

# Stroke Recovery

## Service



Each year, over 100,000 people in the UK have a stroke. It continues to be one of the leading causes of death in the UK.

### Who is the service for?

Our Stroke Recovery Service is here for stroke survivors, their families and carers to ensure they have the support they need to rebuild their lives post-stroke and into the longer-term.

The impact of stroke can last a lifetime, affecting a person's physical health, emotional wellbeing, family and finances. Our Stroke Recovery Service takes a person-centred approach, working closely with stroke survivors, to understand what is important to them, tailoring to their changing needs over time to help them achieve the best possible outcomes.



### What we offer through our service

The Stroke Recovery Service makes sure that people affected by stroke have their **needs placed at the centre** of their recovery journey. Working in collaboration with others across the stroke pathway and within the wider community, we help ensure people have an integrated and seamless experience of care and that they receive the support they need, when and where they need it.

Upon referral to the service, we'll work alongside stroke survivors, their families and carers to develop and deliver a **personalised stroke support plan**. This is based on what they tell us is important to them, including secondary prevention, emotional needs, and their goals.

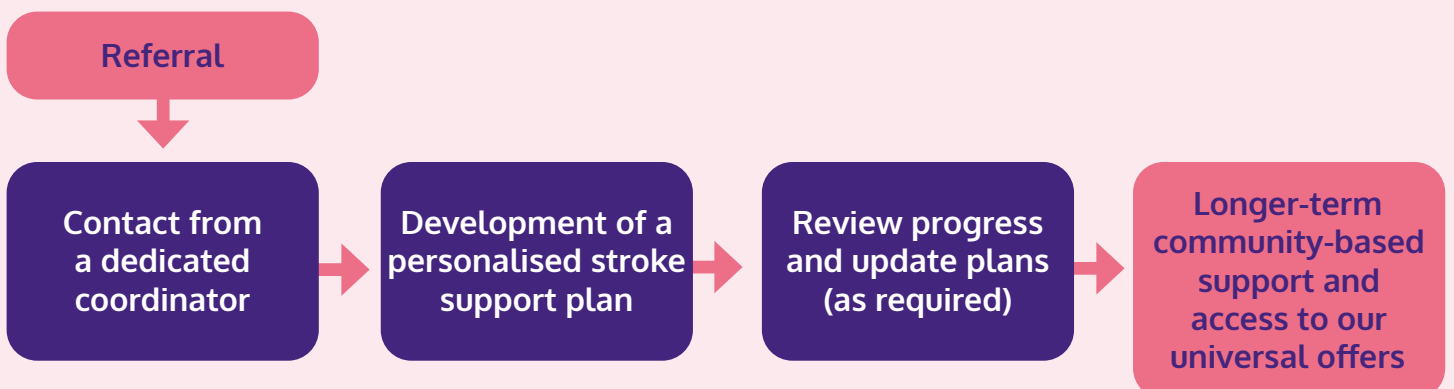
The service also provides **high quality personalised information and tools** for individuals to support recovery and life after stroke. Throughout the service, we'll connect people to other sources of volunteer and community-based support to build their social connections and networks, taking on a social **prescribing approach** and supporting people to **self-manage**.

"I felt listened to, understood and able to explain the things that I was worried about. The reassurance and information provided was wonderful. I feel more confident now and understand that what I am experiencing is quite normal after a stroke. No-one had taken the time to talk through these things before."

– Stroke survivor



## Service pathway



# Stroke Recovery Service outcomes

## Service activities

- Personalised stroke recovery plan
- Support to identify needs and desired outcomes
- Emotional support and active listening
- Reviews and ongoing updates to personalised plan
- Empower people to self-manage their care
- Provision of high quality information and tools to support self-management
- Support people to navigate the stroke pathway and wider care system
- Support access to advocacy where required
- Inform stroke survivors of their risk factors for further stroke and how to manage these
- Work in collaboration with others across the stroke pathway and maximise the potential of community-based support
- Adopt social prescribing approaches, enabling shared decision-making and choice

## Service impacts

- Increased social connection and emotional wellbeing through community-based support
- Increased confidence, sense of control, choice and independence
- Increased understanding of stroke, its impacts and recovery
- Enhanced understanding of how to reduce the risk of further strokes
- Enhanced understanding of how to self-manage their own health and care
- Positive experience of care and support which is personalised to the person accessing the service, their needs, preferences and individual circumstances
- Enhanced understanding and better use of health and care resources

## Service outcomes



**Enhanced quality of life**



**People are more independent**



**Need for care and support is reduced**



**Mental health and emotional wellbeing is improved**

Every five minutes, stroke destroys lives. Help us to rebuild them.

For further information:

**Email: [services@stroke.org.uk](mailto:services@stroke.org.uk)**

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