

Ricability Draft Report

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Getting back home

This draft represents the text of the guide – not the fully designed version, which will be illustrated and in full colour.

Please return to Jasper Holmes using the freepost envelope provided or email me at

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It would be helpful if we could have your comments by 12 December, or earlier if possible.

Introduction:

This guide is intended for you and your family and friends and will help you understand what has happened and what to expect when you are in the hospital and after you go home.

An estimated 150,000 people have a stroke each year, that's one every 5 minutes. Most people affected are over 65, but anyone can have a stroke including children and even babies.

Remember that you are not alone. We know from talking to people who have had a stroke how confusing things can be. The good news is that there is plenty of help around.

You may be feeling frightened or confused about what will happen next. You may want to get home as soon as possible but you may also be worrying about how you will cope. This booklet gives you information about what a stroke is, and how you might be affected by it; it will also help you to understand what you can expect from your recovery and introduce you to some of the people who will be working with you while you are in the hospital, and after you have got back home.

Some things to remember

- It may take a long time - your recovery is likely to go on long after you get home - but many of the difficulties that you have because of your stroke will get better with time.
- The hospital and social care teams are there to help you in every way. They are all on your side. They've seen most problems before and know how to solve them.
- Ask questions and get involved. You may have questions or need things the hospital haven't thought of. Don't be afraid to ask.

- It's very important to start preparing for your return home as soon as possible. The sooner you start thinking about going home, the easier it will be to get there.

What's in this guide

This guide is laid out in the following sections:

Introduction

1. What is a stroke?

Contains information about strokes that will help you and others understand what has happened to you.

2. At the hospital

Contains information on what to expect at the hospital, who you may see and how to get the best from them.

3. At home

Contains information on who looks after you when you get back home and how services are arranged for you.

4. Help!

Provides a list of useful services and people to go to for support, help and advice.

5. Glossary

Explains the medical terms you might hear and what they mean.

6. Keeping track

Provides a space for you or a friend or family member to write down those details you need to remember to help you when you get home

What is a stroke?

A stroke happens when a blood vessel supplying all or part of the brain with blood is blocked or leaks. Brain cells in the affected area start to die when their blood supply is stopped. Because the brain controls everything we do, feel, think and remember, damage to the brain affects these abilities. The abilities that are affected will depend on where the stroke happens in the brain, and what part the brain controls.

Some of the things that you may experience after a stroke are described in the box below. Remember that many of these effects should reduce with time.

After a stroke

- you may feel very angry, frustrated, anxious or upset and your moods may change quickly
- you may feel very tired and sleep a lot
- speaking may be difficult and you may not be able to understand some words
- you may find it difficult to concentrate and remember things
- you may not be able to move around much and may find keeping your balance difficult
- your body may feel different - you may lose some feeling and you may have difficulty trying to move one side of it
- your eyesight may be affected
- you may find it difficult to swallow or eat
- you may have difficulty controlling your bladder or bowels

Emotions and mood changes

It is very common for people who have had a stroke to experience emotional changes. You may find that you cry easily or feel very

emotional or frightened. You may also feel angry or frustrated at not being able to do things and your moods may change quickly. This is natural - the changes are caused by the damage to the brain that happened when you had your stroke.

You may experience these changes when you are still in the hospital or after you have gone home. They may be very upsetting for you and for those people who are close to you. The people caring for you will be aware that you might feel this way and will be able to help you. Do not suffer in silence.

Recovery and rehabilitation

After a stroke two things begin - your *recovery* and your *rehabilitation*.

Recovery means the lessening of the effects of your stroke, so that you get your abilities back. Many of the effects of your stroke should reduce with time. Try to be patient as this will happen at its own pace and sometimes takes longer than you might expect – everyone is different. The hospital will make sure that you get good medical treatment as quickly as they can. After this, they will keep a constant eye on your progress and adjust the treatment to match your needs.

Rehabilitation means finding ways to enable you to go back home safely and get back to as full a life as possible. How this happens and how long it takes depends mostly on how your stroke has affected you, what you were like before it and on any other condition you may have. Everybody is different so there's no general rule.

Your recovery and rehabilitation will start in the hospital, but they are likely to carry on long after you have got back home.

At the hospital

Treatment

Most people who have a stroke are taken to a Hyper Acute Stroke Unit (HASU). This hospital will do some tests to find out what kind of stroke you have had, and they will give you emergency treatment if you need it. You will also see some specialists who will start your treatment. You are likely to spend up to three days in the HASU.

You will then be moved to a Stroke Unit (SU) to continue your treatment. For most people in Islington, this will be either University College Hospital or Whittington Hospital.

You may be given various medicines to try and stop you from having another stroke. If you have been given these medicines you may have to carry on taking some of them for the rest of your life. You will also be seen by an occupational therapist, a physiotherapist and a speech and language therapist (the different therapists and the jobs they do are explained on xxxpage 6xxx) who will assess your needs and draw up plans for your rehabilitation.

What you can expect at the hospital

The way that hospitals help people who have had a stroke is constantly changing as medicine and technology advance. When you are in hospital the following things should be done:

- staff should make sure you are sitting or lying comfortably on the first day
- doctors should check to see if your stroke has affected the way you think, speak and understand in the first three days
- doctors should also check to see if you need help with emotional problems in the first three days

- if you have an occupational therapist, a physiotherapist and a speech and language therapist, they should see you every day
- you should have at least one meeting with your hospital team to make a plan for when you leave; your family can come to this meeting if you want
- there should be one person in your hospital team who talks to you and to the rest of the team to make sure you all know what is happening

If you feel any of these things is not happening, and you are not getting the help or support you need, just ask. If you are having trouble with speaking, then someone else can ask for you.

Assessing your needs

While you are in hospital, health and social care staff will talk to you about your progress and plan a rehabilitation programme with you. This may mean carrying out a few assessments to see how well you do everyday tasks. They will use these to work out a set of goals with you and to plan your treatment in hospital, and when you get home, to help you reach your goals. Some of your goals will be special to you. There may be things that you used to do before your stroke that are important to you, and you should tell staff about these when you are making your plan. But remember to set yourself small and realistic targets and don't set time limits as you may get frustrated if progress is slower than you hoped.

It helps to talk

Your consultant and the others who look after you in hospital should talk with you about how your stroke affects all parts of your life, physical and emotional. They will know how to tackle most things. But remember that you are an expert too - about yourself! Tell them what

you want and about anything that may be worrying you. Tell them about the things that are important to you in your life, and what you want to get out of your rehabilitation.

If you have difficulty speaking, your friends and relatives can work with you to speak on your behalf. It is very important to speak up. Don't hesitate to tell the hospital about anything you would like explained. Don't worry about asking for too much or asking too many questions.

