

# Personal Stroke Record

**Stroke**  
Association

**Name:**

**NHS number:**

**Hospital name:**

This Personal Stroke Record is yours to keep.

- You can take it with you to appointments.
- It will help you understand what has happened.
- It will help you find support when you need it.

Before you leave hospital, you and a member of your stroke team will complete your Personal Stroke Record together.

It can be helpful to go through your record and think about what matters to you before you speak to your stroke team.

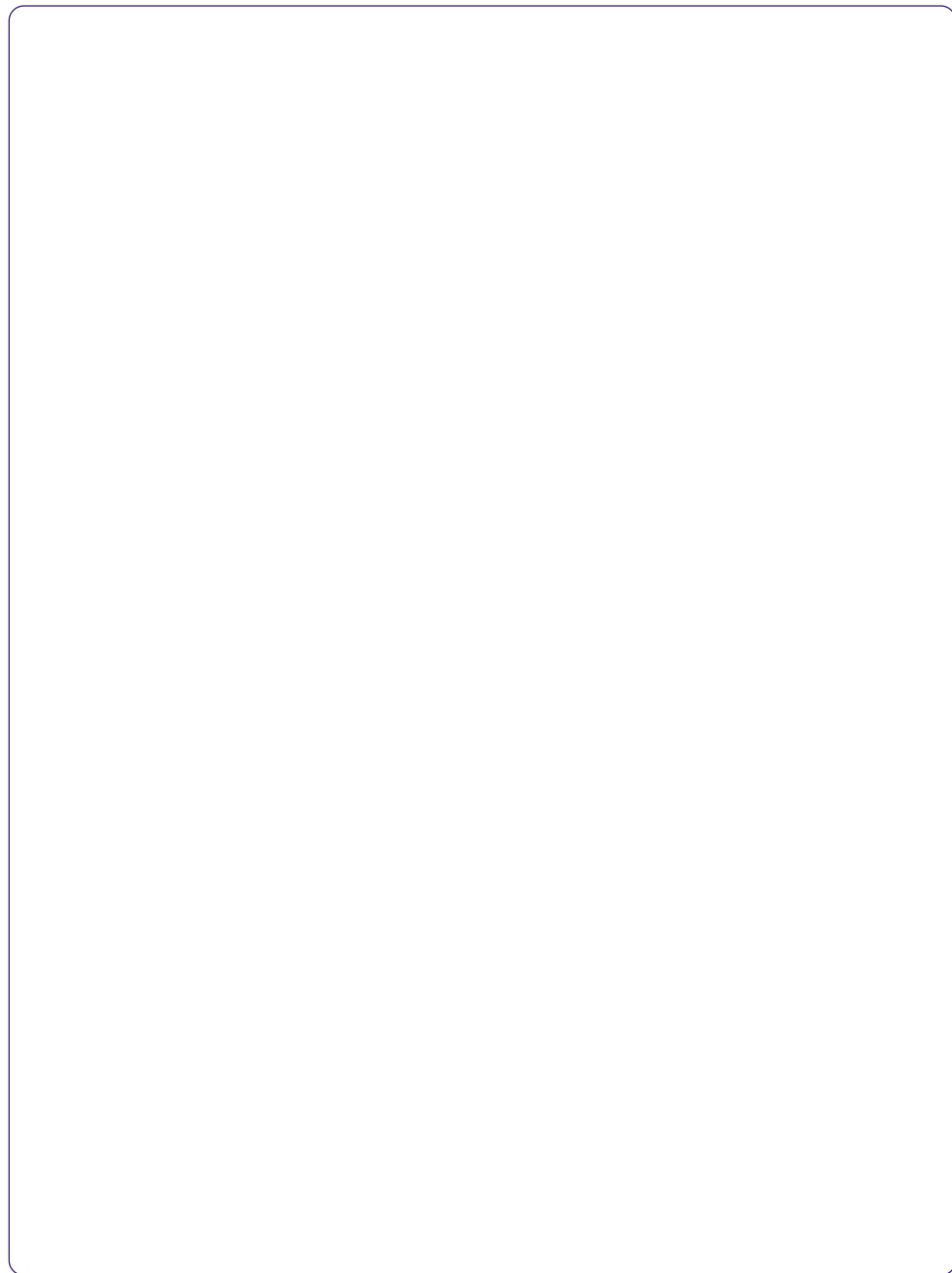
**Do you want anyone you know to help you with this record?**

**Yes**

**No**

**If yes, who are they and how can we contact them?**

# Notes



# What matters to me

Use this page to think about what matters to you. This could include important people, routines, places and things.

