

The Young Stroke Support Worker is a qualified Occupational Therapist who has specialised in stroke rehabilitation. She is committed to working with many other agencies such as; hospital and community based health professionals, social work, employment services and voluntary sectors to help identify gaps in provision and improve services for younger stroke patients and their families in their local area.

Who to Contact?

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Chest, Heart and Stroke Scotland

Chest, Heart and Stroke Scotland aims to improve the quality of life for people in Scotland affected by chest, heart and stroke illness through medical research, advice and information, and support in the community.

If you would like to speak to one of our Advice Line Nurses, in confidence, phone:

Chest, Heart and Stroke Advice Line

0845 077 6000

Monday-Friday
9.30am – 12.30pm and 1.30pm – 4.00pm

Email: advice@chss.org.uk

Website: www.chss.org.uk

Textphone available



Young Stroke Support Worker Lanarkshire

Offering advice and support for younger people, who have had a stroke, and their families



Supported by



Introduction

Stroke presents a major health problem in Scotland. It is the third most common cause of death and is the highest cause of disability in the community. Unfortunately stroke can no longer be thought of as an 'older persons' illness as the prevalence of stroke in younger people is increasing. It is also recognised that younger people with stroke illness have particular needs.

The recent study "Improving services for younger stroke survivors and their families" highlighted many gaps and inconsistencies in the provision of rehabilitative and support services, especially after discharge from hospital. The study concluded that "post stroke recovery is a long term proposition" and after many months some "survivors and their families were still coming to terms with a changed lifestyle and in need of support..."

(CHSS/SCDR, 2003)

Aims of the Service

- to provide a Lanarkshire wide service
- to raise awareness and offer support to patients and their families as they come to terms and adjust to the longer lasting effects of stroke
- to help patients identify and work towards achieving short and longer term goals
- to give advice and support with various issues such as; activities of daily living, returning to work, the pursuit of hobbies/interests, exercise and education
- to help patients work towards greater independence and reintegration into the wider community.

Chest, Heart & Stroke Scotland, in partnership with NHS Lanarkshire, are increasing support services for younger stroke patients and their families with funding support from the Big Lottery Fund. The addition of the Young Stroke Support Worker will mean that patients and their families will have access to support, advice and information as they come to terms and adjust to the longer lasting effects of stroke.

Referrals

Patients who are discharged from hospital, to independent living in the community, can be supported (for up to 1 year post stroke) by the Stroke Nurse Service which operates from the 3 acute hospital sites in Lanarkshire. The Young Stroke Support Worker liaises closely with the Stroke Nurse who identifies patients and families in need of further support with issues such as education, employment, finance, housing, leisure, family relationships, sexuality and carers needs. Each referral is discussed, contact is made with the patient/ family and GPs are informed by letter.

Intervention

The Young Stroke Support Worker will visit with patients and families at home. On the first visit short and long term goals will be identified/ agreed and these will be addressed and worked through on subsequent visits.



Shonagh (right) enjoying time with her pony and the Young Stroke Support Worker