Preventing Avoidable Strokes

- For everyone who has had a stroke or TIA to get the advice and support they need to reduce their risk of having another stroke.
- Continue our campaigning on atrial fibrillation to make sure that all those at risk of stroke get the appropriate anti-coagulation treatment.
- Continue our media and campaigning work to help reduce the number of strokes related to modifiable risk factors, especially high blood pressure; to promote FAST; and to highlight prevention research findings.
- Work in coalitions and partnerships; to raise awareness and help people reduce their risk of vascular disease.

Making sure there is best support and care

- Keep up the pressure for better stroke care so that everyone gets direct access to a specialised stroke unit, 24 hours a day, 7 days a week; that they get specialist support and intensive rehabilitation when they leave hospital; and that everyone gets a review of their needs after 6 weeks, 6 months and annually.
- Highlight and work to address the social, health, ethnic and geographical inequalities that lead to greater prevalence of stroke and worse outcomes.
- Reach out to more stroke survivors, their families and carers of all ages, and the bereaved, so we can provide information and support to them.
- Advocate and work in partnership to build research funding capacity in stroke to more appropriate levels and make sure we have a well-trained stroke and health and social care workforce, now and in the future.
- Continue to bring together and forge a strong stroke community through the UK Stroke Forum, the UK Stroke Assembly, stroke club and long term group work; supporting children and their parents with stroke, and by acting as a catalyst for international collaboration.

Expanding the network of services and long term support across the UK

- Work to secure a diversity of income streams (including statutory funding, personal budgets and self-funders) and achieve more services, challenging when we know services of value are threatened and continuing to offer services based on voluntary income in every community of the UK.
- Commit to continuous improvement, innovation and early adoption of best practice, working in co-production with service users, developing our Stroke Association Outcomes Framework to show the difference we make.
- We will commission and publish independent evaluation of our Stroke Association Services to enable continued improvement and development of best practices.
- Support people in self-management of stroke through promoting and rolling out My Stroke Guide.
- Support the maintenance and growth of long term stroke support groups.
- Grow new services that provide therapies to aid recovery and quality of life.
- Reach out to more stroke survivors, their families, carers and the bereaved, so we can provide continuing information and support to them, aiming to build positive long term relationships.

Building Research and promoting knowledge to improve stroke care

- Fund Priority stroke related research in areas of neglect and under-funding, reflecting expert opinion and the views of people affected by stroke.
- Build capacity, training opportunities and expertise in stroke research; influence to remove the barriers to stroke research and support its translation into practice.
- Disseminate knowledge so that it leads to better outcomes.
- Put stroke survivors and their caregivers at the heart of self-management of stroke by collecting and utilising their knowledge in the My Stroke Guide portal, and our other Services.
- Advocate for an increase in the UK spend on stroke research in line with comparable conditions.
- Continue to support the UK Stroke Forum.

Ensuring a well-trained and resourced health and social care workforce

- Ensure that stroke survivors receive high quality evidence-based care through a well-skilled health and social care workforce across the stroke pathway.
- Change the perception, where it exists, that stroke training isn’t needed.
- Support the work of professional bodies to build sufficient capacity in their workforce.
- Form an alliance with BASP and other Stroke Professional care organisations to influence to create an appropriately skilled and resourced workforce for the medium term and long-term future.
- Support the growth of Stroke support organisations to advocate for skilled stroke workforce provision outside the UK.
- Ensure that workforce planning is driven by appropriate stroke specific frameworks.