While you are in the hospital you may need to discuss many things. You don't need to do this all in one go - you will have plenty of time to talk as you make your recovery.

Things to discuss

Talk to your hospital team. You won't need everything in this list but it is good to be aware of what is available, just in case.

- emotional changes
- speech and communication
- physiotherapy and physical exercises
- sexual and personal problems
- personal hygiene
- money and help with benefits
- support groups
- who to contact and where
- medical follow up appointments
- mobility and transport
- hobbies and interests
- returning to work

Your hospital team

Working out your medical treatment and therapy may involve several specialists. It can be less confusing if you know who they are, what they do, and why they are there. It may help to write down the names of who you see in the spaces provided on page XXX. Ask a family member or friend or someone in the hospital to do this for you if it is easier.

The hospital team

Hospital stroke units are specially designed for people who have had a stroke and employ a range of people with a range of skills to aid your recovery and rehabilitation. You may see some or all of the people on these pages.

If you go to a rehabilitation unit, you will get a new team there, so you may need to add new names to this list.

MEDICAL TEAM

My consultant is:

This is the person in charge of your case, who leads the team. He or she will be a specialist, such as a neurologist, cardiologist or geriatrician.

Other specialists:

Sometimes your consultant will bring in other specialists. List them here too to keep track.

My doctor is:

Sometimes called a Specialist Registrar or House Physician, this doctor who has day to day responsibility for you. He or she will make daily checks.

My main nurse is:

Several nurses will look after you. They will be experienced in caring for people who have had a stroke. They will check your progress every day, help you in any way they can and make sure you and your family are kept informed.

My pharmacist is:

The pharmacist gives advice on the medicines you are given. They will advise on what medicines you should take, how much and how. They will tell you anything you need to know about the medicines you are taking.

THERAPISTS

My physiotherapist is:

This therapist works with you to improve what you can do, in for example movement, strength, balance and walking, and to help you get the most out of what you can do, for example by showing you easier ways of doing things. They may give you exercises to do after you get home, which will help your rehabilitation.

My occupational therapist is:

This therapist will help you improve your ability to do everyday things like washing and dressing. Your OT will tell you about any aids which may help you live more independently and show you how to use them.

My speech and language therapist is:

This therapist will help you with speaking, communication and swallowing problems. They may give you exercises to do after you get home, which will help your rehabilitation.

OTHER HELP

My psychologist is:	This person will help you if you have difficulty understanding things or problems with your memory or if you feel anxious or depressed about the ways in which your stroke has affected you.
My hospital social worker is:	Hospital social workers and those from the social services department work closely together. They will advise you on any problems that you may face when you return home and tell you about the services and resources available to you.
My dietitian is:	This person will give advice about keeping well by eating nourishing foods and looking after your diet.
Volunteers:	Volunteers and voluntary organisations You may find that many of the people who help out are volunteers. Some of them are from organisations such as Age Concern or Manor Gardens (contacts are given in the HELP! section). Although volunteers are not paid they know what they are doing and have a lot of information and experience to pass on.
Speaking for me is:	If managing for yourself looks like being more than you want to take on, think about having a friend or advocate to help

you and look out for your interests. They can be a member of your family, a friend, volunteer or a social worker, for example. It's entirely up to you. They can act on your behalf, help you with decisions and generally make complicated things easier for you to cope with. If you want, the hospital will find an advocate for you.

Leaving the hospital

Rehabilitation at home or in a rehabilitation unit?

Before you leave hospital the health and social team will give you an assessment to decide the next steps for your recovery and rehabilitation. They will discuss this with you and give you a say in planning your rehabilitation. You can also ask for a relative or someone else to be involved.

Some people go straight from hospital to home and carry on with their rehabilitation there. Others have a spell in a rehabilitation unit first. This might be in another hospital (for example St Pancras Hospital) or in a flat with a care team on the site (for example Mildmay Park, near Newington Green). You might be in a rehabilitation unit for only a few weeks, or it might be some months before you go home.

A new team

Whether you go straight home or into a rehabilitation unit, a new team will take over from the hospital. They may be called the REACH team or Community Rehabilitation team, or be known by some other name such as the rehab team. They will help you follow your rehabilitation programme and help arrange for anything else you need. The people

will be different from those that you saw in the hospital, but they will have similar jobs.

Someone from this team will talk to you and the hospital staff before you leave. The hospital will tell them all about you, and will give them a copy of the care and support plan they worked out with you. This is called a discharge summary or discharge report. Your GP will be given a copy too. All this should mean that the move from the hospital will be as smooth as possible.

The new team are the key to getting any services you need - see box below. They can also tell you about any of the services described in this booklet. The team will be in touch regularly to check how everything is going and to see if your plan needs to be changed. After a time you will need less help from them. If you lose touch you can ask your GP to refer you back at any time or you can contact them directly (you can find contact information in the Help! section below).

Keeping track

You will get a lot of information and there will be a lot to remember. Write down any instructions you are given. This is especially important when they are about exercises or taking medicines - it's vital to follow these instructions carefully. Use the Keeping Track section (XXXpage 24XXX) to make a note of the main points. The hospital team will do this for you if you find it too difficult. Keep this information handy and refer to it when you need to.

What you can expect when you leave the hospital

The way that health and social services give help to people who have had a stroke is changing. When you are back home, or move to a rehabilitation unit:

- if you are going to have a nurse visiting you at home, they should see you on the first day
- there should be one person in the team who talks to you and to the rest of the team to make sure you all know what is happening; this is your Key Worker
- they should contact you in the first three days
- if you have an occupational therapist, a physiotherapist and a speech and language therapist, they should see you regularly starting in the first week
- the new team should check to see if your stroke has affected the way you think, speak and understand in the first week
- the new team should write a new rehabilitation plan and explain it to you in the first two weeks
- if you ask for help with emotional problems or mood changes, you should get it in two weeks
- you should get help and advice about getting back to work if you need it

If you feel any of these things is not happening, and you are not getting the help or support you need, just ask. If you are having trouble with speaking, then someone else can ask for you.

Going home

Getting ready

Getting used to life back home after a stay in hospital can be difficult. You may have to find new ways of doing things, at least at first. You may need some help for a time.

