Workshop 2a:

My Stroke Guide – helping you to help yourself

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#strokeassembly
Stroke Association

My Stroke Guide

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Self-Management

90% of the time stroke survivor will be managing their recovery alone
In Scotland

National Health and Wellbeing Outcomes

**Outcome 1**: People are able to look after and improve their own health and wellbeing and live in good health for longer.

Stroke Improvement Plan
August 2014

**Priority 8**: Supported self management and living with stroke
Stroke has a massive and sudden impact

- **73%** of stroke survivors lack confidence[^1]
- **90%** of the time an average stroke survivor must manage their recovery alone
- **48%** lack motivation
- **74%** left hospital feeling isolated
- **63%** live in fear of another stroke
- **44%** had broken up with their partner or considered doing so — therefore impacting on care

[^1]: Source: [1]
Self-management for stroke

Professional care
- Therapy - physiotherapy, SALT, OT
- Stroke Association coordinators and groups

Information
- Relevant to you, your stroke and your location
- Accessible

Goal setting
- Meaningful and achievable
- The right tools

Peer support
- Sharing experience
- Support and advice
- Socialising

Stroke Helpline 0303 3033 100
stroke.org.uk
In Great Britain, 22 million households (84%) had internet access in 2014, up from 57% in 2006.

76% of Britons go online on a daily basis.

Access to the Internet using a mobile phone more than doubled between 2010 and 2014, from 24% to 58%.
Designed by stroke survivors for stroke survivors
My Stroke Guide

My next appointment
No upcoming appointments

Essential guides

My social

My goals

My area
My Stroke Guide Inverclyde and Renfrewshire

- Local knowledge
- Support setting-up
- Encouraging to use and set goals
- On-going support to use My Stroke Guide
- Monitoring progress
- Volunteer support
- Sign post to community activities
- Feedback through surveys
- My Stroke Guide Cafes

The project is funded by the Self Management IMPACT Fund provided by the Scottish Government and administered by the ALLIANCE.
So, what next?
Thank you for listening

Any questions?

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