

Young Stroke in Australia



What you need to know



13 young people under 55 have a stroke every day



88% of young stroke survivors report unmet needs

Impact of young stroke

Stroke is a leading cause of long-term disability in young Australians. Yet most health systems are designed to meet the needs of older people, not younger adults recovering from stroke.

Health services themselves report being ill-equipped to meet the needs of young stroke survivors. This is particularly common in regional and rural areas where stroke incidence is higher and access to specialist services is limited.

Critical gaps in young stroke care

Evidence shows that young stroke survivors are:



Often underdiagnosed or misdiagnosed



Discharged into fragmented or time-limited services



Unsure about the cause of their stroke and how to prevent another stroke



Poorly supported to return to work, study or independent living



At high risk of long-term psychological distress and cognitive challenges

Unmet needs

Young Australians who have a stroke often face different challenges from older stroke survivors.

Stroke at a younger age can affect many parts of life, including personal identity, work, education, and relationships. They also live with the impact of stroke for longer.

Common unmet needs among young stroke survivors include getting back to work and driving, help with memory and cognitive problems, and connecting with peers and supporting relationships.



The Young Stroke Service

The Young Stroke Service was created to fill gaps in stroke care and allow statewide access to stroke services. The project aims for a model of care that is coordinated, fair to access, digitally enabled and reflects the needs of young adults.