

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

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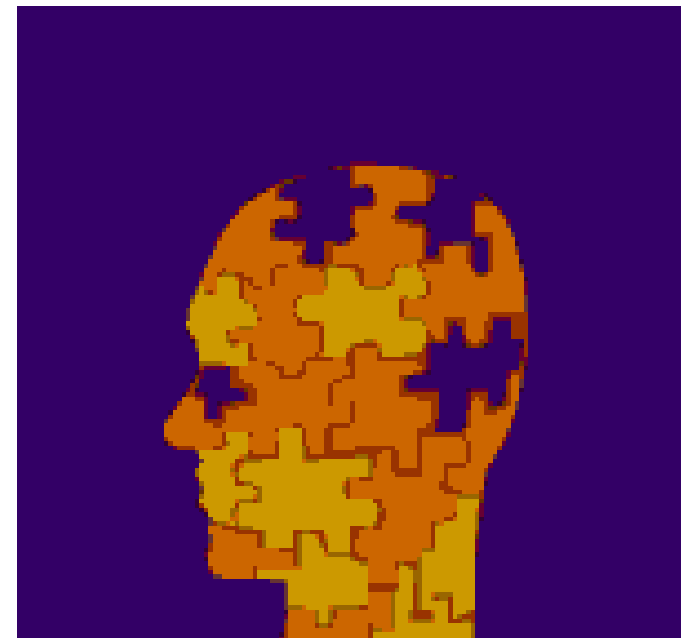
Email: contact@wired.me.uk

www.wired.me.uk



Cumbria Stroke Support Service

What Happens after My Stroke?



The Path to Recovery

Most people tend to make their best recovery in the first few weeks and months after the stroke but people can continue to recover slowly over months and even years.

Leaving Hospital

Although many stroke survivors are likely to see a significant improvement in their symptoms during their stay in hospital, they may not be fully recovered when they leave the hospital. They may need continued treatment and support at home or in residential care as they deal with longer-term problems.

The Plan for Going Home

It might be that a team of people including you and any family or friends, who may need to make sure that you are fit to leave hospital and that you have the support that you and your family needs. This could be from health or social services. This is called a discharge plan.

Support

This support is for the stroke survivor and for those who are caring for them.

Assessing your Needs at Home

You can ask social services to carry out two kinds of assessment::

- a **community care assessment** for stroke survivors, and
- a **carer's assessment** for a person looking after them (see carers leaflet)

These assessments should be carried out before you leave hospital, however they sometimes happen once you have gone home.

When you have an assessment it is important that you are honest about the impact of the stroke, even though sometimes this can be embarrassing.

Information and Advice

You may feel that you have too much information and advice at a time when you cannot take it all in. However once you start to recover it is worth looking at all the information and talking to people who have experience with stroke, recovery, benefits, carers etc. You can contact your stroke support worker at any time. All contact details are on the back of this leaflet.