

Volunteer Role Description

My Stroke Guide Buddy



Role summary

My Stroke Guide is an online tool designed to help individuals to self-manage their own condition after a stroke. My Stroke Guide Buddies visit stroke survivors and their family carers in a variety of settings and introduce them to this tool. Buddies can operate in local voluntary groups, as part of a service or in the local community supported by staff.

Their goal is to help stroke survivors and their carers understand how they might benefit from it, and how they can go about connecting to and using the guide on a regular basis.

Tasks this role can include:

- Introducing My Stroke Guide to survivors and carers.
- Explaining the functions of the guide in detail in a clear manner and helping people to understand the support it can offer them.
- Helping people to register with My Stroke Guide and decide how they can use it to best suit their needs.
- Organising drops-ins and information sessions whereby local people can come along and find out about the benefits that My Stroke Guide can offer.

This role might be for you if:

- You want to help support stroke survivors and their families in their life after stroke.
- You have good IT skills, are confident with online systems, and have the ability to demonstrate this tool in an engaging and understanding manner.
- You are patient and have an approachable manner.
- You would like to be part of an exciting new opportunity to increase an individual's understanding of their own stroke and their own role in their recovery.

The benefits for you:

- An opportunity to directly support stroke survivors and carers in their life after stroke, and the chance to make a real difference to someone's stroke recovery.
- The chance to gain experience of supporting people to plan and achieve goals.
- The opportunity to support and teach people new skills in a supportive environment.

Support and training provided:

Mandatory Training (Volunteers MUST complete this training to perform the role)

- The Stroke Association Volunteer Induction (face to face)
- My Stroke Guide Training Video (on STAR)
- Introductory training from a staff member
- Personal Safety for Volunteers (webinar – two hours) * **Only mandatory if you are making solo home or community visits (NOT for volunteers in local groups)**

Additional Learning Opportunities (Further relevant learning you can undertake)

- Safeguarding.
- Hidden Effects of Stroke.
- Supporting People with Aphasia.
- Emotional Impact of Stroke.
- GDPR Module (on STAR)

Ongoing Support and Training in the role

- Ongoing and regular support and training as the role requires.
- Induction Area on STAR.
- Out of pocket expenses are reimbursed.

A Disclosure and Barring Service (DBS) check is required for this role, or a PVG or Access NI check in the appropriate countries.

Stroke Helpline	Website	Phone	Fax	Textphone
0303 30 33 100	www.stroke.org.uk	020 7566 0300	020 7490 2686	020 7251 9096

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