**What matters to me most about my life?**

**What are the things I did that I would like to work towards doing again?**

**What am I worried about in my life at the moment?**

# What **support** I will need to stay as well as possible

What will I do?

What will my family, friends and neighbours do?

What other help will I need?

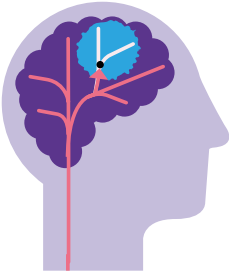
# My stroke and treatment

Date of stroke:

What type of stroke did I have?

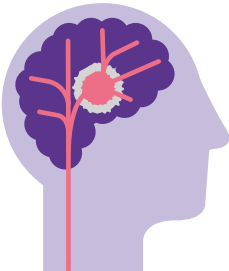
Please tick a box below

There are two main types of stroke



**1. Ischaemic:**

due to a blocked blood vessel in the brain.



**2. Haemorrhagic:**

due to bleeding in or around the brain.

What treatment did I have for my stroke?

## Where in the brain did my stroke happen?

Please tick

### Frontal lobe

- Planning and problem-solving.
- Behaviour.
- Movement.

### Parietal lobe

- Taste, smell, hearing, touch.

### Occipital lobe

- Vision.

### Cerebellum

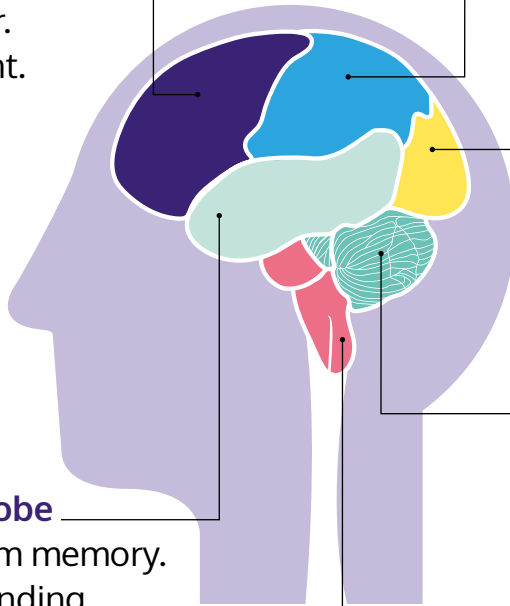
- Balance and coordination.

### Temporal lobe

- Short-term memory.
- Understanding language.
- Recognising faces and objects.

### Brain stem

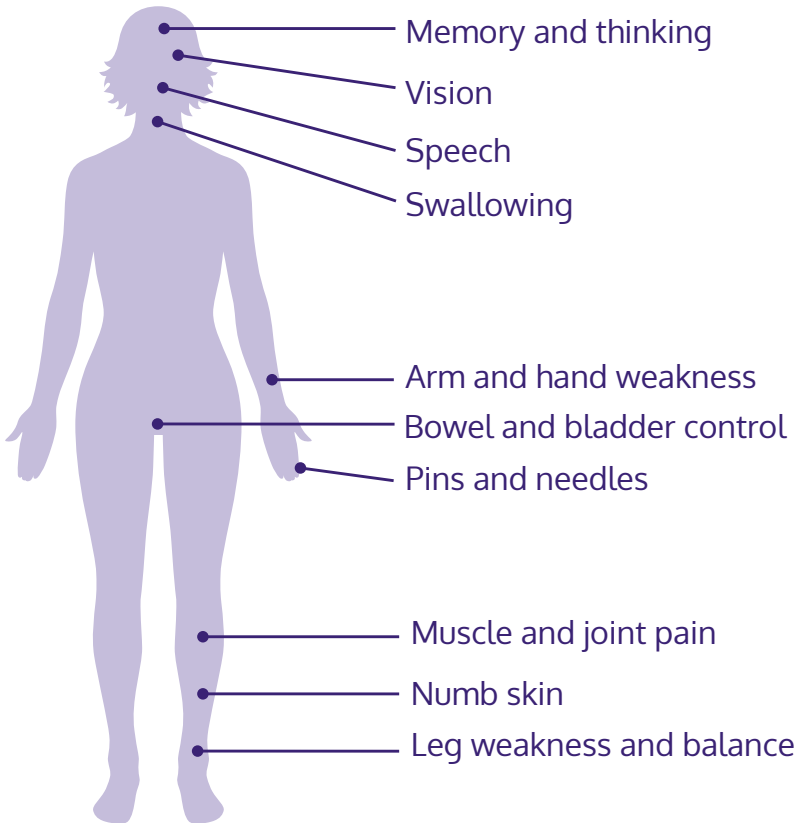
- Essential life functions (breathing, heartbeat).



