

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.

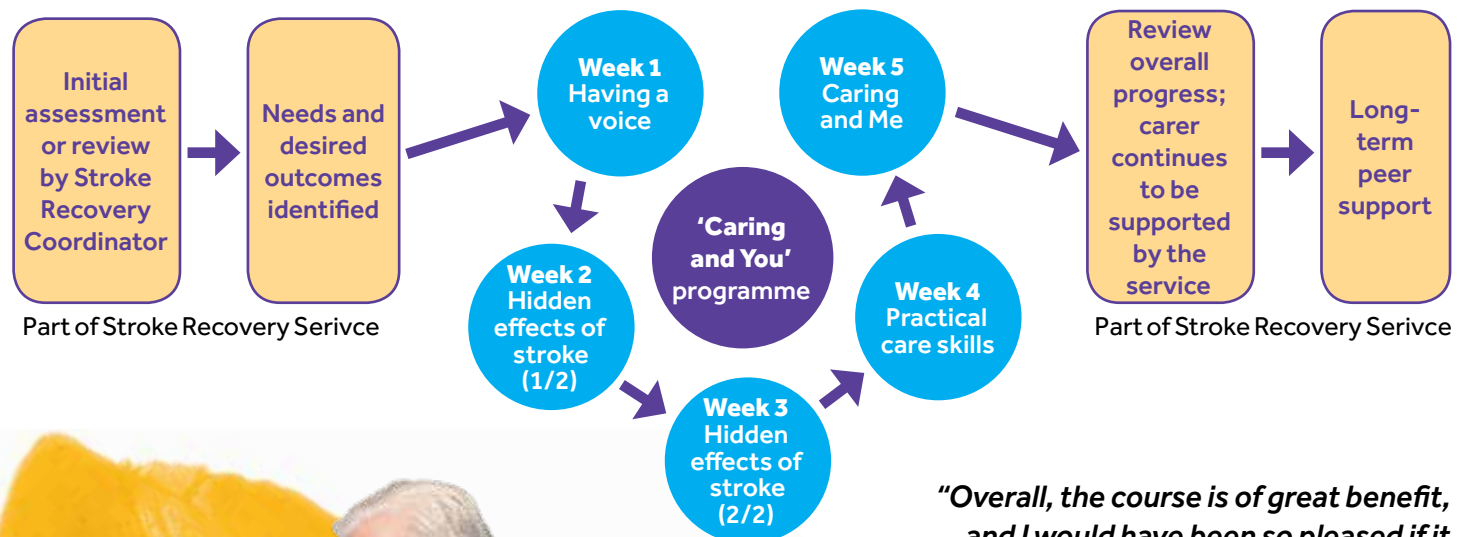
What we offer through our programme

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



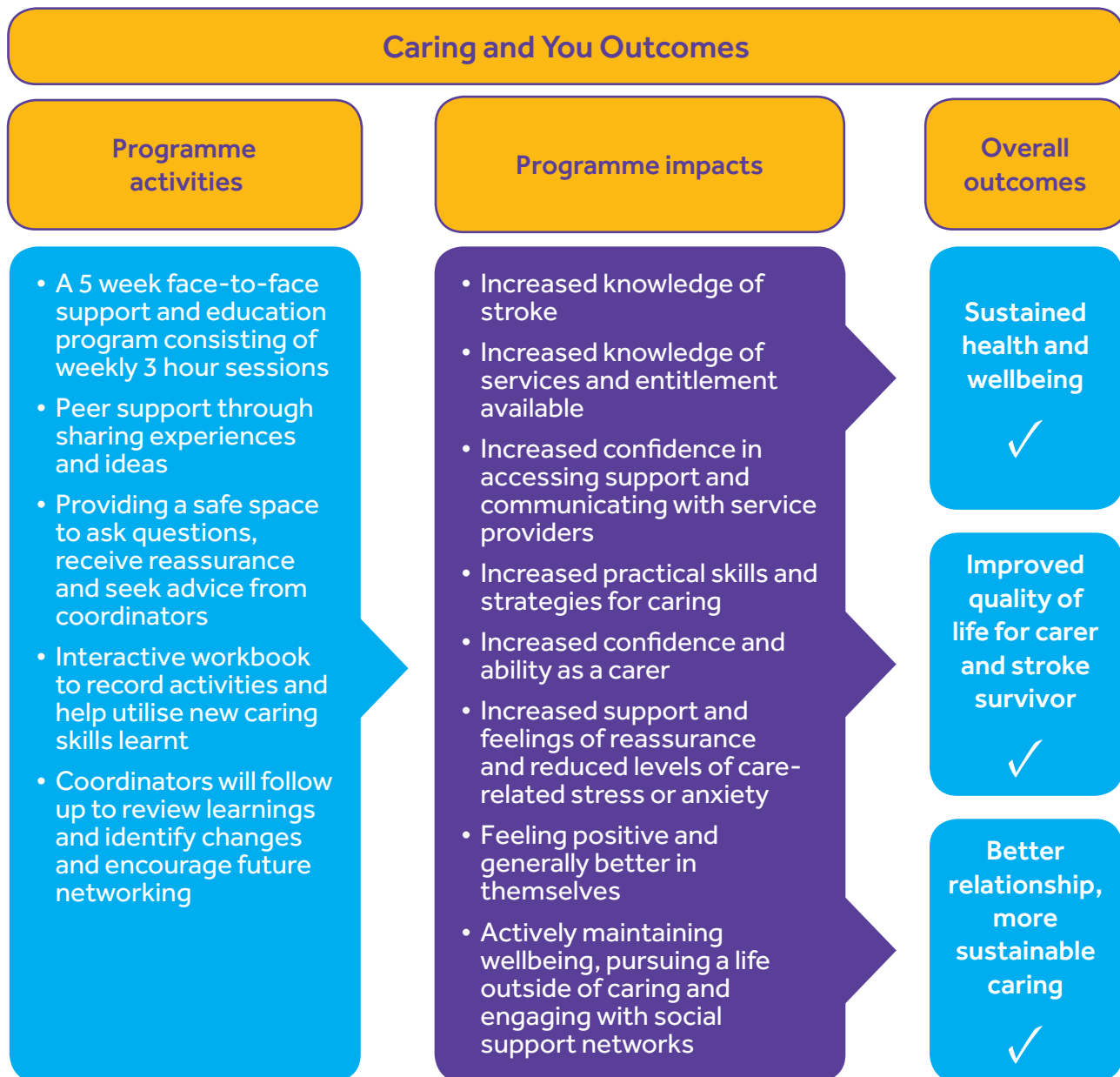
"Overall, the course is of great benefit, and I would have been so pleased if it existed for me before now."

Programme attendee



Stroke
association

Programme outcomes



For further information, please email:
services@stroke.org.uk

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