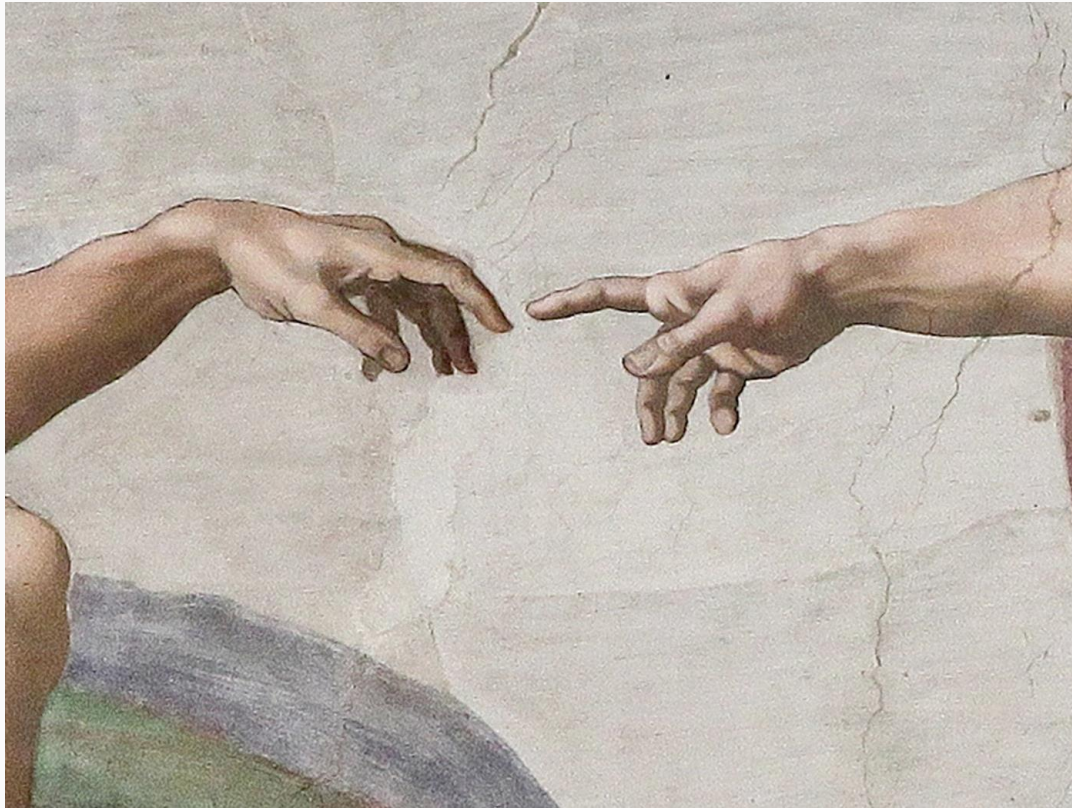


# The Power of Connectivity

**Stroke**  
Association

[stroke.org.uk](http://stroke.org.uk)

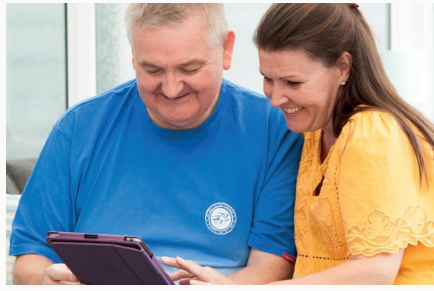


To connect with existing  
colleagues or make new  
contacts

To have access to new  
knowledge, insight and share  
experience

*Connection is why we are here. We are hardwired to connect with others. Without it there is suffering...*

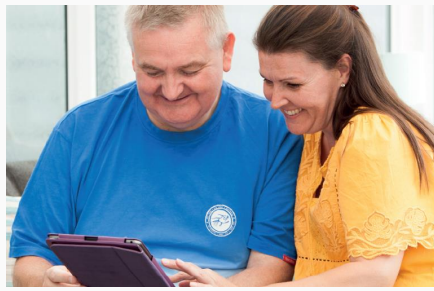
Daring Greatly, Brene Brown



# Social connections

## Intimate, Relational, and Collective

- Intimate – nurturing companions – inner circle relationships offering mutual assistance, including emotional and practical support in crises.
- Relational – middle circle – friendships and family connections - provide support, mutual aid and a sense of closeness and can be relied upon for substantial support
- Collective - a meaningful connection with a group of people - a network or community of people through common interests or a shared sense of purpose - contributes to our “collective identity” - making us feel part of something larger than ourselves.

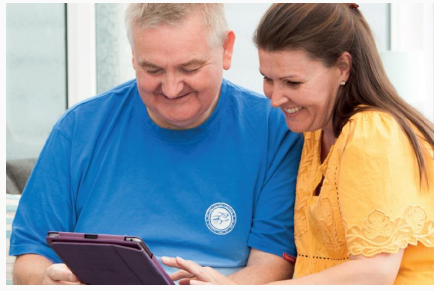


# Life events



# What can feel lost after stroke

- Loss of control/independence/confidence
- Loss of valued roles – profession, family dynamic, social standing
- Loss of connectedness – work, social life, things in common
- Loss of hope – emotional impact, low mood, despair
- Loss of relationships, intimacy
- Loss of self – who am I now?