This will be easier if you prepare. The hospital or rehabilitation team will work with you to agree a date for your return. It will allow you plenty of time to get ready. Your rehabilitation programme will be

geared to make this as easy as possible. You may be surprised at all the things the hospital or rehabilitation unit can do to help. They may:

- arrange visits from the people who will take over your care and rehabilitation when you get home
- teach you new ways of doing things
- arrange for aids or equipment to help you carry out everyday tasks. The hospital or rehabilitation unit will show you how to use them. Practice using them before you leave and don't be afraid to ask questions. You will then know how to use similar equipment at home
- find out if your home needs to be adapted to make it easier for you. For example you may need wall-mounted rails to help you get in the bath, easier-to-use taps in the kitchen or a stairlift. Occupational therapists are experts in all of these things and more - see the box on the XXXleftXXX. Your OT will visit your home to find out what equipment or alterations you may need. Later, if you are well enough, you may be asked to go along with them on a visit for a final check.
- arrange for help from social services with things like bathing and dressing.
- arrange for help from the district nurse.
- arrange for a low vision assessment.

It may take some time to get your home ready. Try not to be impatient as the move back will be much easier if everything is ready for you. If you have any worries or concerns about going back home, talk to the hospital or rehabilitation team.

The hospital should give you a care plan, which lists the services that will be provided for you at home. It will also give you the name of the people in charge so you can get in touch if you have any problems

or if your needs change. Your care plan will be reviewed once you are home.

You will probably be put in touch with the District Nursing team who will visit you at home. If you need nursing support you can contact them yourself at any time. Their contact details are in the Help! section.

Things the occupational therapist may make arrangements for include:

- adapted toilet seats
- commodes
- bathing equipment
- wall-mounted rails
- advice on more comfortable chairs
- wheelchairs
- leisure activities and hobbies
- advice on returning to driving

Your carer

Some people have a *carer* - the person who supports them and helps them at hospital and back home. Husbands, wives and partners often become carers, but they can be other family members or friends.

It makes sense to make sure that your carer is fully involved in your recovery and rehabilitation, though the health and social care workers will only talk to them if you agree. If you agree, they will be consulted and can have a say in any plans made for you. Try to plan your return home together. Your carer may be able to help you remember important things about your rehabilitation and care and to help you with any exercises you may have been shown.

All this is likely to be new to your carer. They can become anxious and uncertain and may need support themselves. Your care and rehabilitation team know how important carers are. They can work with your carer to help you and give them information, guidance or counselling if they are needed. They will try to find out what your carer needs in order to be able to help you in the best possible way. One way of finding this out is for your carer to have a carer's needs assessment. Someone from Social Services will carry this out and it is a good way for your carer to think about what they might need to enable them to support you if they want to do so. Your carer should not be afraid to ask questions of anybody - from the consultant down - and should not be afraid to ask for help for themselves if they need it. Carers can get in touch with the Islington Carers' Centre for support and information. Their contact details are in the Help! section.

Try to remember

All the people whose job it is to help you in your recovery and rehabilitation want to do their best for you and give you what you need. The more you, or those who support you at home, know about what you need and what you can expect the better. Keep them on their toes!

- Try to remember when you have appointments for assessing or reviewing your progress.
- If you don't hear from your GP, contact them and make an appointment.
- If you think you are not getting something you need, then ask your Key Worker or one of the care team. If they can't help you, ask them who can.

Prevention

For some people who have had a stroke the risk of another stroke increases. The hospital, the rehabilitation unit, your key worker, or your GP is likely to suggest you make some changes to your lifestyle to help you stay healthy. Your GP may also suggest you take medicines to reduce your risk of another stroke. Listen to their advice on lifestyle changes such as diet, weight, smoking, exercise and alcohol.

Making changes to your lifestyle can help lower your blood pressure, lower your cholesterol level and help you be healthier overall. There are several things that your GP will probably advise you to do. But you still need to take the medicines that your GP has prescribed.

If you smoke, your GP will ask you to try and stop. Smoking damages your blood vessels and makes a stroke more likely. Your GP or pharmacist can give you advice on giving up smoking. There's lots of support out there to help you to stop smoking, for example:

- Self-help books
- Information leaflets
- Stop smoking groups
- Nicotine replacement therapy

If you are overweight, it's a good idea to try to get to a healthier weight. Doing some physical activity can help. Doing at least 30 minutes of exercise on most days is a good target. Try to choose an activity that makes you warm and slightly out of breath. Many people find that walking briskly is the most convenient thing to do.

Regular physical activity helps to lower blood pressure, creates a healthy balance of blood fats and improves your body's ability to

handle insulin. Never start an exercise programme without first consulting your GP.

It's also important to eat a healthy diet. Try to eat at least five portions of fruit and vegetables a day. Avoid eating lots of salt, butter or animal fat. If you drink alcohol, don't have too much. Healthy eating is essential for a healthy heart and bloodstream, for example:

- Snacking on fruit and vegetables
- Choosing low-fat proteins
- Eating more fibre
- Limiting the amount of fat you eat
- Watching your weight
- Reducing your salt intake

Make sure that your blood pressure is controlled and checked regularly.

If you have another medical condition, such as diabetes or a heart problem, try to keep it under control. Not taking your treatment for other conditions may also affect your risk of a stroke.

Remember changes to your lifestyle should only be made once you have consulted a health professional such as your GP. If you or your carer hasn't received any advice or are unsure of any of the advice given don't be afraid to ask again.

Information on local services is provided in the Help! section.

Glossary

A glossary to help you understand the medical terminology

Aggregation

blood cells which form a blood clot

Aneurysm

swollen blood vessel. Can bleed if it bursts

Angiogram

dye injected to get an image of blood vessels

Anti-coagulant

drug which reduces the chance of a blood clot

Anti-hypertensive

lowering of blood pressure, usually by drugs

Anti-platelet

drugs to prevent platelets forming a blood clot

Aphasia

see Dysphasia

Apraxia

see Dyspraxia

Atheroma

arteries hardened by the build up of fat such as cholesterol

Atherosclerosis

see Atheroma

Atrial fibrillation

irregular heart rhythm

Carotid arteries

arteries on the neck

Carotid endarterectomy

operation to correct narrowing of arteries in the neck

Cerebral/cerebro

the brain

Cerebral embolism

stroke due to a blocked blood vessel in the brain

Cerebral haemorrhage

bleeding from a blood vessel in the brain

Cerebral thrombosis

stroke caused by a clot in a blood vessel

Cerebrovascular accident (CVA)

a stroke

Cerebrovascular disease

anything affecting blood vessels and circulation in the brain

CT scan (Computed Tomography)

a scan of the brain which shows the damage caused by a stroke.

