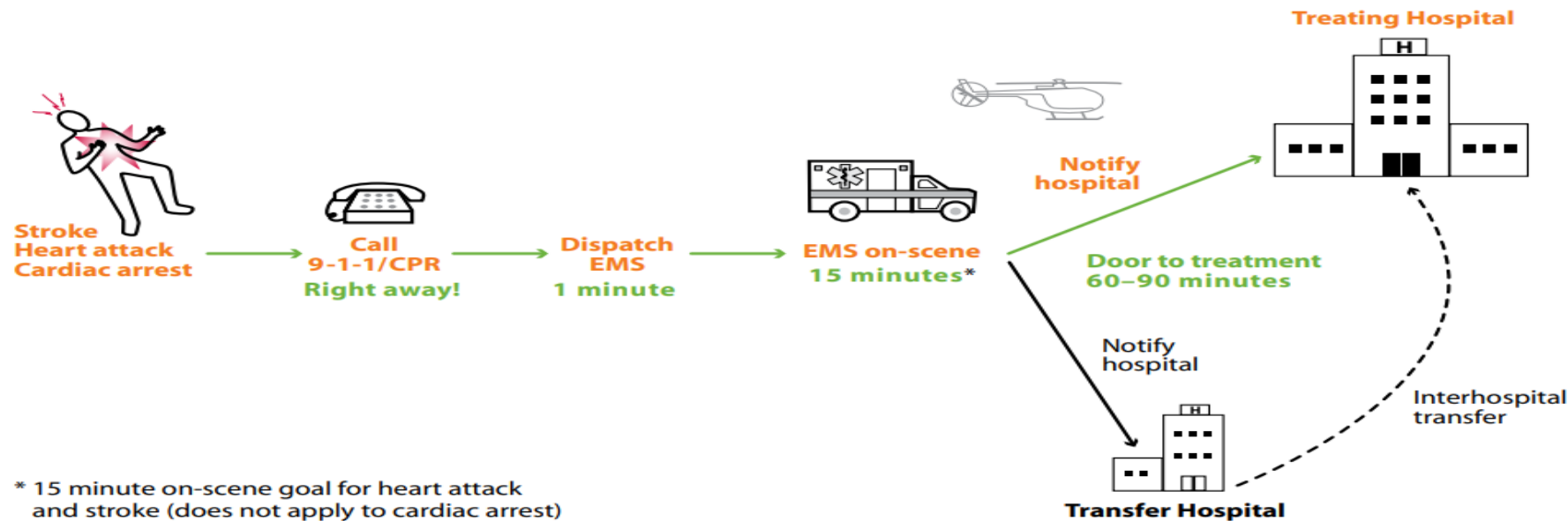
Free resources to help you quit

- [Self-help materials](#)
- [Counseling](#)
- [Medication](#)
- [Other quitting resources](#)

Visit www.doh.wa.gov – type tobacco into search box

Emergency Cardiac and Stroke System

- The ECS System is based on the same principles as the Trauma System – get the right patient to the right place in the right amount of time to save lives and reduce disability.
- **GOAL: Symptom onset to treatment = less than 120 minutes**
- Main goal is to getting the right patient to the right time.



Why do we need a system for Emergency Cardiac and Stroke Care?

- THE PROBLEM: Too many people become disabled or die because they don't get treatment in time

A solution to the problem

- A system built for speed and quality which follows the following steps:
 - Adopt standard procedures for emergency medical services to assess and triage cardiac and stroke patients.
 - Identify hospitals that can treat cardiac and stroke patients and meet criteria to participate in the system.
 - Require quality improvement activities for participating hospitals.
 - Expand the scope of EMS and Trauma regional quality assurance programs to include cardiac and stroke cases

Emergency Cardiac and Stroke System

- For more information,

Emergency Cardiac and Stroke System information:
www.doh.wa.gov/hsqa/hdsp/default.htm

**It's Never Too
Late**



Start Today, Benefit Forever

Even small changes help: Focus on achievable steps.

Progress over perfection: Don't let setbacks derail you.

Any age can benefit: Emphasize that it's never too late to make changes.





We're In This Together

- Family and Friends: Enlist their help in reaching your goals.
- Support Groups: Connect with others focused on healthy living.
- Ask For Help: Don't be afraid to ask your doctor, dietitian, or others for support.