# How well do we understand the impact of stroke?

- H - % of people felt that stroke had impacted their independence
- A - % of stroke survivors of working age have been financially impacted by their stroke
- R - % of respondents who told us that their hobbies had been impacted
- D - % of working age stroke survivors gave up work after their stroke
- E - % of people said that stroke had impacted their relationships
- S - % people who told us their costs had gone up
- T - % people told us their self-esteem had been impacted



# How well do we understand the impact of stroke?





# How well do we understand the impact of stroke?

- T - 70% people told us their self-esteem had been impacted
- H - 69% of people felt that stroke had impacted their independence
- R - 64% of respondents told us that their hobbies had been impacted
- E - 50% of people said that stroke had impacted their relationships
- A - 43% of stroke survivors of working age have been financially impacted by their stroke
- D - 37% of working age stroke survivors gave up work after their stroke
- S – 16 % people told us their costs had gone up



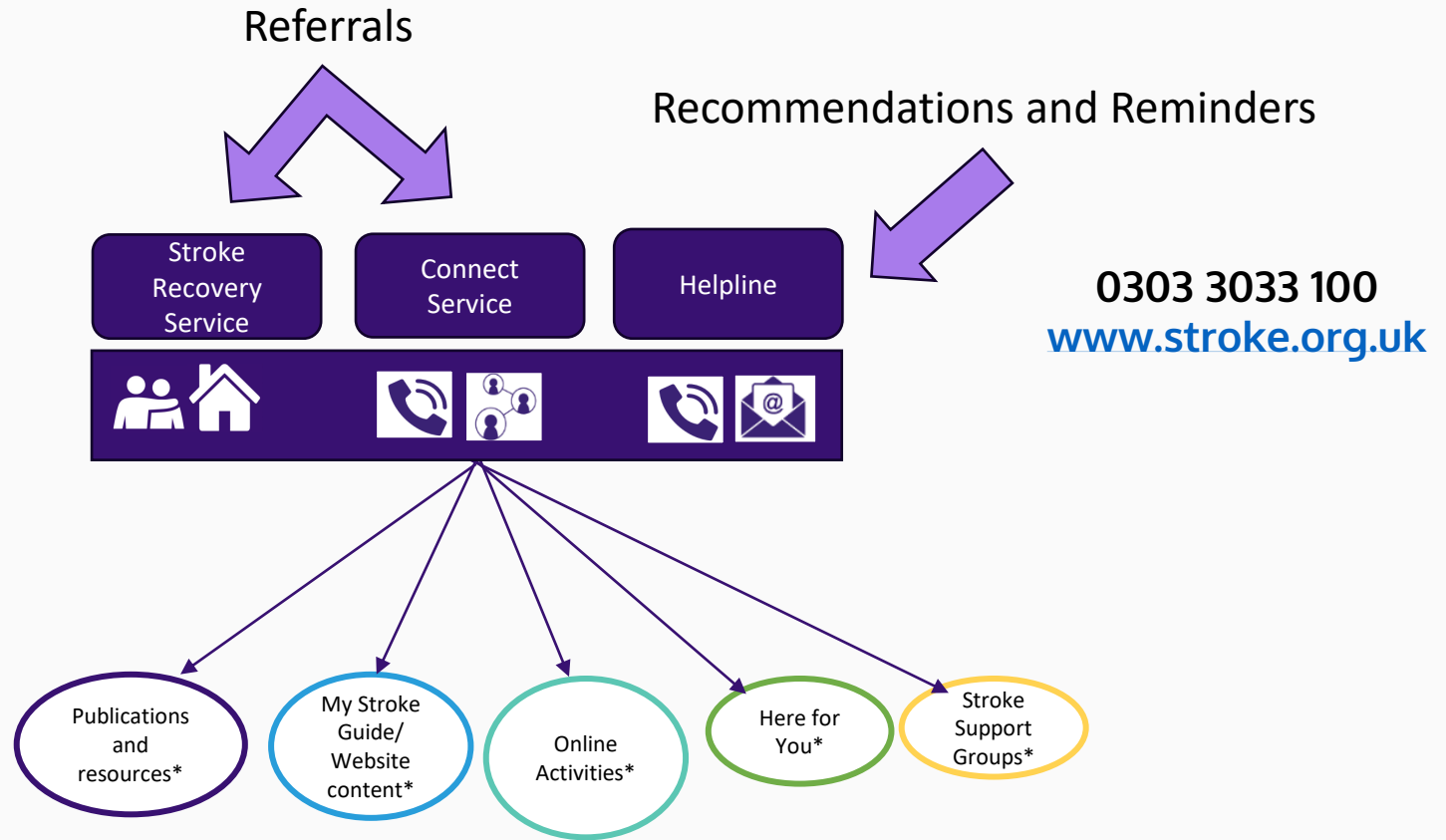
## How the **Stroke** Association can help



Whether you've had a stroke or care for someone who has, we're here to support you now and into the longer term.

