

Rebuilding lives after **stroke**

Our strategy in Scotland

Stroke
Association

Scotland has the highest prevalence of stroke of the four nations in the UK. 124,000 people currently live with its physical and cognitive after effects. And there are around 14,000 more strokes every year. This is projected to double over the next 20 years as our population ages.

Stroke is one of the leading causes of death and adult disability in the UK, and currently costs the Scottish economy around £1.6 billion annually. Over half of these costs are borne by informal carers. This is predicted to rise to £4.5 billion by 2035 unless significant improvements are made.

In Scotland you are more likely to:

- Have a stroke than in other parts of the UK.
- Have a stroke at a younger age –average age for stroke in Scotland is four years below that of the rest of the UK.
- Die from stroke than in other parts of the UK.

This needs to change. We want Scotland to shift the way it organises and delivers stroke treatment to attain world-leading outcomes for people affected by stroke.



Our goals in Scotland

A. Make stroke the priority it needs to be.

We will ask the Scottish government and health and social care providers to:

- Develop an ambitious new strategy to change the way stroke treatment and care is delivered
- Embed learning and best practice from other countries
- Support this plan with investment to optimise treatment and care for every person with a stroke diagnosis.
- Invest in statutory stroke teams so they can deliver the recommended levels of rehabilitation and therapy for everyone who needs it
- Provide high quality stroke support services which empower people to rebuild their lives after a stroke
- Increase investment in stroke research – prioritising and implementing research which will achieve the greatest impact in prevention and acute treatment.

B. Ensure that everyone affected by stroke has access to the rehabilitation and lifelong support they need.

We will

- Reach more people by offering support through our Stroke Helpline, My Stroke Guide, and Life After Stroke Grants
- Involve people affected by stroke in the development and delivery of new forms of stroke support. This includes telephone befriending
- Work with partners to explore opportunities to increase access to a wider range of support for people affected by stroke across Scotland
- Urge funders to increase investment in research and services for people in the months and years after stroke.

C. Partner with people and communities to help them take action on stroke.

We will:

- Support local, national, professional and social communities to advocate for and influence action on stroke
- Empower people affected by stroke to use their insight and empathy to improve stroke outcomes for themselves and others
- Enable people affected by stroke to find support from within their community, so they can benefit from and contribute to the human kindness found in all communities
- Increase the number of people within communities who are inspired to give their time, voice or money to stroke.

Contact us

We're here for you. Contact us for expert information and support by phone, email and online.

Stroke Helpline: **0303 3033 100**

From a textphone: **18001 0303 3033 100**

Email: helpline@stroke.org.uk

Website: stroke.org.uk

Scotland Office: **0131 555 7240**

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