Washington State Department of

Health

How the WA Cares Fund works

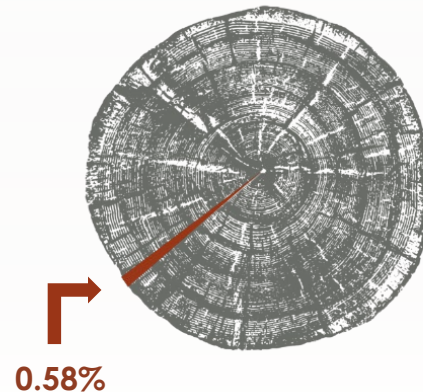
- Earned benefit
- Self-funded by worker contributions
- Works like an insurance program
- Only contribute while you're working
- Everyone covered at same rate regardless of pre-existing conditions
- No copays, no deductibles, and you never have to file a claim

Typical Income:

\$50,091

Typical Contribution:

\$291/year



Contributions

0.58%

Amount workers contribute from wages



Contributions began

Benefits

\$36,500

Lifetime maximum benefit (adjusted annually up to inflation)



Benefits available

Affordable contributions across your career

\$35,000 annual salary	
Each year	\$203
Over 10 years	\$2,030
Over 20 years	\$4,060
Over 30 years	\$6,090

\$50,000 annual salary	
Each year	\$290
Over 10 years	\$2,900
Over 20 years	\$5,800
Over 30 years	\$8,700

\$75,000 annual salary	
Each year	\$435
Over 10 years	\$4,350
Over 20 years	\$8,700
Over 30 years	\$13,050

\$36,500 benefit amount will be adjusted annually up to inflation.

Who contributes to WA Cares

Automatically not included

- Workers whose work is not localized in WA **not included** (same definition as Paid Family and Medical Leave)
- Federal employees **not included**
- Employees of tribal businesses only included **if tribe opts in**
- Self-employed individuals only included **if they opt in**

Must apply to ESD for an exemption

Exemption type	Availability	Permanent?
Workers who live out of state	Ongoing	✗
Workers on non-immigrant visas	Ongoing	✗
Spouses & domestic partners of active-duty U.S. armed forces	Ongoing	✗
Veterans with 70%+ service-connected disability	Ongoing	✓
Workers who had private long-term care insurance by 11/1/21	**No longer available**	✓

Visit wacaresfund.wa.gov/exemptions for details

Self-employed elective coverage

Eligible for elective coverage:

- Sole proprietors
- Joint venturers or members of a partnership
- Members of a limited liability company (LLC)
- Independent contractors
- Otherwise in business for yourself

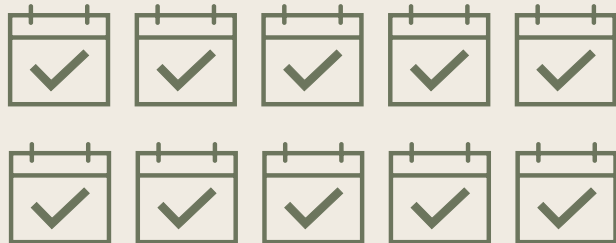
Opt into WA Cares and protect yourself!

- Get the same affordable benefits available to other Washington workers
- Contribute 0.58% of:
 - Your net earnings
 - Gross wages, if any, paid to you from your business entity
- Must work 500 hours per year to earn benefits (to calculate, divide gross annual wages by current minimum wage)
- Applications became available July 1, 2023
- Learn more at wacaresfund.wa.gov/opt-in

Qualifying for benefits

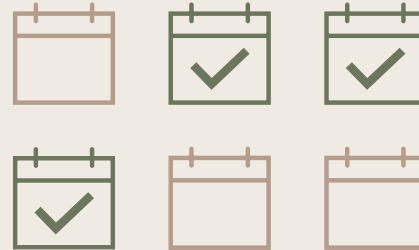
Lifetime access to full benefit

Contributed for a **total of 10 years** without a break of 5+ consecutive years



Early access to full benefit

Contributed at least **3 of the last 6 years** at the time you apply for benefits



FOR NEAR-RETIRES

Lifetime access to partial benefit

People born before 1968 earn **10% of benefit amount** for each year worked



To earn benefits, must work at least 500 hours per year (about 10 hours per week)

The benefit is flexible

Up to **\$36,500** for any combination of services and supports, including:



Professional care at home or in a facility



Adaptive equipment & technology like hearing or medication reminder devices



Training & paying family member or friend to be your caregiver



Home-delivered meals



Home safety evaluations & environmental modifications like wheelchair ramps



Support & respite for family caregivers



Transportation

Must need help with **3 activities of daily living** like bathing, dressing, eating, medication management

How far will the benefit go?



