

The
STROKE
Association



Stroke helpline
0303 3033 100

Website
www.stroke.org.uk

Life After Stroke Services

Helena Johnstone

Family & Carer Support Co-ordinator,
Wandsworth

Stroke helpline
0303 3033 100

Website
www.stroke.org.uk



The Stroke Association

Our Mission is to prevent strokes, and reduce their effect, through providing services, campaigning, education and research.



Stroke helpline
0303 3033 100

Website
www.stroke.org.uk



How we help

- Raise awareness of stroke issues
- Campaign and lobby to improve treatment and care
- Provide information and social and financial aid to people affected by stroke.

Stroke helpline
0303 3033 100

Website
www.stroke.org.uk



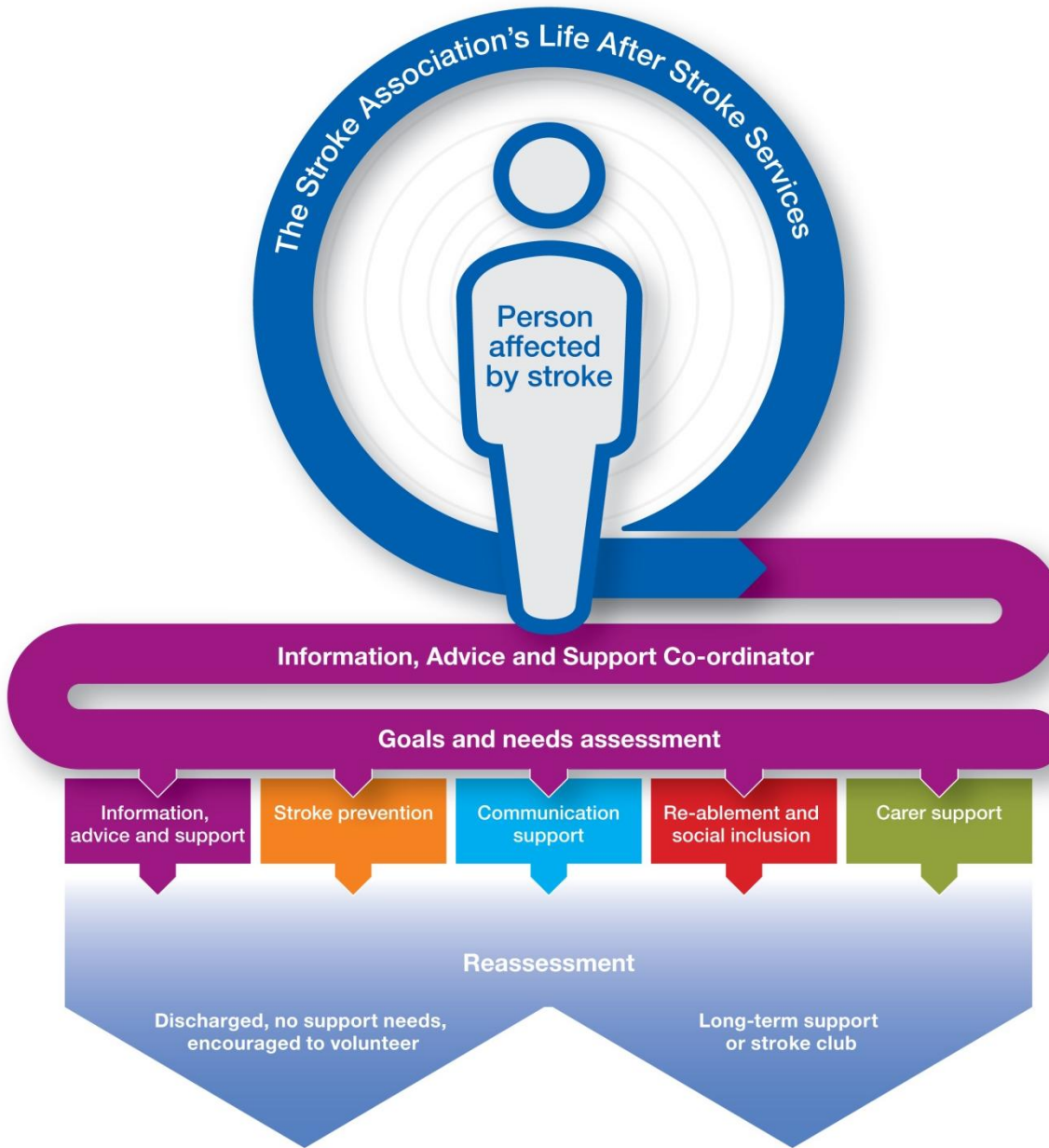
How we help...

- National helpline for all enquiries
- Produce fact sheets and leaflets
- Website and key accessible information
- *TalkStroke* chat room
- Language line
- Welfare grants

Stroke helpline
0303 3033 100

Website
www.stroke.org.uk





Other Services

- Training and education for healthcare workers, professionals
- Over 400 stroke clubs offering a long term support and friendship



Stroke helpline
0303 3033 100

Website
www.stroke.org.uk

The statistics

Approximately 130,000 strokes a year in the UK

- Third biggest killer
- Second biggest cause of dementia
- Primary cause of long term adult disability

The statistics...

