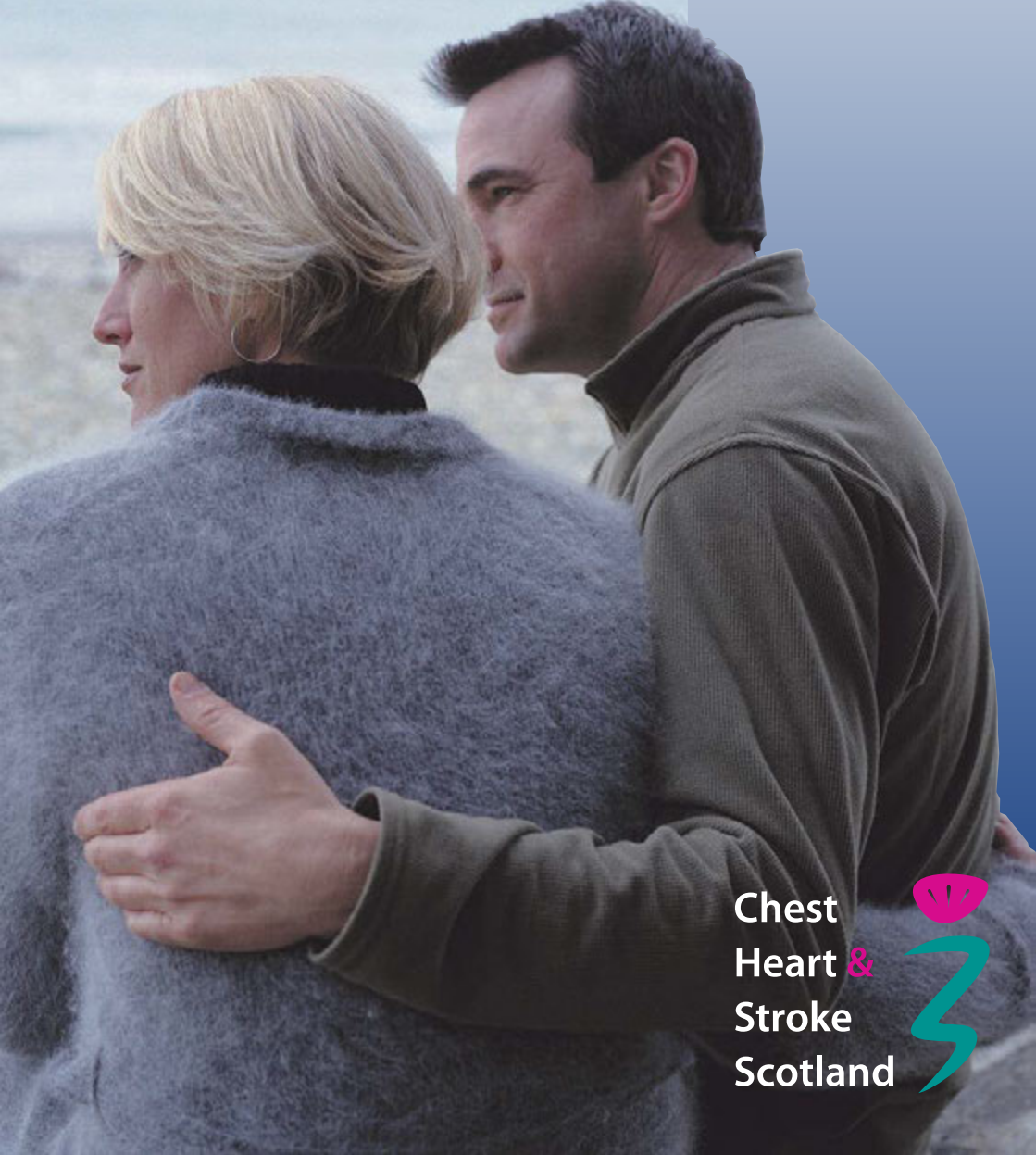


STROKE SERIES SS8

COMING TO TERMS WITH A STROKE



Chest
Heart &
Stroke
Scotland



Chest Heart & Stroke Scotland



**Chest Heart &
Stroke Scotland
improves the
quality of life for
people in Scotland
affected by chest,
heart and stroke
illness, through
medical research,
influencing public
policy, advice and
information and
support in the
community.**

FUNDRAISING

Chest Heart & Stroke Scotland is a wholly independent Scottish charity. We receive no core funding from Government or any public body or private agency and rely entirely on the Scottish public to raise the £7 million a year we need to help people with chest, heart and stroke illness throughout Scotland.

RESEARCH

We are one of Scotland's largest charitable funders of medical research, with a programme worth over £600,000 a year. We fund research projects throughout Scotland into all aspects of the prevention, diagnosis, treatment and social impact of chest, heart and stroke illness.

PERSONAL SUPPORT GRANTS

We provide small grants to people in financial difficulty, because of chest, heart or stroke illness, for items ranging from disability equipment and household goods to respite care and holidays.

VOLUNTEER SERVICES

We give support to people whose communication skills are impaired after a stroke and those living with heart failure. The Volunteer Stroke Service (VSS) provides weekly group meetings and home visits for patients. The Heart Failure Support Service (HFSS) provides volunteer befrienders to reduce social isolation.

CHSS NURSES

Our nurses provide independent practical advice and support to those who have chest, heart and stroke illnesses, their families, carers and health professionals. There are dedicated nursing services in Fife, Forth Valley, Grampian, Highland, Lanarkshire, Lothian and Dumfries and Galloway. There is also a Scotland wide nurse led Advice Line (0845) 077 6000. Calls are charged at a local call rate (out of hours answerphone). We have a wide range of booklets, factsheets and videos on chest, heart and stroke illnesses.