Did my stroke happen in the left or right side of my brain?

## How does my stroke affect me?

Please tick





## Hidden effects

Some effects of stroke are not visible.

Stroke can make you feel very emotional, sad or worried.

Some people feel they have lost confidence. Family and friends can also feel shocked and upset.

Many people have:

- Fatigue (feeling very tired).
- Problems with communication.
- Problems with memory and thinking.
- Problems noticing things to one side.

For more information about the effects of stroke visit

**[stroke.org.uk/effects-of-stroke](http://stroke.org.uk/effects-of-stroke)** or call the Helpline for printed copies.

**Any other effects?**

**Which effects am I most worried about?**

# My recovery

## How does recovery happen?

Recovery is fastest in the weeks and months after a stroke, but it can carry on for years. Your stroke and your recovery are unique to you.

Your brain is amazing! After a stroke it can rebuild connections between brain cells. This lets you regain some abilities after a stroke.

Practising rehabilitation activities helps with your recovery.

Thinking about what is important to you in your life can help you decide aims for your recovery. Think about the things you like doing, the things you do not like doing and the things you want to be able to do.

**What are my aims for my recovery?**

**What help will I need to recover?**

**What else do I need to know about me and my stroke?**

# Keeping myself well

What will I do to keep myself well?

How can I reduce my risk of another stroke?

If I need to make lifestyle changes, what can I try first?

For more information about reducing your risk of stroke visit [stroke.org.uk/prevention](https://stroke.org.uk/prevention)

## Signs of stroke

It is vital to know how to spot the signs of stroke in yourself or someone else.

The FAST test can help you recognise these signs.

## Suspect a stroke?

Act **FAST** and call 999.



**Facial**  
weakness



**Arm**  
weakness



**Speech**  
problems



**Time**  
to call 999

The FAST test helps to spot the three most common symptoms of stroke.

But there are other signs that you should always take seriously.

### These include:

- Sudden weakness or numbness on one side of the body, including legs, hands or feet.
- Sudden difficulty finding words or speaking in clear sentences.
- Sudden blurred vision or loss of sight in one or both eyes.
- Sudden memory loss or confusion, and dizziness or a sudden fall.
- A sudden, severe headache.

---

For more information about the signs of stroke visit [stroke.org.uk/fast](https://stroke.org.uk/fast)

---

## What do I need to know about my medication?

You can find a list of medication in your Discharge Summary and prescription.



Taking the medication you need is really important to help you stay healthy.



Your stroke nurse, pharmacist or GP can give help and advice about medication.



If you have any side effects, don't stop taking your medication. Ask your GP or pharmacist for help.

### How does my medication help me?

**How long will I need to take my medication?**

**Will my medication change?**

**Who can I ask for help with my medication?**

# Next steps

## You might be referred to:

- Specialist rehabilitation services, who will provide therapy for you at home.
- Social services, who will help with your daily routine.
- The Stroke Association, who can talk about the support available to you.

## Who will I hear from next?

Name of person or team	Reason	When



Name of person or team	Reason	When

# My contacts

NHS stroke team contact number:

What can they support me with?

Adult social services contact number:

What can they support me with?



**Don't forget, your GP is a key contact for support with managing the effects of your stroke and medication.**

Who else can I talk to, or ask for help?

# Where to get more help and **information**

## From the Stroke Association

### Talk to us

Our Stroke Helpline is for anyone affected by a stroke, including family, friends and carers. The Helpline can give you information and support on any aspect of stroke.

---

Call us on **0303 3033 100**,  
from a textphone **18001 0303 3033 100**.  
Or email **helpline@stroke.org.uk**

---

### Read our information

We provide detailed information about all aspects of stroke, with practical tips on recovery and finding support.

---

Read online at **stroke.org.uk**

---

### My Stroke Guide

The Stroke Association's online tool My Stroke Guide gives you free access to trusted information and support 24/7.