Family caregiver

Paying a family caregiver	\$31,300
10 hours/week for 2 years	
Care supplies	\$2,200
2 years of incontinence supplies	

Total **\$33,500**



Home accessibility

Home safety renovations	\$15,000
Electric wheelchair or scooter	\$2,600
Weekly meal delivery	\$9,200
7 meals/week for 3 years	

Total **\$26,800**



Temporary support & services

Part-time caregiver	\$31,300
20 hours/week for 1 year	
Transportation to appointments	\$3,200
for 1 year	
Crutches	\$50

Total **\$34,600**

Note: These are estimates and do not guarantee the cost of any services, which may vary based on your area and other factors.

Taking your WA Cares benefit out of state

New law passed this year to allow you to use your benefit outside Washington

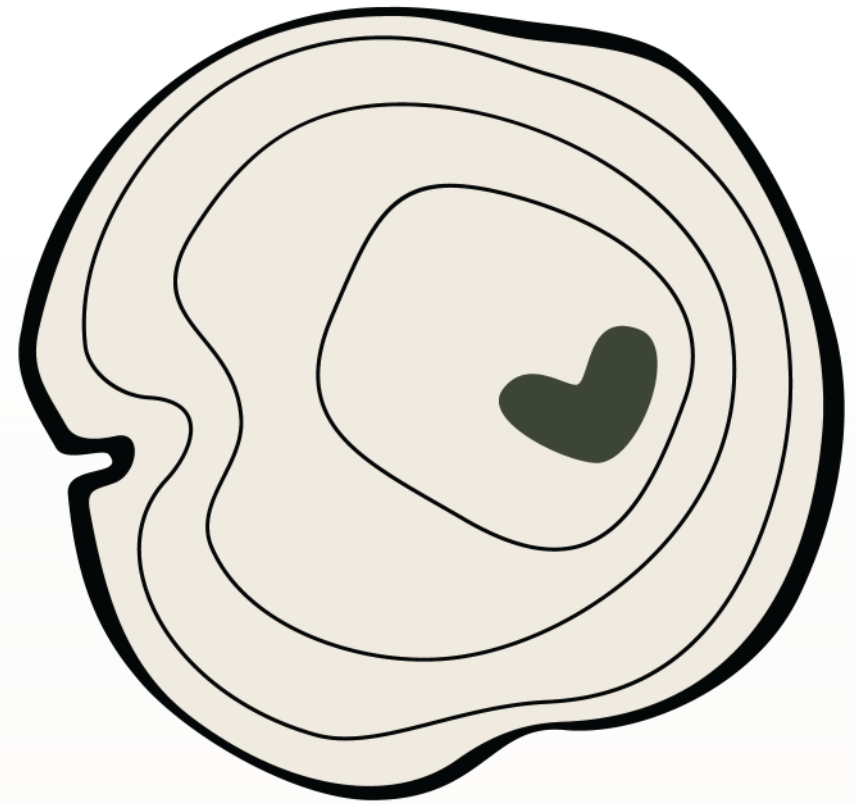
Contributions

- Starting in July 2026, workers can choose to continue participating in WA Cares if they move out of state
- Must have contributed to WA Cares for at least 3 years (working 500+ hours per year) & must opt in within a year of leaving WA
- Like other workers, out-of-state participants keep contributing during working years

Benefits

- Available starting July 2030
- **Contribution requirement:** Same pathways as other workers
- **Care need requirement:**
 1. Be unable to perform (without substantial assistance) at least 2 of these activities for at least 90 days: eating, toileting, transferring, bathing, dressing or continence; OR
 2. Require substantial supervision to protect from health & safety threats due to severe cognitive impairment

Audience Q&A





Thank you

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Contact us by email

[wacaresfund.wa.gov/
contact-us](https://wacaresfund.wa.gov/contact-us)

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833-717- 2273

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844-CARE4WA