CVA

see Cerebrovascular accident

Doppler or duplex scan

scan using sound waves

Dysarthria

slurred speech caused by a stroke

Dysphagia

difficulty in swallowing caused by a stroke

Dysphasia

ability to communicate (read, write, speak or understand) damaged by a stroke

Dyspraxia

speech or movement affected by a stroke

ECG (electrocardiogram)

test of the rhythm and activity of the heart

Echocardiogram

scan using sound waves to build up a picture of the heart

Embolism

blood clot or other blockage in an artery

Geriatrician

doctor who specialises in the care of older people

Hemianopia

problems with vision caused by a stroke

Hemiparesis

weakness or partial paralysis on one side

Hemiplegia

loss of movement on one side of the body

Hypertension

raised blood pressure

Infarct

brain cells damaged by poor oxygen supply to the brain

Intra-cerebral haemorrhage

bleeding from a blood vessel in the brain

Ischaemia

lack of blood supply

Ischaemic stroke

stroke caused by a lack of blood supply to the brain

Mini-stroke

see Transient Ischaemic Attack

MRI scan

Magnetic Resonance Imaging - type of scan

Neurologist

doctor specialising in brain, spine and nervous system

Platelet

small blood cells

Stenosis

narrowing of a blood vessel

Subarachnoid haemorrhage

stroke caused by bleeding from a blood vessel in between layers of the brain

Thrombus

blood clot

Transient Ischaemic Attack

(TIA/mini stroke) Happens when blood to the brain is temporarily cut off. Has similar symptoms to a stroke but they disappear within 24-48 hours. If you have a TIA consult a doctor immediately to reduce the chance of having a full stroke

Vascular

the arteries and veins which make up the circulatory system of blood vessels

Vertebrobasilar arteries

arteries in the neck which supply the brain with blood

Help!

Lots of organisations provide practical help, advice and support. On the next pages we describe organisations that should be able to help

when you get back home. Some offer general help and advice and some offer help with particular issues.

Islington council and health services

Your GP

Your local GP knows about local health and council services and other kinds of help and should be able to point you in the right direction. If you have lost touch with your rehab team, you can contact them using these details:

Community Rehabilitation Team

The Community Rehabilitation Team is a specialised team made up of people with different skills. They will help you to live independently at home. They can work with you and your family, friends and carers.

Islington Outlook

St John's Day Centre

133 St John's Way

London N19 3QR

Tel 020 7527 1501

Fax 020 7690 3506

Email TCRI.admin@islingtonpct.nhs.uk

REACH team

The REACH team provides a specialist rehabilitation service. The team includes a range of health service staff, who can work with you in your own home, in day centres or in residential or nursing homes.

New Park Day Centre

19 Highbury New Park

London N5 2EN

Tel 020 3316 8250 or 020 3316 2851

Fax 020 7690 1014

Email reachict@islingtonpct.nhs.uk

Islington Council

You can get information on council services for people with disabilities from the Information and Access Team:

Tel 020 7527 2299

Minicom 020 7527 6475

Email information.accessteam@islington.gov.uk

Web www.islington.gov.uk/disabilityissues

www.islington.gov.uk/health/servicesforadults

Islington NHS

For information about all health services in Islington.

New Park Day Centre

19 Highbury New Park

London N5 2EN

Tel 020 7527 1000

Email pals@islingtonpct.nhs.uk

Web www.islington.nhs.uk

Islington District Nursing Team

The district nursing team can give you nursing support in your home if you need it. You may be put in touch with them by the hospital or your rehab team, but you can always contact them yourself for help.

Tel 020 7530 3456

Web www.islington.nhs.uk/district-nursing.htm

PALS (Patient Advice and Liaison Services)

PALS give confidential advice and information about local health services. They will put you in touch with those you need and help you

find ways of solving health problems. They can also help you make a complaint about the service you are receiving.

PALS Team

Freepost RLST-UGSZ-KKAY

Islington NHS

338 - 346 Goswell Road

London EC1V 7LQ

Tel 020 7527 1086 or 020 7527 1087

Fax 020 7527 1413

Minicom 020 7527 1085

Email pals@islingtonpct.nhs.uk

Other organisations

Disability Action Islington

DAII is an organisation run by and for disabled people. They campaign for better services and provide information and advice on all disability related issues. They have comprehensive information about services in the area and should be able to help you find what you need.

Tel 020 7226 0137

Fax 020 7359 1855

Textphone 020 7359 1891

Email infoline@daii.org

Web www.daii.org

Age Concern Islington

Age Concern Islington provides practical support and advice to Islington residents over the age of 60 who have been in hospital. Staff and volunteers can visit you at home. Contact Age Concern Islington direct for its Home from Hospital Service, as well as information on the

range of services and opportunities available to older Islington residents.

6-9 Manor Gardens

London N7 6LA

Tel 020 7281 6018

Fax 020 7561 9917

Email admin@acislington.org.uk

Heart and Stroke Project

This project has been going for nearly thirty years and it gives information, advice and support to people who have had a stroke and their carers. Project staff, volunteers and students will check that you are getting the services and benefits to which you are entitled. If you find it too difficult to contact different agencies or fill in forms, then the project staff will advocate on your behalf.

They run social rehabilitative clubs where you will be able to meet other people in a similar situation and share experiences with them. They also have activities to help and entertain you. These include a communication therapy group, an exercise group, alternative therapies and occasional outings.

The group meets on Tuesdays and Fridays from 10am to 3.30pm. You can just turn up. Home visits are available if you cannot get to the club.

6-9 Manor Gardens

London N7 6LA

Tel 020 7561 5269

Fax 020 7263 0596

Email kath@manorgardenscentre.org

EC1 Stroke Project

This project provides the same kind of service for residents in the EC1 area.

6-9 Manor Gardens

London N7 6LA

Tel 020 7561 5269

Fax 020 7263 0596

Email kath@manorgardenscentre.org

Lunch clubs

Many community centres in Islington run lunch clubs where they provide food, the chance to mix and talk to other people and classes and courses. Some are able to arrange transport to get you there and back. Ask your GP or keyworker for details.

South Islington Stroke Club

A once a week lunch club for people who have had a stroke. You can just turn up, or you may be referred by your GP or hospital.

This is a good way of meeting other people who may have the same problems and who may have found solutions to them and you may enjoy the social events they hold.

They meet every Thursday from 12 - 2pm.

St. Mary's Neighbourhood Centre

Upper Street

London N1 2TX

Tel 020 7607 0755

Community groups

There are some community groups who may be able to help you .
Some are given here. For other groups contact Age Concern Islington
(see above).

Islington Bangladeshi Association

71 Caledonian Road
London N1 9BT
Tel 020 7833 2608

Eritrean Community in the UK (ECUK)

266-268 Holloway Road
London N7 6NE
Tel 020 7700 7995

Islington Chinese Association

33 Diesbach road
London N19 3DA
Tel 020 7263 5986

Help and information on strokes

Stroke Association

The National Stroke Helpline supports over 1800 people affected by stroke each month. They provide information and support to people who have had a stroke, their families and carers. They publish a free quarterly magazine, Stroke News, and over 40 leaflets about different aspects of stroke, including the effects of stroke, driving after stroke and help for carers. They can also provide details of other useful organisations and support groups.