My Stroke Guide connects you to our online community, to find out how others manage their recovery.

---

Log on to **mystrokeguide.com** today.

---

## Talk to others affected by stroke

There may be a stroke support group in your local area where you can meet other people affected by stroke. You can meet people on our My Stroke Guide online chat forum [mystrokeguide.com](https://mystrokeguide.com), and through our Here For You telephone support service [stroke.org.uk/finding-support/here-for-you](https://stroke.org.uk/finding-support/here-for-you)

---

Call our Helpline or visit [stroke.org.uk/support](https://stroke.org.uk/support) for more information on stroke support groups and other face-to-face support.

---

## Help with health and everyday living

### Help for carers

We have information about caring for someone after a stroke at [stroke.org.uk/caring](https://stroke.org.uk/caring), or call our Helpline for printed copies. For individual advice on funding and support for carers, contact Carers UK. Website [carersuk.org](https://carersuk.org) Helpline **0808 808 7777**

### Get the help you need

In some parts of the UK it can be hard to get all the therapy and support needed by stroke survivors and carers. For information on getting the support you need, contact our Helpline.

### Request a post-stroke review

You should have a review of your needs after the stroke, usually at about six months. If this does not happen, ask your GP to arrange it.

### Legal and money advice

For free, confidential advice about money, legal and employment issues, contact Citizens Advice [citizensadvice.org.uk](https://citizensadvice.org.uk) Adviceline **0800 144 8848**.

## Help with communication difficulties

Visit [stroke.org.uk/communication-problems](https://stroke.org.uk/communication-problems) to learn more and find support for problems including aphasia and dysarthria.

## Reducing your risk of a stroke

Find more information and practical tips at [stroke.org.uk/prevention](https://stroke.org.uk/prevention).

### Blood Pressure UK

Website: [bloodpressureuk.org](https://bloodpressureuk.org)

Helpline: 020 7882 6218

### Diabetes UK

Website: [diabetes.org.uk](https://diabetes.org.uk)

Helpline: 0345 123 2399

### Heart UK, the cholesterol charity

Website: [heartuk.org.uk](https://heartuk.org.uk)

Helpline: 0345 450 5988

### Heart Rhythm Alliance

Website: [heartrhythmalliance.org/aa/uk](https://heartrhythmalliance.org/aa/uk)

Tel: 01789 867 501

### Sickle Cell Society

Website: [sicklecellsociety.org](https://sicklecellsociety.org)

Tel: 020 8963 7794

### NHS Quit smoking

Website: [smokefree.nhs.uk](https://smokefree.nhs.uk)

## Help with funding and benefits

### **GOV.UK** government services and information

Website: [gov.uk](https://www.gov.uk)

### **Independent Age**

Website: [independentage.org](https://www.independentage.org)

Helpline: 0800 319 6789

### **Turn2Us**

Website: [turn2us.org.uk](https://www.turn2us.org.uk)

## Help with the effects of a stroke

### **Brain and Spine Foundation**

Website: [brainandspine.org.uk](https://www.brainandspine.org.uk)

Helpline: 0808 808 1000

### **Different Strokes**

Support for younger stroke survivors and their families.

Website: [differentstrokes.co.uk](https://www.differentstrokes.co.uk)

Information Line: 0345 130 7172

### **Stroke of Luck**

Advice and access to exercise-based stroke recovery

Website: [astrokeofluck.co.uk](https://www.astrokeofluck.co.uk)

Contact number: 0300 111 1519

**When stroke strikes, part of your brain shuts down.** And so does a part of you. Life changes instantly and recovery is tough. But the brain can adapt. Our specialist support, research and campaigning are only possible with the courage and determination of the stroke community. With more donations and support from you, we can rebuild even more lives.

**Donate or find out more at [stroke.org.uk](https://stroke.org.uk)**

### **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](mailto:helpline@stroke.org.uk)**

Website: **[stroke.org.uk](https://stroke.org.uk)**

---

Rebuilding lives after stroke

**Stroke**  
Association

© Stroke Association 2022  
Version 1. Published **June 2022**  
To be reviewed: **June 2024**  
Item code: **A02P05**

The Stroke Association is registered as a charity in England and Wales (No 211015) and in Scotland (SC037789). Also registered in the Isle of Man (No. 945) and Jersey (No. 221), and operating as a charity in Northern Ireland.