Of all people who suffer from a stroke in the UK,
approx 1/3 are likely to be left disabled.

A quarter of a million people are living with long term disability as a result of stroke.

Stroke helpline
0303 3033 100

Website
www.stroke.org.uk



The effects of stroke

- Physical effects
- Personal relationships
- Where you live
- Work
- Finances

When stroke occurs:

Feelings:

shock, fear, grief, guilt

Needs:

information

practical support

emotional support

Medium term

Feelings:

Social isolation, depression, anxiety.

Needs:

physical rehabilitation

social support

financial support

Long term

Feelings:

20% of stroke survivors anxious

50% of carers anxious, emotionally distressed

Needs:

long term support groups

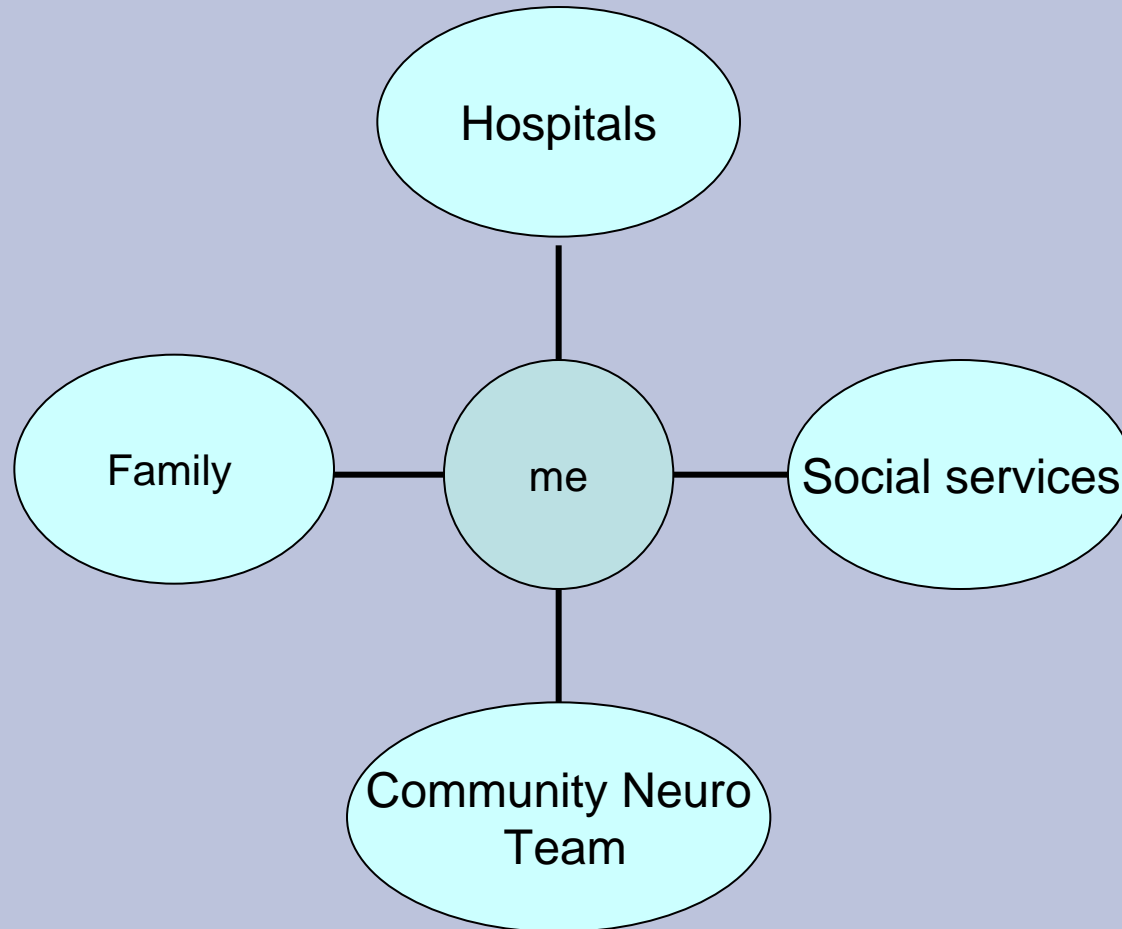
advice

respite care

The family support worker's role

- Bridge gap between
 - Health and social care
 - Hospital and home
- Support from time of stroke until no longer needed
- Needs-led, open-ended service for
 - stroke survivors
 - those who look after them

Local referrals



Stroke helpline
0303 3033 100

Website
www.stroke.org.uk

Local case studies

- Old lady: Mrs J
- Washing machine: Miss N
- Car insurance: Mr G

Our Vision

We want a world where there are fewer strokes and all those touched by stroke get the help they need.



Stroke helpline
0303 3033 100

Website
www.stroke.org.uk

The
STROKE
Association

The Stroke Association

Stroke Association National Help Line

0303 3033 100

Website

www.stroke.org.uk

Regional Centre

020 7940 1340

Stroke helpline
0303 3033 100

Website
www.stroke.org.uk