Stroke House

240 City Road

London EC1V 2PR

Helpline 0845 30 33 100 Monday to Friday, 9am to 5pm

Tel 020 7566 0300

Fax 020 7490 2686

Email info@stroke.org.uk

Web www.stroke.org.uk

Brain and Spine Foundation

The Brain and Spine Foundation offer support for you and your carer with all aspects of stroke. They publish booklets about stroke related issues and run a useful helpline.

7 Winchester House

Cranmer Road

Kennington Park

London SW9 6EJ

Tel 020 7793 5900

Helpline 0808 808 1000

Fax 020 7793 5939

Email info@brainandspine.org.uk

Web www.brainandspine.org.uk

Different Strokes

A service for people of working age and children who have suffered a stroke. It is run by stroke survivors for stroke survivors, and offers free help, advice, information and support.

9 Canon Harnett Court

Wolverton Mill

Milton Keynes MK12 5NF

Tel 0845 130 71 72

Fax 01908 313 501

Email info@differentstrokes.co.uk

Web www.differentstrokes.co.uk

The London Central Group provides weekly exercise, swimming and yoga classes. The group meets every Saturday between 2:00 and 5:00pm and you can just turn up at:

The Central YMCA

112 Great Russell Street

London WC1B 3NQ

Group Coordinator Mala Fernando

Tel 020 7833 0587

Email londoncentral@differentstrokes.co.uk

Headway

Headway provides help for people with a brain injury. It has a national helpline, which provides information, finds local rehabilitation services and offers a listening ear to those experiencing problems. There are also six local groups in London, which can provide volunteers to support you and your carer.

Helpline 0808 800 2244

Tel 0115 924 0800

Fax 0115 958 4446

Minicom 0115 950 7825

Email helpline@headway.org.uk

Web www.headway.org.uk

Headway North London

Suite 42

1 and 3 Coleridge House

Coleridge Gardens

London NW6 3QH

Helpline 020 7372 4477

Tel 020 7644 9519

Email enquiries@headwaynorthlondon.org

Web www.headwaynorthlondon.org

Headway East London

Headway House

Timber Wharf

Block B

238-240 Kingsland Road

London E2 8AX

Tel 020 7749 7790

Fax 020 7749 7799

Email info@headwayeastlondon.org

Web www.headwayeastlondon.org

Help with communication

Some people have difficulty speaking, understanding, reading and writing after a stroke. Therapy makes a big difference. The hospital or rehabilitation team should be able to help. You can get more help and information from these organisations:

Heart and Stroke Project

Provides a group session with a speech therapist to help improve and develop communication skills. Details are given above.

6-9 Manor Gardens

London N7 6LA

Tel 020 7561 5269

Fax 020 7263 0596

Email kath@manorgardenscentre.org

Communication Support Service

This group is run by the Stroke Association and it supports anyone with a speech or other communication problem that has been caused by a stroke. Weekly groups help people to improve their communication skills and volunteers may be available to work with people one to one.

Communication Support Co-ordinator Patte Pentecost Eden

Tel 020 8442 4399

Email Patte.PentecostEden@stroke.org.uk

Connect

Connect can work with you and your family to help you communicate as much as possible. You will feel more confident with their help. The London centre has therapy, conversation groups, counselling, support for relatives and activities for people with aphasia.

16 - 18 Marshalsea Road

London SE1 1HL

Tel 020 7367 0840

Fax 020 7367 0841

Email info@ukconnect.org

Web www.ukconnect.org

Speakability

Speakability work with people with aphasia and other acquired language disorders, and campaign and represent people with impaired speech. They provide information, have a national network of groups and organise regular events. They also run a range of workshops.

For information and fact sheets contact:

1 Royal Street

London SE1 7LL

Helpline 0808 808 9572

Monday to Friday, 10am to 4pm

Fax 020 7928 9542

Email speakability@speakability.org.uk

Web www.speakability.org.uk

Help with sight

Local groups and national organisations know about equipment and services. There is a huge range of practical services including shops, classes, talking books and newspapers.

Sensory Needs Service

Islington council's sensory needs service offers help to blind, partially sighted, deaf and hard of hearing people.

Tel 020 7527 3394

Text phone 020 7527 3282

Email stalbens.reception@islington.gov.uk

Web [www/islington.co.uk/sensoryservices](http://www.islington.co.uk/sensoryservices)

RNIB (Royal National Institute of Blind people)

The RNIB helps anyone with a sight problem to find practical solutions. They provide information on equipment and services and much more. They have a wide range of publications and services, including talking books and computer training.

There's an exhibition of equipment and a shop.

105 Judd Street

London WC1H 9NE

Helpline 0845 766 9999

Monday to Friday, 9am to 5pm

Fax 020 7388 2034

Email helpline@rnib.org.uk

Web www.rnib.org.uk

Partially Sighted Society

Helps with such things as education, employment, social, domestic and leisure needs. They provide information and advice on anything to do with living or working with impaired sight.

The Sight Centre

9 Plato Place

72-74 St. Dionis Road

London SW6 4TU

Tel 020 7371 0289

Email london@partsight.org.uk

Web <http://www.partsight.org.uk/>

Help with emotions, sex and relationships

Coming to terms with your life after a stroke can be difficult.

Sometimes a stroke can affect your relationships with family and friends in many different ways.

You can get advice and information through your GP, health centres and social services. They may put you in touch with a specialist.

Trained counsellors can help you sort things out. They will listen, won't judge you and are independent.

It's also worth talking to people who have met similar problems before. The general stroke organisations may be able to put you in touch.

British Association for Counselling and Psychotherapy

Contact them to find a counsellor in your area. All those on their books are fully trained and meet their standards.

BACP House

35 - 37 Albert Street

Rugby

Warwickshire CV21 2SG

Tel 0870 443 5252

(Monday to Friday 8.45am to 5pm)

Fax 0870 443 5161

Email bacp@bacp.co.uk

Web www.bacp.co.uk

British Association for Behavioural and Cognitive Psychotherapies

Cognitive Behaviour Therapy (CBT) is a talking therapy. Therapists hope to improve the way you feel about yourself by helping you identify and change extreme thoughts and unhelpful behaviours. BABCP can help you find a qualified therapist.

Victoria Buildings

9 - 13 Silver Street

BURY BL9 0EU

Tel 0161 797 4484

Fax 0161 797 2670

Email babcp@babcp.com

Web www.babcp.com

Depression Alliance

A lot of people get depressed after suffering a stroke. The Alliance provides information and support to help you get through. They have many different services and publications.

