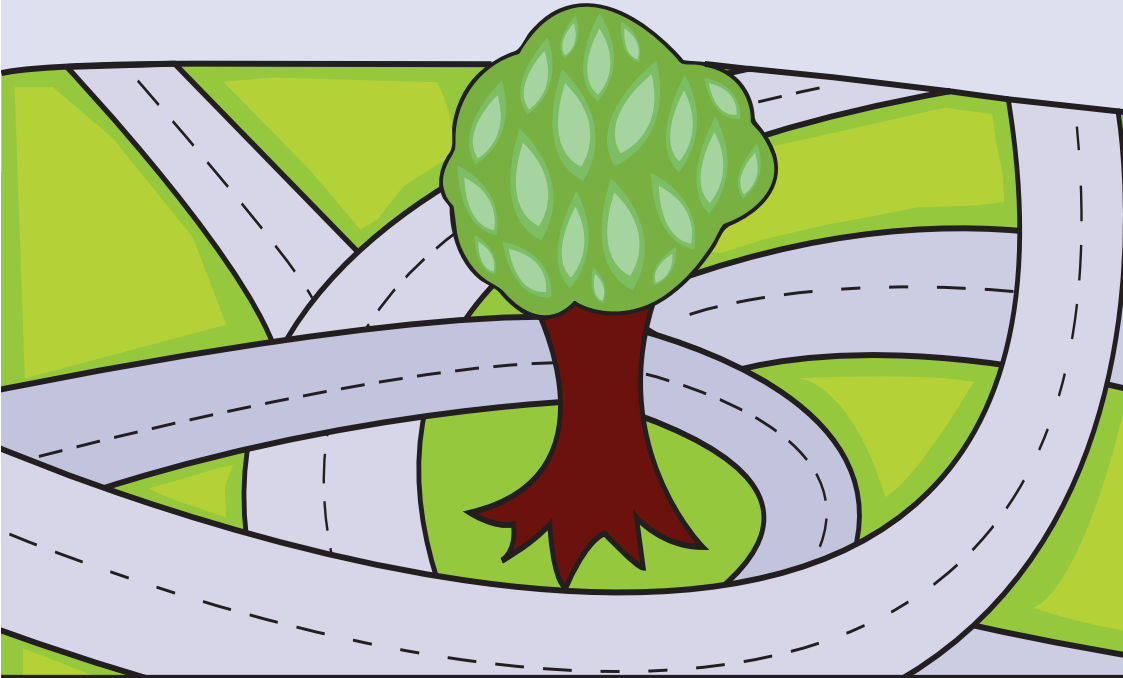


Your Stroke Journey

Part 3



Planning to go Home



If **you** have been in **hospital**, going home is a **big step**.



Your **therapist(s)** may **take you** to do a **home visit**; to **have a look** at your home and **assess** how well **you will manage**.

It is **possible** your home may need some **adaptations**.



bath rail

You may require some **equipment**.



When Formal Rehabilitation Ends



The **time** will come when **organised therapy ends**.



This does **not** mean **progress ends**.



Continue **working** on your **recovery** on your own. Practice **movements**, **exercises** and **skills**.



If necessary your **doctor** can **refer** you back for **re-assessment**.

Coming to terms with your stroke

The **emotional impact of your stroke** may come later in recovery.



Frustration is a very difficult feeling to handle.



It can be **hard** to **overcome** feelings of **loss** and **fear**.

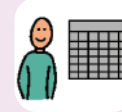


It takes **time** to **adjust** to **life** after a **stroke** and **accept** the **changes**.

How to help yourself



Maintain and **develop** your **independence**.



Set up a **daily routine**. **List** the things you need **help** with.



Ask **family** or **friends** to **support** you with these things.



Avoid isolation. **Go out** with **friends** or **invite** them to **visit** you at **home**.



Keep as **active** as **possible**.



Set aside **time** to **rest** if you get easily **tired**.

Where to find information and help



Various **sources of help** are available in the **community**. Services might be provided by the council, or from **private firms** or **voluntary organisations**.

Contact Social Work Department for

- personal care, shopping, meals
- lunch clubs, day care, respite care
- equipment and housing adaptations
- alternative housing options
- financial advice

Contact Local Council for

- disabled parking
- travel concessions

Prescriptions

Many chemists provide a pick-up service for repeat prescriptions.

Mobile Services

Dentist, Optician and Therapy visits can be arranged at home. Hairdressers and chiropodists also do home visits.

Private Care Agencies

Can provide help with housework and nursing care.

Help from Chest, Heart & Stroke Scotland

CHSS Volunteer Stroke Service (VSS) provides a **range of services** in the community designed to **meet communication needs** of each individual. Services can be accessed throughout most regions of Scotland.

CHSS Stroke Nurses provide **support during the transition** from **hospital to home** and after. Services are available in Fife, Lothian, Grampian, Highlands, Dumfries & Galloway and Lanarkshire.

CHSS Advice line is staffed by **nurses** and provides **confidential, independent advice**. You can phone, fax, text or email.



Phone: 0845 077 6000



Fax: 0131 220 6313



Email: admin@chss.org.uk



Text "CHSS" followed by message to 07766 40 41 42

This symbol-based education resource has been created using Boardmaker and other images such as clip art.

It is designed for people who have had a stroke and have aphasia.

There are three parts to the series:

Part 1 - Early Days

Part 2 - Rehabilitation

Part 3 - Moving On

Also available from CHSS is the Conversation Support Book.

CHSS would appreciate any comments about using this resource in order to improve it further. Please direct comments to Lorna McTernan Health Information Manager.



EDINBURGH

Head Office, 65 North Castle Street, Edinburgh EH2 3LT

Tel. No. 0131 225 6963

INVERNESS (Regional Office)

5 Mealmarket Close, Inverness IV1 1HT

Tel. No. 01463 713 433

To find out more about stroke visit our website at:
www.chss.org.uk