

## **Wired Stroke Support Service**

**0844 880 1500 (local rates)**

**OR**

### **North Cumbria**

Catherine Jones on 07712 871273

Kath Walker on 07712 871275

### **South Cumbria**

Lisa Kirk on 07712 871276

Lynn Jones on 07712 871272

### **West Cumbria**

Clare Lowery on 07712 871274

Sandra Pickthall on 07712 871277

**(Mobile phone charges are considerably more  
than landline charges)**

### **Wired**

**Unit 7, Wirral Business Park**

**Arrowe Brook Road**

**Upton, Wirral, CH49 1SX**

**Tel: 0844 880 1500 (charged at Local Rate)**

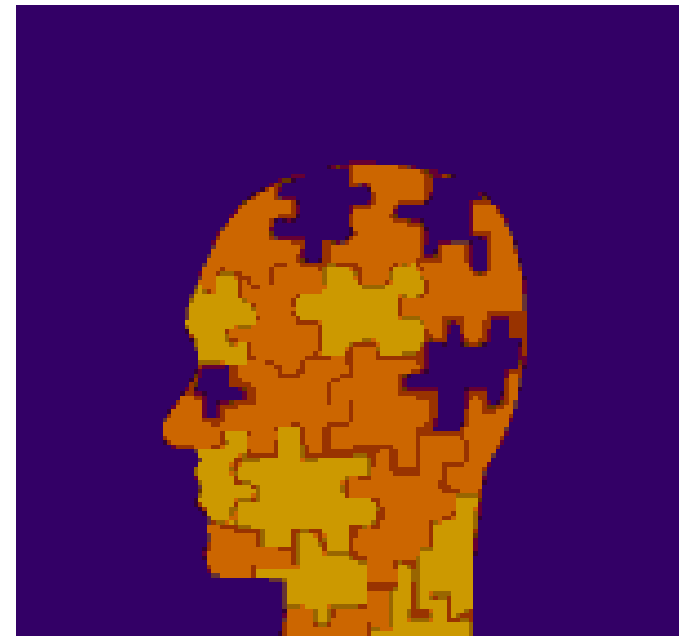
**Fax: 0151 670 1600**

**Email: [contact@wired.me.uk](mailto:contact@wired.me.uk)**

**[www.wired.me.uk](http://www.wired.me.uk)**



# **Cumbria Stroke Support Service Family and Carers of Stroke Survivors**



# Wired Stroke Support Service

## Caring for a Stroke Survivor

Caring for a stroke survivor who is a family member or friend can change your life. You may not notice your caring role increasing, and playing a major part in your life.

There are many carers who feel resentment then guilt. Your life is all about the person you care for. You must talk about these feelings and not try to hide them.

The relationship you had for the person you are caring for can change and they may not appreciate what you do for them. It is important that you acknowledge that the relationship you once had has changed.

You may be responsible for ensuring that everything runs smoothly. This can mean talking to health and social care workers. This can add an extra burden in the family.

Find someone to talk to. It may be another family member or friend. There are many carers groups out there who will be going through a similar experience. Make contact.

# Wired Stroke Support Service

## Carers Assessments

**You can have a carers assessment if you:**

- Live with the person you are looking after
- Live away from the person you are looking after
- Care for someone full-time
- Care for someone as well as working full or part-time

## How Do I Get an Assessment?

- Request one from Social Services
  - All councils must offer a carers assessment
  - The assessment should take place at a time and venue of your choice
  - The person that you care for does not have to know that you are having an assessment
  - You can have someone with you to support you during the assessment
  - After the assessment you could be offered help with the person you care for
- OR**
- Help for you in the form of some respite