35 Westminster Bridge Road

London SE1 7JB

Tel 0845 123 2320

Fax 020 7633 0559

Email information@depressionalliance.org

Web www.depressionalliance.org

Relate

Relate counsels couples, families and individuals. They support people through all stages of their relationships. Counselling can be one-to-one, with a partner or with a group. Help can be given by phone or over the internet.

Trained counsellors are also experienced in helping people with sexual problems including impotence, premature ejaculation and loss of sexual desire.

Phone or email to find a local counselor and details of local services:

Tel 0845 456 1310

Email enquiries@relate.org.uk

Web www.relate.org.uk

Sexual Dysfunction Association

This organisation provides a help and advice line for people with sexual problems. They help both men and women. They have leaflets on all kinds of sexual problems but can give advice on other problems too.

Windmill Place Business Centre

2 - 4 Windmill Lane

Southall

Middlesex UB2 4NJ

Helpline 0870 774 3571

Fax 0870 774 3572

Email info@sda.uk.net

Web www.sda.uk.net

Help with continence

Some people have continence problems following a stroke. This can be a difficult subject to talk about, although in most cases any difficulties can be dealt with fairly easily. You can get advice and information through your GP, health centres and social services. They may put you in touch with a specialist.

Islington NHS bladder and bowel service

This service provides advice and continence products. You may be put in touch with them by your doctor or another member of your rehabilitation team, or you can contact them yourself.

Central Booking Office

5th Floor South Wing

St Pancras Hospital

4 St Pancras Way

London NW1 OPE

Appointments 020 7530 3320

Enquiries 020 7530 3542

Fax 020 7530 3525

Web www.islington.nhs.uk/bladder-and-bowel-care.htm

Bladder & Bowel Foundation

information and support to people with bowel and bladder problems and their carers. Call the helpline to speak to a specialist nurse for confidential advice, explanations and information on all aspects of continence for you or for someone you care for. Leaflets are available too.

SATRA Innovation Park

Rockingham Road

Kettering, Northants, NN16 9JH

Nurse helpline 0845 345 0165

Counsellor helpline 0870 770 3246

General enquiries 01536 533255

Email info@bladderandbowelfoundation.org

Web www.bladderandbowelfoundation.org

PromoCon

Their helpline offers advice and information on products and services and they have a permanent exhibition of products.

Redbank House

St Chad's Street

Manchester M8 8QA

Tel 0161 834 2001

Monday to Friday ,10am to 3pm

Fax 0161 214 5961

Email promocon@disabledliving.co.uk

Web www.promocon.co.uk

Aids and equipment

There are many hundreds of gadgets and adaptations to help with everyday tasks such as cooking, eating, washing, doing the housework and following your hobbies.

Some equipment is provided by, or arranged through, Social Services or Islington NHS. Some will be free. If not, what you have to pay will depend on your finances. You can also buy equipment yourself.

Disabled Living Foundation

The DLF has a comprehensive database of equipment available for disabled people and has a wide range of publications.

380-384 Harrow Road

London W9 2HU

Helpline 0845 130 9177

Monday to Friday, 10am to 1pm

Email advice@dlf.org.uk

Web www.dlf.org.uk

Ricability

Ricability is an independent charity that researches and publishes unbiased information on products and services to help older and disabled people to live more independently. They have tested some equipment and have information on others.

30 Angel Gate

City Road

London EC1V 2PT

Tel 020 7427 2460

Fax 020 7427 2468

Textphone 020 7427 2469

Email mail@ricability.org.uk

Web www.ricability.org.uk

Buying in shops

Some chemists sell easier living aids and there are specialist shops in some areas. Look under 'disability' in the yellow pages.

Keep Able

Keep Able is a large shop which specialises in equipment and has therapists to advise you. The two nearest branches are:

Mill Hill, London NW7

Tel 020 8201 0810

Staines, Middlesex

Tel 01784 440044

Buying by mail order

Some larger mail order companies are listed below. Ask for a free catalogue. Check that they will give you a refund if the product doesn't suit you.

British Red Cross

Tel 0844 8930089

Shiloh Active Care

Tel 012687 71191

Help the Aged

Tel 0870 770 0442

Homecraft Rolyan

Tel 08444 124 330

Keep Able

Tel 08705 202 122

Nottingham Rehab

Tel 0845 606 0911

Partially Sighted Society

Tel 01302 323 132

Promedics

Tel 01254 619 000

RNIB

Tel 0845 702 3153

Text 0845 758 5691

RNID

Tel 01733 232 607

Text 01733 238 020

Support for carers

Islington Carers' Centre

Part of the Princess Royal Trust for Carers. They provide information, support, social activities and a range of courses. They also organise relaxation days, give holiday grants and have advice on how to organise things so that your carer can take a break.

Unit 1, Hargrave Road

London N19 5SH

Tel 020 7263 9080

Monday to Friday, 9am to 5pm

Fax 020 7263 0907

Email islingtoncarers@btconnect.com

Web www.islingtoncarerscentre.org

Family Action Islington Young Carers Service

This project provides support and services to children and young people up to 25 who are carers. They run social groups, outings and events.

608 Holloway Road

London, N19 3PH

Tel 020 7272 6933

Email islington.youngcarers@family-action.org.uk

Carers UK

This is a national campaigning organisation that also provides information for carers. This includes details of your rights, benefits you may be entitled to, how to take a break from caring and how to be a carer when you have a job. They have details of government policies that affect carers and a directory of support organisations.

Head office

20 Great Dover Street

London SE1 4LX

Tel 020 7378 4999

Fax 020 7378 9781

Email info@carersuk.org.uk

Crossroads Caring for Carers

Crossroads Association supports carers by offering practical help in the home. Probably the most important is arranging for a fully trained carer to take over for a time to give your carer a break. Other services include support groups for young carers.

Crossroads Association

10 Regent Place, Rugby

Warwickshire CV21 2PN

Helpline 0845 450 0350

Fax 01788 565 498

Email communications@crossroads.org.uk

Web www.crossroads.org.uk

Keeping fit and active**Islington Council Leisure Team**

The Leisure Team will be able to advise you of activities and facilities available in the borough. For further details contact:

Islington Leisure Team

3rd Floor

222 Upper Street

Islington

London N1 1XR

Tel 020 7527 2615

Fax 020 7527 4557

Aquaterra Leisure

Aquaterra leisure run local fitness centres on behalf of Islington Council. They run special exercise programmes in partnership with Islington Leisure Team and Islington PCT. For further information about exercise programmes please contact the Active Health Team:

Tel 020 7689 9847

Web www.aquaterra.org

Ability UK

This charity runs health and fitness classes for disabled people. Qualified staff have experience of helping people after a stroke. They give healthy living advice, have fitness programmes and give you support individually or as part of a group. You don't have to be fit or look fit to join in. There is a fitness area, sunbooth, refreshment bar and a garden.

