



Caring For Someone Who Has Had A Stroke

If you are caring for someone who has had a stroke, it is very likely that you became a carer very suddenly. Strokes often happen without warning and life for the person affected, and for their carer, can change overnight.

Most people who have experienced a stroke have to spend a period of time in hospital, and this may be followed by a long period of rehabilitation. In hospital there will have been help on hand from specialists in the Stroke team (doctors, specialist nurses, physiotherapists, speech and language therapists, occupational therapists), and many people and their carers are anxious about going home with reduced support.

Community or District Nurses may visit at home in the short term, and Occupational Therapists and Speech Therapists may continue to have some input, but inevitably their resources are limited, so it is important that you use them whilst their help is available.

Some Useful Contacts and Information:

NHS Choices

<https://www.nhs.uk/conditions/stroke/>

Stroke Association

The Stroke Association provides an excellent and informative helpline for people who have experienced stroke, and their carers. The Association also has a comprehensive website and you can download or order factsheets from the information library.

If you would like information about stroke or sources of support available after a stroke, contact the [Stroke Helpline](https://www.stroke.org.uk/helpline) on 0303 303 3100. The helpline is open Monday, Thursday and Friday 9am-5pm, Tuesday and Wednesday 8am-6pm and Saturday 10am-1pm.

info@stroke.org.uk

www.stroke.org.uk

Below are some examples from the extensive factsheet list available on

www.stroke.org.uk/shop/information-leaflets

- Life after stroke
- How to prevent a stroke
- Communication problems after stroke
- Emotional change after stroke
- All about stroke: information for children



- Stroke: a carer's guide
- Healthy eating and stroke
- Driving after stroke

If you want information on a particular subject and you do not have access to the internet, the Stroke Association would welcome your calls on the **Stroke Helpline** - 0303 3033 100

The Stroke Association also has an online discussion forum for people who have experienced stroke, and their carers.

www.stroke.org.uk/forum

Local Support for People with Stroke and their Carers

Stroke Association - Sheffield Reablement Service

Part of the national charity The Stroke Association, the Sheffield Reablement Service aims to provide a support service for stroke survivors of any age living in Sheffield. The coordinator offers one to one support, workshops, group projects and activities to enable stroke survivors to have a greater understanding of stroke and how to manage their condition to maximise their independence and quality of life.

The service works towards the individual's own goals which might include:

- Returning to work
- Accessing appropriate retraining and voluntary opportunities
- Accessing a return to education
- Returning to hobbies and leisure activities
- Opportunities to attend activities to improve confidence and self esteem
- Developing new skills

The service is **free** in Sheffield and is run by the Stroke Association.

Contact: 0114 231 0882 or 0303 3033 100

www.stroke.org.uk/.../sheffield-reablement

Different Strokes – for younger stroke survivors

A registered charity that offers support, information and advice to younger stroke survivors (i.e. those of working age) and their families. Offers a "serious approach to stroke rehabilitation - run by survivors".

The organisation runs sessions which involve exercise and fitness to improve balance and suppleness with qualified neuro-physiotherapists as well as tailored one to one programmes.



Professional updates are provided by psychologist, occupational therapists, mental health professionals and health researchers - as requested by group members. Offers the chance to share, talk and listen on a range of topics you would like to talk about such as relationships, memory, concentration, in safe and supportive environment. Also plans socials, meals out, trips to concerts, countryside and comedy nights.

Different Strokes can offer free access to resources, information and signpost to other stroke services across the city. Donations are welcome towards the shared costs of the physiotherapy.

Sessions are held at 'ZEST' 18 Upperthorpe, S6 (Saturday, 1.15 – 3.30pm).

For more information please contact the Sheffield group Volunteer Co-ordinators by phoning 0114 246 2995 or 07546 539 373

differentstrokes.sheffield@gmail.com

www.differentstrokes.co.uk

Carers Stroke Support Group

This carers' group is organised by Amanda Jones, Stroke Nurse Consultant. It meets twice a month at Sheffield Carers Centre, Concept House, 5 Young St, Sheffield S1 4UP. Please phone the Carer Advice Service on 0114 272 8362 for more information.

Revised 03 January 2018