

SAFE Board Member Application Form

Please complete this form and return it to the SAFE Secretariat 28 April 2026
All fields must be completed. Please refer to the role description

Full name:	ADAM SIGER
Name of member stroke support organisation:	FUNDACJA UDARU MÓZGU
Position held in member stroke support organisation:	VICE PRESIDENT
Country of member stroke support organisation:	POLAND

What contribution do you hope to make to SAFE and the stroke patient community as a member of the board?

I hope to contribute to SAFE and the wider stroke community through a unique combination of long-term professional experience, lived caregiver experience, and leadership in the patient advocacy sector.

I am a physiotherapist with 26 years of professional experience, and I have worked for many years in a stroke and neurological ward. I also supported a close family member as a direct caregiver after stroke. In addition, I am one of the founders and an active leader of the Stroke Foundation in Poland (Fundacja Udaru Mózgu), the first Polish organisation established to support stroke survivors, their families, and caregivers. This gives me an understanding of stroke from three important perspectives: healthcare professional, caregiver, and patient organisation leader.

As a SAFE board member, I would like to focus on three priority areas.

First, I would like to initiate action to improve access to post-stroke rehabilitation across Europe. Based on my many years of observation and cooperation with stroke communities, I believe that insufficient access to rehabilitation is a major problem in every European country, although the scale may differ. I would like SAFE to explore and assess rehabilitation access across Europe and use the findings to begin a strong dialogue with decision-makers at European level. My goal would be to help make equitable access to rehabilitation a fundamental right for every person after stroke in Europe.

Second, I would like to strengthen stroke support organisations by investing in the skills and capacity of their leaders. In my experience, the long-term development and sustainability of patient organisations depend greatly on the competence, commitment, and vision of their leaders. I believe SAFE should play an active role in supporting, guiding, and staying in regular contact with member organisation leaders, helping them grow stronger and more effective.

Third, I would like to support the development of a pan-European awareness campaign on stroke prevention and, more broadly, cardiovascular disease prevention. SAFE has grown into a strong and influential organisation, and I believe this is the right time to develop our own campaign tailored to European audiences, with the aim of increasing

public awareness, encouraging prevention, and strengthening recognition of stroke as a major public health issue.

Please select any of the following where you have a specific expertise that would be useful to the board.

Accounting	
Communications	✓
Education and training	✓
Fundraising	✓
Governance	
Human resources	
Public affairs	✓
Research	✓
Strategy	✓
Other	Patient advocacy / Stroke support organisations / Caregiver perspective

What personal expertise and professional strengths will you bring to SAFE and the stroke community? Mention any relevant experience.

I bring a combination of clinical experience, personal commitment, and long-standing leadership in stroke advocacy.

I am a physiotherapist with 26 years of experience and have worked extensively in a stroke and neurological ward. This has given me a strong understanding of the needs of people after stroke and of the realities faced by healthcare professionals working in stroke care.

I also bring personal experience as a caregiver to a close family member who survived a stroke. This perspective has helped me understand the practical, emotional, and social challenges faced by stroke survivors and their families beyond the hospital setting.

For the past 16 years, I have been one of the founders and active leaders of Fundacja Udaru Mózgu, the first organisation in Poland dedicated to supporting people after stroke, their families, and caregivers. Within the foundation, I have worked in fundraising, coordinated a stroke helpline, and maintained relationships with key opinion leaders, politicians, journalists, and institutional partners. Over the years, I have cooperated with both national and international companies and have also gained experience working in connection with the European Parliament.

My strengths include strategic thinking, relationship-building, advocacy, communication, fundraising, and a deep long-term commitment to improving the lives of people affected by stroke. I am also able to connect medical knowledge with the real-life needs of patients, families, and community organisations.

How would your election to the SAFE board benefit your organisation?

My election to the SAFE board would strengthen my organisation's connection with the wider European stroke community and help us contribute even more effectively at both national and international level.

As one of the founders and leaders of Fundacja Udaru Mózgu, I would be able to bring back knowledge, experience, and good practice from across Europe and use these to strengthen our work in Poland. My role on the SAFE board would also help deepen cooperation between our organisation and other member organisations, creating new opportunities for shared learning, joint initiatives, and stronger advocacy.

It would also raise the visibility of our organisation within the European stroke community and support our mission of improving life after stroke for patients, families, and caregivers in Poland. At the same time, it would allow our organisation to contribute its 16 years of experience as the first Polish stroke support organisation to the broader development of SAFE.

I confirm that the information contained in this application is correct, and that neither me, or my organisation, have been subject to any financial/legal or other such investigations in the past 12 months.