Ability Centre Hoxton

85 Pitfield Street

London N1 6NP

Tel 020 7729 5259

Fax 020 7729 5369

Email ach@ability-uk.org

Web www.ability-uk.org (click Hoxton)

Different Strokes

Different Strokes (see above) run weekly exercise sessions at:

The Central YMCA

112 Great Russell Street

London WC1B 3NQ

Stopping smoking

Islington Stop Smoking Service

You can get free support and advice to help you stop smoking.

Tel 020 7527 1182 or 020 7527 1183

Freephone 0800 093 9030

Email smokefree@islingtonpct.nhs.uk

Web: www.smokefreeislington.nhs.uk

Healthy eating

Community Kitchens Project

Provides helpful information on healthy eating to Islington residents.

Tel 020 7561 5281

Age Concern

Age Concern England have some useful information on healthy eating on their website. They also run a free helpline.

Helpline 0800 00 99 66

Web http://www.ageconcern.org.uk/AgeConcern/healthy_eating.asp

Meals in the home

Islington council can provide meals in the home to older and disabled people who find it difficult to get out and about. You can get more information from the Information and Access Team:

Tel 020 7527 2299

Minicom 020 7527 6475

Web www.islington.gov.uk/mealsinthehome

Alcohol

Islington council can help you to control the way you use alcohol.

Tel 020 7527 3400

Web www.islington.gov.uk/data

Money and benefits

It's never too early to consider how to manage financially after returning home. There are lots of different benefits and the rules are complicated. Some are described below. There are others - see below for where to go for information.

Disability Living Allowance (DLA)

A tax free benefit for people who need help with personal care or getting around. You have to have become disabled before you were aged 65. It is not means tested and does not count as income if you are assessed for other benefits

Attendance Allowance is paid to people aged 65 or over who need a lot of help with personal care.

Carer's allowance

This is a benefit for carers who spend at least 35 hours a week looking after another person. It is a means tested benefit and so it may affect other benefits.

Employment and Support Allowance (previously called **Incapacity Benefit**)

For people of working age who have to stop work because of illness or disability. How much you will get will depend on how much you have paid through National Insurance.

Employment and Support Allowance (previously called **Income Support**)

Paid to adults under 60 who are not working or working for only a few hours and who are not required to be available for employment.

If you or your carer get Income Support or Employment and Support Allowance you may also be able to get a **Disability Premium** and your carer may be entitled to a **Carer Premium**.

The Independent Living (1993) Fund

Can give cash for personal and domestic care needed to enable someone who is severely disabled to live at home rather than in a home.

Tel 0845 6018815

Web www.ilf.org.uk

Housing Benefit helps with the rent if you have a low income.

Council Tax Benefit means you pay less Council Tax.

Pension Credit is an entitlement for people aged 60 or over. Pension Credit guarantees everyone aged 60 and over an income.

More information

The benefit system is complicated and you will need personal advice. These organisations may have information about the benefits themselves or may be able to put you in touch with somebody who has the details you need.

Islington Benefits Service

Help for people claiming Housing Benefit and Council Tax Benefit.

Tel 020 7527 4990

Minicom 020 7527 3628

Email benefits.service@islington.gov.uk

Web www.islington.gov.uk/housingbenefits

Islington Benefits Team

Islington Council have teamed up with Age Concern Islington to provide help for people over 60 claiming Pension Credit, Housing

Benefit, Council Tax Benefit, Attendance Allowance and Disability Living Allowance. They can visit you at home if you need it.

Tel 020 7527 3697

Minicom 020 7527 3628

SMS 07957 151231

Email benefitcheck@islington.gov.uk

Age Concern Islington

6-9 Manor Gardens

London N7 6LA

Tel 020 7281 6018

Fax 020 7561 9917

Email admin@acislington.org.uk

Community Legal Advice

This organisation can give you free legal information about benefits

Tel 0845 345 4345

Minicom 0845 609 6677

Web www.clsdirect.org.uk

The Disability Alliance

They specialise in the benefits system and in the financial aspects of having a disability. Try them, particularly if you have a more complicated problem:

Helpline 020 7247 8763

Monday and Wednesday, 2 to 4pm

Web www.disabilityalliance.org

Islington People's Rights

An independent organisation giving advice on benefits or other questions about money.

Tel 020 7561 3685

Jobcentre or Jobcentre Plus

You can get information on state benefits from your local jobcentre:

1 Barnsbury Road

London N1 0EX

Tel 020 7301 3800

4 Upper Street

London N1 0MW

Tel 020 7301 8700

Benefits Agency

The Benefits Agency has a specialist helpline for disabled people and their carers:

Tel 0800 88 22 00

Text 0800 24 37 87

Study, work and leisure

These organisations can help you get back into studying, working or leisure activities that you enjoyed before your stroke, or to start new ones.

City and Islington College

Runs courses for adults across Islington. Courses can help prepare you for work, further study or leisure pursuits.

The Marlborough Building

383 Holloway Road

London N7 ORN

Tel 020 7700 9200

SMS 07797 870165

Email courseinfo@candi.ac.uk

Web <http://www.candi.ac.uk/courses/adults>

Adult and Community Learning

Islington Council service providing free courses for Islington residents who are on benefits or low waged.

4th Floor

7 Newington Barrow Way

London N7 7EP

Tel 020 7527 5782

Email: acl@islington.gov.uk

Web

http://www.islington.gov.uk/Education/Adult_and_Community_Learning/

Pathways to Work

The Pathways to Work programme is run by the local Job Centre. They provide support for people claiming incapacity, sickness or disability benefits who want to get into work. They will talk to you about yourself and help you to make a plan to get back into work; they can also give you advice about how to manage any health problems, provide on the job training and coaching and give you additional financial help.

For more information, and to get on to the programme, contact your Job Centre Plus:

1 Barnsbury Road

London N1 0EX

Helpline 0800 556688

Tel 020 7301 3800

One Step

If you're claiming incapacity, sickness or disability benefits but want to work, the One Step programme could help you. One Step is run for Islington Council by Tomorrow's People.

Tomorrow's People

Unit AH06

The Aberdeen Centre

22-24 Highbury Grove

London N5 2EA

Tel 020 7704 9049

Fax 020 7354 5937

Community Rehabilitation Team

It's also worth speaking to the CRT about work, study and leisure activities. They understand the difficulties caused by stroke and know where to find the help you need.

