

Stroke

association

# **The Stroke Association**

## **Working in Darlington**

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We're for life  
after stroke

# We believe a better future is possible

- We believe in life after stroke - that everyone has the right to make the best recovery they can from stroke.
- We believe that research can save lives and ensure people make the best recovery they can.
- We believe stroke can and should be prevented.



# What does the Stroke Association do to support

## Stroke Survivor in Local Communities

- Fund Research
- Provide Welfare Grants
- Offer Support to Stroke Clubs / Groups
- Undertake Fundraising to support our work
- Provider of Stroke rehabilitation services
- Campaigning e.g. FAST / Feeling Overwhelmed

# The Stroke Association's Life After Stroke Services



Bringing the National Stroke Strategy to life  
in Darlington

# Life After Stroke Service in Darlington

## Family & Carer Support Services

- **Visiting service providing practical information and emotional support**
- Work starts in the Acute trust
- Providing Information advice Support to Stroke Survivor and Carer at early stage
- Continue to support the Stroke Survivor / Care following Discharge
- Provide Signposting
- Emotional support
- Benefits advice and support
- Secondary prevention
- Long term Support (12 months)
- Providing Support to Carers/family members

# Life after Stroke Services in Darlington

## Stroke prevention services

- Visiting service providing prevention information and support
- Support Via Health Life Style Groups or 1 to 1 support
- 8 week Healthy Life Style groups
- Trained to deliver Stop Smoking Support
- Trained to deliver alcohol information and support
- Trained to Deliver Chair based exercise sessions
- Work with Health trainers and Cook for Life
- Providing Support to Carers in terms of Prevention advice and support
- Take active role in supporting healthy events



# Life After Stroke service in Darlington

## Communication Support Services

- Helps stroke survivors maintain and improve communication skills
- Promoting social inclusion and confidence building
- Working in partnership with SLT Teams
- Variety of groups/home visiting service
- Supported by Volunteers

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