Please take the time to read this and find out about me and how you can help me with my recovery.

Together we can conquer stroke.
We are Stroke Training

We’re here for you

Stroke Training
Website: stroke.org.uk/training
Email: stroketraining@stroke.org.uk
Telephone: 01527 903 911

Research stroke.org.uk/research
Information stroke.org.uk/what-we-do
Helpline stroke.org.uk/finding-support/call-our-helpline
Support stroke.org.uk/finding-support
Fundraising stroke.org.uk/fundraising

Together we can conquer stroke
How to use

These resources are to help health and social care professionals, your family and friends and anyone you meet.

Communication Licence
Please photocopy and put in multiple prominent and visible places for example on the front of a care plan, or the fridge. Take it with you if you need to see the GP or meet new people who might find it useful to know about you.

This describes how the stroke has affected you and how you prefer others to communicate with you.

Stroke Recovery Passport
Keep this with you. Ask professionals, friends and family to read this to help them to get to know you and understand how they can support you.

www.stroke.org.uk/professionals/resources-professionals/communication-aids
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33% of stroke survivors have difficulty speaking, finding words and understanding what other people say, reading and writing

My name is

I have had a stroke which means that

- 
- 
- 
- 

How you can help me

- 
- 
-
Tips for communication

**Do**
- Try a different word
- Repeat what you said
- Use more hand gestures
- Point
- Use more facial expressions
- Give extra time
- Check you both understand

**Don't**
- Talk too fast
- Talk too loud
- Interrupt
- Pretend to understand

**YES/NO**
I DON'T UNDERSTAND

*Stroke Recovery Passport | PART 1 - How the stroke has affected me*
Stroke Recovery Passport

My name is

I have had a stroke which means that

•

•

•

I will keep this with me. Please read this, it’s about me, my stroke and how to communicate with me. Please use this to find out how you can support me.
My Goals

Goals help people to focus their recovery and stay positive. These are the goals I am currently working towards.

My goal is

Steps to reach my goal

•

•

•
My goal is

Steps to reach my goal

•

•

•
Information to help me recover

For example:

- Things I can do
- Things that motivate me
- What aids or equipment I need
- What help I need
- How long I need.
My feelings and fatigue

Feeling angry, frustrated or depressed is common after a stroke. 50% of stroke survivors say tiredness is their main problem.

Things you need to know

Insert picture

Insert picture

Insert picture

Insert picture
How you can help me

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My communication

33% of stroke survivors have difficulty speaking, finding words and understanding what other people say, reading, writing and maths.

Things you need to know

Insert picture

Insert picture

Insert picture
How you can help me

[Insert picture]

[Insert picture]

[Insert picture]

[Insert picture]
Memory, thinking and concentration

A stroke can affect the way the brain understands, organizes and stores information.

Things you need to know

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How you can help me

Insert picture

Insert picture

Insert picture
Vision and hearing

60% of stroke survivors have problems with vision. Hearing can also be affected.

Things you need to know

Insert picture

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Insert picture

Insert picture
How you can help me

Insert picture

Insert picture

Insert picture

Insert picture
Movement, changes in sensation and pain

80% of stroke survivors experience problems with movement.
33% have sensory loss
5-20% of stroke survivors have neuropathic pain. They may also have pain from muscle stiffness and shoulder problems, headaches and sore swollen hands.

Things you need to know

•
•
•

How you can help me

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•
About me

My date of birth

Things that are important to me. For example my work, what I enjoy, my dislikes, events in my life, music, pets etc.
My life

Please use photos or newspaper clippings

Insert picture

Insert picture

Insert picture

Insert picture
Family, friends and important people

These are people who mean a lot to me..

Insert picture

Insert picture

Insert picture

Insert picture
Food and drinks

40% of stroke survivors will have swallowing problems and need drinks thickened and food modified.

Sense of taste and smell can change:
• My likes and dislikes
• If I need my drinks thickened and food modified
• My sense of taste and smell
• My appetite.

Things you need to know

•

•

•

How you can help me

•

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•
Emergency information

In case of an emergency please contact

________________________________________

________________________________________

________________________________________

My GP is

________________________________________

________________________________________

________________________________________

I have the following medical conditions and allergies

________________________________________

________________________________________

________________________________________

________________________________________

________________________________________
Suspect a stroke? Act FAST. Call 999.

**FAST**

- **Facial weakness**
  Can the person smile? Has their mouth or eye drooped?

- **Arm weakness**
  Can the person raise both arms?

- **Speech problems**
  Can the person speak clearly and understand what you say?

- **Time**
  to call 999.

If you see any one of these symptoms call 999.

**Other symptoms include:**

- Sudden weakness or numbness on one side of the body
- Sudden confusion
- Sudden dizziness or unsteadiness
- Sudden visual problem
- Severe headache
We are the Stroke Association

We believe in life after stroke. That’s why we support stroke survivors to make the best recovery they can. It’s why we campaign for better stroke care. And it’s why we fund research to develop new treatments and ways of preventing stroke.

We’re with you every step of the way, together we can conquer stroke.

**Stroke Helpline:** 0303 3033 100  
**Website:** stroke.org.uk  
**Email:** info@stroke.org.uk  
**From a textphone:** 18001 0303 3033 100

We are a charity and we rely on your support to change the lives of people affected by stroke and reduce the number of people who are struck down by this devastating condition.

Please help us to make a difference today.

Together we can conquer stroke