Upon election to the SAFE board, I agree to immediately provide the SAFE Secretariat with a copy of the following documents, **ratified and stamped** by a legal authority

- the photo page in your passport

PLUS **one** of the following with your name and address (also **ratified and stamped**)

- a bill for water or electricity (mobile phone bill is not acceptable)
- an invoice of a subscription
- a certificate from the municipality

- a full biography, plus a 50-word biography for SAFE's website
- a headshot photograph

Signature:

Adam Sigew

Date: 25.04.2026

Once completed, the application form should be returned to the SAFE Secretariat, info@safestroke.eu, along with:

- a letter from the board of your organisation supporting your nomination.
- a copy of your current curriculum vitae. This must not include any personal information, such as address and telephone numbers.

Your application form, CV and nomination letter will be sent to members as part of the election process.

THESE DOCUMENTS MUST BE SUBMITTED BY THE PRESIDENT/MEMBER OF THE BOARD OF THE ORGANISATION, NOT BY THE APPLICANT.

Completed applications must be received by 28 April 2026

Adam Siger

Curriculum Vitae

Physiotherapist | Stroke and Neurorehabilitation Specialist | Patient Advocate

Professional Profile

Senior physiotherapist and patient advocate with 26 years of experience in stroke care, neurorehabilitation, and patient organisation leadership. Founder and Vice President of Fundacja Udaru Mózgu, the first stroke support organisation in Poland, with extensive experience in fundraising, public awareness, stakeholder engagement, training, and European collaboration. Combines clinical expertise, lived caregiver experience, and long-standing advocacy for stroke survivors and their families.

Leadership and Advocacy

- Founder and Vice President, Fundacja Udaru Mózgu; Coordinator of the stroke helpline; Editor-in-Chief of "1 na 6" Stroke Magazine
- Former Board Member, Stroke Alliance for Europe (SAFE), 2011–2016
- Initiator of the Association of Physiotherapists for Parkinson's Disease in Poland
- Speaker at professional events and educational webinars on stroke and rehabilitation
- Co-author of a 2024 report on the situation of stroke survivors in Poland; media commentator on stroke, rehabilitation, and prevention

Clinical Experience and Expertise

- Coordinator of the Physiotherapy Team, Department of Neurology, Municipal Hospital in Łódź
- More than two decades of clinical work in neurology, stroke care, and neurorehabilitation in Łódź and Warsaw
- Extensive experience supporting patients after stroke, as well as people living with Parkinson's disease and multiple sclerosis
- Key areas: post-stroke rehabilitation, neurological physiotherapy, patient advocacy, fundraising, health communication, training, public affairs, and leadership development

Education and Professional Training

- First-degree specialisation in Physical Rehabilitation; postgraduate training in PNF, Bobath, and McKenzie methods
- Postgraduate Studies in Planning and Organisation in Healthcare Systems, International School of Managers, Warsaw, 2001–2002
- Physical Rehabilitation / Physiotherapy, Józef Piłsudski University of Physical Education, Warsaw, 1995–2000
- Medical Rescue, Medical Vocational College No. 3, Łódź, 1993–1995

Languages

Polish - native | English - good spoken and written communication | Russian - communicative

SAFE Secretariat
Stroke Alliance for Europe

Łódź, Poland, 19 April 2026

Subject: Letter of support for the nomination of Adam Siger

Dear SAFE Secretariat,

On behalf of the Board of Fundacja Udaru Mózgu, I am pleased to confirm our full support for the nomination of Adam Siger for election to the SAFE Board.

Adam Siger is one of the founders and active leaders of Fundacja Udaru Mózgu, the first organisation in Poland established to support people after stroke, their families, and caregivers. Since the foundation was created 16 years ago, he has played a key role in its development and in advancing stroke awareness, patient support, and advocacy in Poland.

Adam Siger brings to this candidacy 26 years of professional experience as a physiotherapist, including many years of work in a stroke and neurological ward. In addition, he brings personal experience as a caregiver to a close family member after stroke. This combination of professional expertise, personal commitment, and long-standing leadership in stroke advocacy gives him a strong and valuable perspective that would greatly benefit SAFE and its member organisations.

Within Fundacja Udaru Mózgu, Adam Siger has been actively involved in fundraising, coordination of the stroke helpline, and maintaining relationships with key opinion leaders, policymakers, journalists, and institutional partners. Over the years, he has also cooperated with both national and international companies and has gained relevant experience in activities connected with the European Parliament.

The Board of Fundacja Udaru Mózgu is confident that Adam Siger would make a highly valuable contribution to SAFE, particularly through his commitment to improving access to rehabilitation, strengthening stroke support organisations, and advancing public awareness and prevention of stroke across Europe.

We fully endorse this nomination and strongly support Adam Siger's candidacy for the SAFE Board.

Yours sincerely,



Włodzimierz Drużyński
President of the Board



Piotr Mroczyński
Member of the Board