Caring and You

4 out of 10 stroke survivors leave hospital requiring help

with daily living activities.

Who is the programme for?

'Caring and You' is available to family or friends of stroke survivors. Carers may benefit from attending the support and education sessions if they want to improve their skills and knowledge of caring and/or are feeling stressed, anxious, depressed or isolated.

This program will help carers understand the long-term challenges that living with stroke brings for themselves and stroke survivors. The need for the service will be identified via multiple referral sources, including our Stroke Recovery Service where they are available, or a healthcare professional. Carers can also self-refer.

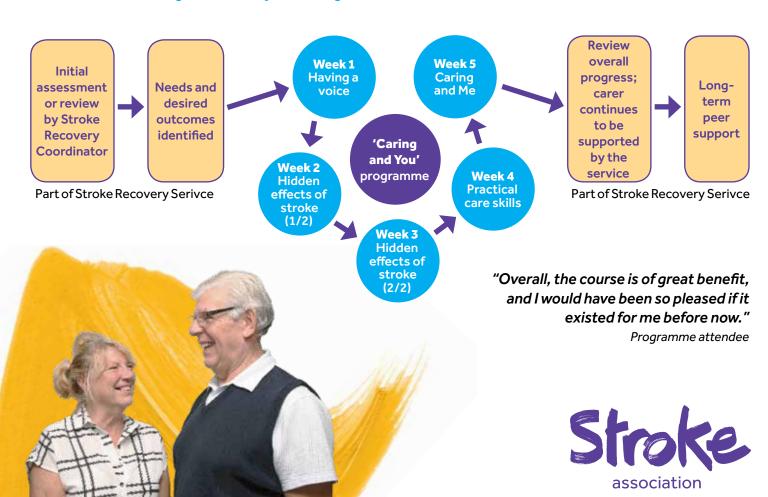
What we offer through our programme

This programme helps reduce the emotional and physical challenges of caring for a stroke survivor.

Carers will learn about stroke and understand the hidden effects, how to support someone safely and well, where to go for support and advice, practical tips on caring with confidence and the importance of looking after their own health and wellbeing

Progress is reviewed to ensure support remains appropriate for each individual. Carers in your area will become better equipped and confident in their caring role and may benefit from coordinator and long-term peer support via the Stroke Recovery Service.

Stroke Recovery service pathway



Programme outcomes

Caring and You Outcomes

Programme activities

A 5 week face-to-face support and education program consisting of weekly 3 hour sessions

- Peer support through sharing experiences and ideas
- Providing a safe space to ask questions, receive reassurance and seek advice from coordinators
- Interactive workbook to record activities and help utilise new caring skills learnt
- Coordinators will follow up to review learnings and identify changes and encourage future networking

Programme impacts

- Increased knowledge of stroke
- Increased knowledge of services and entitlement available
- Increased confidence in accessing support and communicating with service providers
- Increased practical skills and strategies for caring
- Increased confidence and ability as a carer
- Increased support and feelings of reassurance and reduced levels of carerelated stress or anxiety
- Feeling positive and generally better in themselves
- Actively maintaining wellbeing, pursuing a life outside of caring and engaging with social support networks

Overall outcomes

Sustained health and wellbeing



Improved quality of life for carer and stroke survivor



Better relationship, more sustainable caring



For further information, please email:

services@stroke.org.uk

Stroke