Here are some of the many ways that the Stroke Association can help people affected by stroke to rebuild their lives.

# Connect people to the Stroke Association



# Stroke Association Connect

- An outreach phone call from one of our trained Stroke Association Connectors, who will provide essential reassurance, identify and support with any immediate concerns and connect people to ongoing support that they can access at any point in their recovery journey.
- The offer of additional outreach calls, one to four weeks later.
- Regular follow-on information, via email or post, to support recovery.
- Connection to other Stroke Association support as needed, including peer support.



# Stroke Association Connect - Sue

*"I wasn't aware of all these resources, and having worked in quality assurance for ten years, I recognised that this was exactly the kind of information you'd want as soon as you leave the hospital. Kate also said that if I needed any clarification or just wanted someone to talk to, I can always call."*

*"Without Stroke Association Connect, a stroke could be extremely isolating. A listening ear helps you feel less alone when you're sent home. Kate made me feel like someone's interested in me and my experience."*

*"NHS teams are so busy, but by referring me to the Stroke Association, it's clear they still want the best for their patients when they've left the hospital. This service is invaluable; it ensures that stroke survivors like me and their family can still get that vital support."*



# Here for You

- Weekly phone conversation with one of our trained volunteers
- For eight weeks, for around 30 minutes.
- Two types of volunteers available depending on a person's needs:
  - Lived Experience volunteers have either had a stroke or care for someone who has. Sharing experiences helps with understanding of stroke and learning new ways to cope.
  - Connect and Chat volunteers can offer a social chat about things important to the person, like hobbies or interests.

# Here for You – Jarreth and Jade

*" Personally, I think it's a brilliant service. I speak to Jade once a week and it's helped me so much to talk to someone who has been through a stroke. It's great getting advice from health professionals but hearing real life experience from someone else who has been through is even better.*

It's definitely helped me to feel less isolated and more connected'

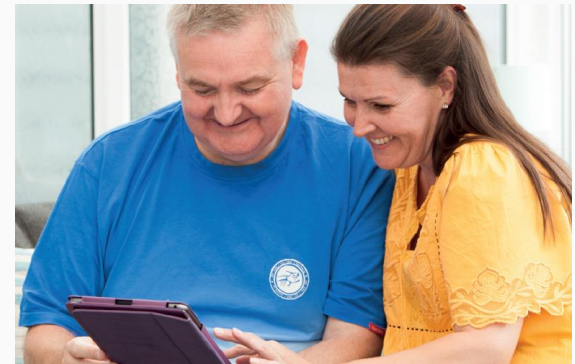
*"It's amazing how quickly you bond with the people you speak to. It now feels like talking to a friend, and as two stroke survivors, I think we both get something out of it". Everyone has different experiences of stroke and it's important to share them. I would also recommend it to anyone that knows a loved one that's had a stroke, it really does help to share."*



## Online resources – Bill

*“It helped me to make sense of my stroke. I used to be a Class 1 Pursuit Driver in the police, but after the stroke, I learnt that I had to re-sit my test again. I looked on the section about driving, which gave me advice about what I needed to do. That pointed me in the direction of disability centres, and the subsequent assessments I did to pass my driving test. I am driving now, so that had a massive impact on me.”*

*“I would go online and check things out, and I would speak to people. Being able to communicate and exchange messages with other stroke survivors about what they’re going through on a daily basis had a really positive effect on me.”*





# Stroke Recovery Service – Steve and Vicky

*“The whole family was so excited. The kids were beaming with happiness. But they quickly realised that things wouldn't just go back to normal...”*

*“I thought to myself: ‘how are we going to do this?’”*



# Stroke Recovery Service - Michelle



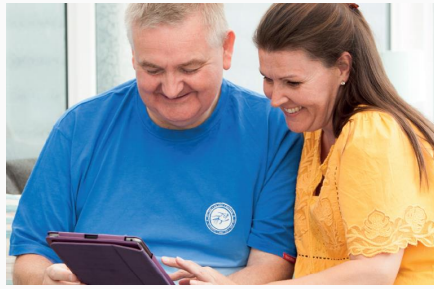
- Home visits, telephone support, casework
- Offers a personalised stroke recovery plan to ensure the best possible recovery and achievement of personal goals.
- Based on what people tell us is important to them, including secondary prevention, emotional needs.
- Practical and emotional support for survivors, their carers and families.
- Access to stroke-specific self-management tools and support.
- Active listening and problem solving, including connection to local services and support - including peer and social support





*Connection is why we are here.  
We are hardwired to connect  
with others. Without it there is  
suffering...*

*What can we do, and what  
can you do, to increase our  
connectivity?*





Rebuilding lives  
after stroke