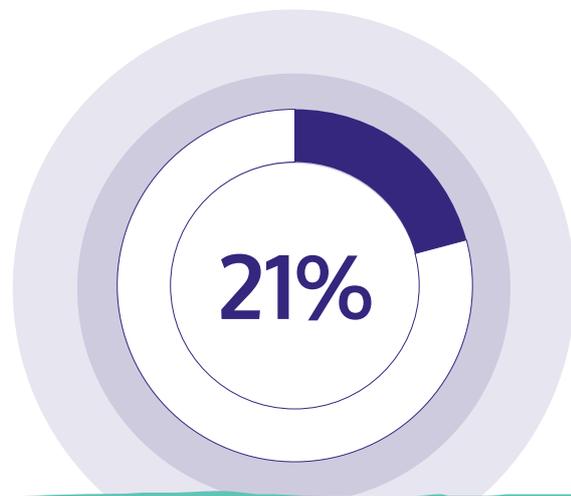


# Lived Experience of Stroke

## Chapter 4 Rebuilding lives after stroke

Cymdeithas  
**Strôc | Stroke**  
Association



Almost a quarter (21%) of stroke survivors in Wales did not receive enough support when they needed it most.

### Introduction

Stroke can be devastating. Many survivors are left with physical, cognitive, and emotional impacts that affect every part of their lives.

However many survivors report feeling abandoned after they leave hospital. For some the support isn't there. Sometimes the quality of care is poor. Others simply aren't told about services which could help.

In 2018 we conducted the biggest ever survey of stroke survivors and their carers' in the UK. In Wales more than 600 people closely affected by stroke took part.

This is the second of two reports, detailing what stroke survivors in Wales told us.

The previous chapter looked at the hidden impacts of stroke such as emotional and cognitive effects. This chapter is focused on the support available to help rebuild lives after stroke.

### Findings

#### In Wales

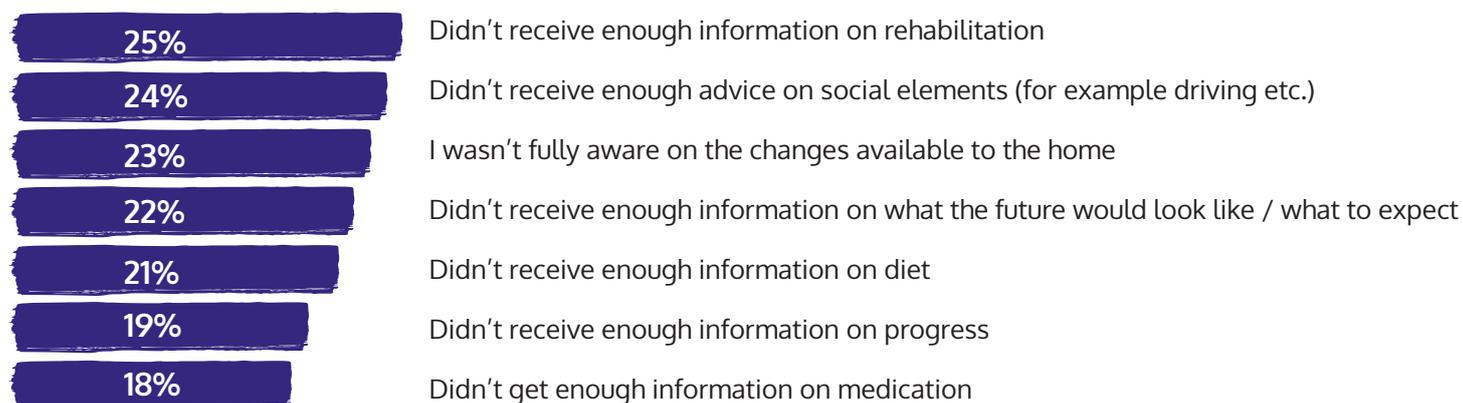
- 20% of stroke survivors said they did not have the support needed to cope after leaving hospital.
- Although 83% of survivors were left with mobility problems, 45% said they needed longer or more frequent support from physiotherapy services than was provided.



#### Types of services that survivors in Wales highlighted most often as needing access to for longer or more frequently



## Percentage of stroke survivors who did not get enough information on the following issues



### Sue's story

56-year-old Sue Gardiner from Ceredigion had a stroke in 2018. She spent more than three months recovering in hospital and had to learn to walk again. She is still unable to go out alone.

Sue says physiotherapy she received was patchy, "I was a workaholic before my stroke. I was really independent and always out and about. The stroke took that away from me.

"The physiotherapists are fantastic and with their help I can now walk with a frame, but they're so short-staffed that there was no consistency about how much support I received. There was three months when I had nothing at all, I was just abandoned.



## Better support for stroke survivors

The Stroke Association is here for people affected by stroke. We provide information and support to help stroke survivors live their lives to the fullest. We want to see services in Wales following national guidelines on stroke, including sufficient physiotherapy, psychological support and speech and language therapy, so that all survivors receive the support they need to rebuild their lives.

To find out more about our work in Wales visit [stroke.org.uk/wales](https://stroke.org.uk/wales), follow us on Twitter [@StrokeWales](https://twitter.com/StrokeWales) or like us on Facebook [/StrokeAssociationWales](https://facebook.com/StrokeAssociationWales).