Islington Outlook

St John's Day Centre

133 St John's Way

London N19 3QR

Tel 020 7527 1501

Fax 020 7690 3506

Email TCRI.admin@islingtonpct.nhs.uk

Different Strokes

Different Strokes have information about getting back to work.

9 Canon Harnett Court

Wolverton Mill

Milton Keynes MK12 5NF

Tel 0845 130 71 72

Fax 01908 313 501

Email info@differentstrokes.co.uk

Web www.differentstrokes.co.uk

Directgov

A website giving information about government services. They have a section on education and training for disabled people and one on sports and hobbies.

Web www.direct.gov.uk/DisabledPeople

Skill

Skill is a national charity that can help you into education and employment. They provide information and advice to help people get round barriers to study, training and work.

Information service:

Telephone 0800 328 5050

Textphone 0800 068 2422

Email info@skill.org.uk

Head Office:

Unit 3, Floor 3

Radisson Court

219 Long Lane

London SE1 4PR

Telephone and Textphone 020 7450 0620

Fax 020 7450 0650

Email skill@skill.org.uk

Web www.skill.org.uk

National Association of Disabled Supporters (NADS), Association of Wheelchair & Ambulant Disabled Supporters (AWADS)

Organisations committed to making sports events accessible to all.
They share information about grounds and clubs on their website.

NADS

PO Box 2909

Reading RG1 9LD

Tel 0845 230 6237

Email info@nads.org.uk

Web www.nads.org.uk

AWADS

Mrs B McCombs

2 Coopers Fold, Ribbleton

PRESTON PR2 6HW

Tel 01772 700 788

Email barbs@awads.co.uk

Web www.awads.co.uk

Thrive

Thrive is a national charity that uses gardening to change lives. They can help you to continue gardening. They offer help and advice and can give you training. They have a booklet called *Just 30!*, about gardening after a stroke.

The Geoffrey Udall Centre

Beech Hill

Reading RG7 2AT

Tel 0118 988 5688

Fax 0118 988 5677

Web www.thrive.org.uk

Getting around

Being able to get around is very important. See below for details of some special services and ways of travelling more cheaply.

Blue Badge Scheme

The badge allows people with severe walking difficulties to park free in certain places. It can be used with any car you travel in, whether you are a driver or a passenger. For more local information, and to apply for a badge, contact:

Tel 020 7527 6108

Email contact@islington.gov.uk

Web www.islington.gov.uk/bluebadges

PlusBus Service

Three buses run at half hourly intervals between 9am and 5pm every weekday. The buses have low floors and are wheelchair accessible.

Routes cover south and central Islington and south Camden. You can hail the bus (just stick out your hand) anywhere on the route.

The service is free. You have to join the scheme – get the forms from day and health centres, doctors' surgeries, council offices or libraries.

Or call Islington Community Transport:

Tel 020 7275 2400

Web www.islington.gov.uk/812bus

Scootability

This scheme can lend you a mobility scooter to help you get around at home or in your local community. Get in touch with the Accessible Transport Service to find out more.

Tel 020 7974 2039 or 020 7974 2420

Minicom 020 7974 6866

Email scootability@camden.gov.uk

Web www.islington.gov.uk/scootability

Dial-a-Ride

A low cost door to door transport service for people with disabilities. It uses vehicles with lifts and the driver will help you get in and out. You must register with the scheme to use it, and then book individual trips. Fares are about the same as travelling the same distance by bus, so it's not expensive.

Units C/D

Regents Avenue Industrial Estate

London N13 5UR

Tel 020 8829 1217

Fax 0208 829 1221

Freedom Pass

This pass gives you free travel on London buses, trams, tubes and many trains. To qualify you have to be of pensionable age or have a disability. For details contact:

Tel 020 7747 4858 or 020 7747 4821

Email mobility@londoncouncils.gov.uk

Web www.freedompass.org

Taxicard

The London Taxicard Scheme allows people with disabilities who are unable to use buses or trains to travel in licensed black cabs at very much reduced fares.

Information from:

ALG TEC Taxicard

New Zealand House

80 Haymarket

London SW1Y 4TZ

Tel 020 7484 2929

Fax 020 7484 2919

Email taxicard@tcfl.gov.uk

Web www.taxicard.org.uk

Transport for London

TfL have information on travelling in London by public transport for people with disabilities.

Windsor House

42-50 Victoria Street

London SW1H 0TL

Tel 020 7222 1234

(24 hours a day)

Email travinfo@tfl.gov.uk

Web www.tfl.gov.uk

Door to door

The Disabled Persons Transport Advisory Committee has a website that you can use to plan travel in the UK and overseas. It provides information about accessible routes and services including things like accommodation, wheelchair hire and travel insurance.

Web www.dptac.gov.uk/door-to-door

Directgov

Provides information on travel for disabled people.

Web www.direct.gov.uk/DisabledPeople

DisabledGo

A website providing information about accessible services. Go to the Islington page for local information.

Web www.disabledgo.info

Keeping track

Key information that may be needed by you or anyone caring for you.

There is a lot to remember after a stroke. Often the different people who help you will need information too. To make this easy ask your doctors, therapists or specialists to fill in the following pages.

Ask them to avoid medical terms and abbreviations and to write clearly.

Show these pages to anyone who needs to know. It's a good idea to take it to any medical appointment. The information is confidential - it's up to you who sees it.

These pages are meant to be a guide only - for full details you will need to go back to the medical and other staff responsible.

My name:	Date I left hospital
Date of my stroke:	First appointment:
Type of stroke:	when where transport arrangements
Name of hospital:	Further appointments
Telephone number of hospital	

Medical notes

GP's name:

my difficulties:

my goals:

what I'm doing to help

people who are helping me

review date

Physiotherapy/exercise notes

Therapist's name:

my difficulties:

my goals:

what I'm doing to help

people who are helping me

review date

Occupational therapy notes

Therapist's name:

my difficulties:

my goals:

what I'm doing to help

people who are helping me

review date

Speech and language therapy notes

Therapist's name:

my difficulties:

my goals:

what I'm doing to help

people who are helping me

review date

Dietary notes

Dietitian's name:

my difficulties:

my goals:

what I'm doing to help

people who are helping me

review date

Social worker's notes

Social worker's name:

my difficulties:

my goals:

what I'm doing to help

people who are helping me

review date

Medicines I am taking

name and strength	when I take it	why I take it	who prescribed it

Acknowledgments

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This leaflet was funded by Islington Council.

Ricability is an independent charity that researches and publishes unbiased information on products and services to enable older and disabled people to live more independently.

30 Angel Gate

City Road

London, EC1V 2PT

tel 020 7427 2460

fax 020 7427 2468

textphone 020 7427 2469

www.ricability.org.uk

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