

Caring and You – Case study

Margaret's story

Margaret's husband, Paul, had a stroke around three years ago. The effects of his stroke varied, and being a carer has become a full-time role for Margaret.

"After his stroke, Paul started having seizures, and you never know when that's going to happen," Margaret tells us. "It forced me to retire last year because Paul didn't like me leaving him for any length of time.



"I find it very difficult being able to do what I used to do. I have little time to enjoy hobbies, and while I sometimes find the opportunity to play golf, it's 24/7 looking after Paul. It can be very isolating."

Margaret was referred to the Caring and You programme, where she joined other carers in sessions led by our Stroke Support coordinator. "A stroke hits you, and you know nothing," Margaret says. "I've learnt more about stroke and how to manage my husband's recovery. Caring and You gives you that information in an accessible way. You can find out where to go for further support, and who you can speak to. For example, we discovered we could gain access to an allowance, which has helped us financially. I'm also finding new ways to encourage Paul's independence, which is beneficial for the both of us."

She has also found the social aspect very important: "When you meet other carers, it gives you strength to know you aren't alone in this. You meet other people who are going through the same challenges, and you don't feel so isolated anymore. If you have become a carer through stroke, I would definitely recommend attending the programme."

Find out more about our Caring and You programme at stroke.org.uk/caringandyou