COMMUNITY SUPPORT NETWORK

CHSS provides support to affiliated chest, heart and stroke clubs through the Community Support Network. The clubs are independent and are run by local volunteers. The groups provide a range of activities and offer people support, stimulation and companionship in a friendly and relaxed environment. Please ask for more information.

**FOR FURTHER INFORMATION ABOUT ANY OF
THE SERVICES ABOVE PLEASE CONTACT HEAD
OFFICE BY PHONING 0131 225 6963 OR VISIT
www.chss.org.uk**

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INTRODUCTION

Immediately after a stroke the main focus is usually on your initial recovery period, finding any possible causes for your stroke, and reducing any risk factors you may have such as high blood pressure etc.

See the CHSS booklet 'Stroke: a guide to your recovery' for more information.

Having a stroke is a major life event which often happens out of the blue and brings unexpected changes to your life. After an initial recovery period life will start to settle down and coming to terms with having a stroke may become more important.

This booklet aims to look at your 'emotional' recovery from stroke.

Unique experience

It is important to recognise that you will have your own individual experience of stroke.

Nobody else really knows what it is like for you to have had a stroke. Although other people will try to understand and want to help it may be very difficult for you to explain how it feels. However, knowing that some of the difficulties you may experience after a stroke are recognised and understood by others will hopefully encourage you to seek help if and when you need it.

Loss of speech and use of language

Your speech, language and ability to communicate may be affected after your stroke: the general term for this is 'aphasia'.

Having difficulty communicating can be incredibly frustrating. What problems you have will depend on the location and severity of your stroke.

You need to be able to express yourself and establish some form of communication. So, it is important to be assessed by a speech and language therapist and utilise anything that may be of help, e.g. stroke groups, supported conversation, computers and communication devices.

For more information contact the CHSS Advice Line Nurses on 0845 077 6000 or Speakability – an organisation specialising in aphasia (see Useful addresses and websites section at the end of this booklet).



WHY ME?

‘Why me?’ is the most commonly asked question of all. Hopefully you will have found the cause of your stroke – but not everybody does. Asking is often the first step in coming to terms with having your stroke and the beginning of making adjustments after your stroke. Accepting that your life can not be exactly the way it was before and overcoming any feelings of loss and fear is a big part of your emotional recovery.

A grieving process

Stroke often happens suddenly, without warning, and can cause overwhelming feelings



of shock and loss. Some people who have had a stroke say they feel like part of them has died. Many people affected by stroke, and their families, can experience similar emotions to a grief reaction such as shock, denial, anger and guilt as well as fear and depression.

It is important to recognise that these feelings are normal responses to a major life event and can occur at different times. In time most people move forward in adjusting to life after a stroke and to accepting the changes in themselves.

Here are some of the commonest grief-related emotions which can be experienced after a stroke:

Shock	Shocked into inaction, feeling that what is happening is not real.
Denial	Initially denial protects you from being overwhelmed by the changes in your life. Some people may become 'stuck' in denial and are unable to make progress in coming to realistic terms with the effects of their stroke. (*Note: see section below on denial)
Anger	Anger is a normal emotional response, as the full implications of what has happened to you are realised. You may feel angry with yourself, with God, with a loved one, with the doctors and nurses for not doing enough for you or for not preventing your stroke. Anger is often directed at those closest to you, which can easily be misunderstood.
Guilt	Guilt can be about what caused your stroke, about the disruption and worry to the lives of those around you, about not being able to work, about not being able to contribute as before. Feelings of guilt can be powerful and destructive and can be completely irrational.

***Denial**

Denial can also frequently be a lack of insight into what has happened due to damage to thinking processes (or cognitive effects) because of your stroke. In this case it can seem as if you are actively denying the problem and your family might blame you for this, when in fact you can not do anything about it.

See the CHSS booklet 'Thinking and behaviour issues after stroke' for more information.

Loss

There are many examples of how you may feel a sense of loss during your recovery process.

Such as:

- loss of physical ability
- loss of decision making
- loss of identity
- loss of confidence
- loss of dignity
- loss of previous physical appearance
- loss of control
- loss of sense of purpose
- loss of income
- loss of independence and roles in family, work and social life

These losses may not be that obvious to other people but they are part of what makes up your personality and sense of self worth.

**Fear**

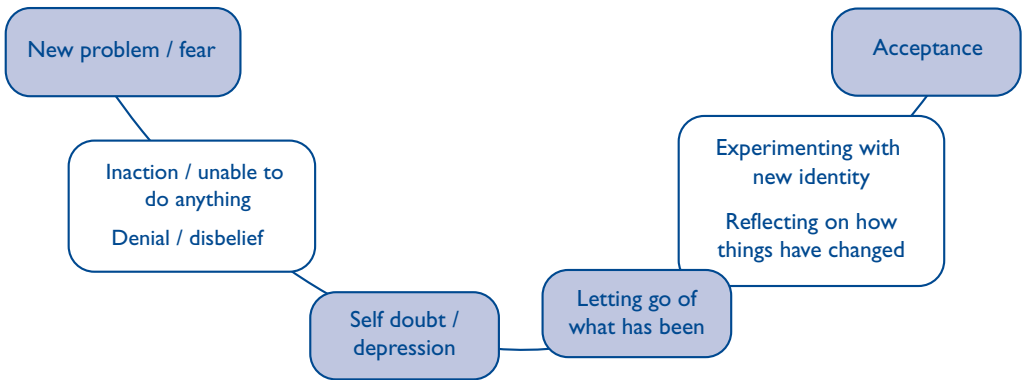
Anxiety after a stroke is often related to feelings of fear. Fear of dying, fear of having another stroke, fear of the unknown, fear of loss, fear of failing. Life after a stroke is made up of ups and downs and fear can catch you out when you are not expecting it.

Coping with anxiety is covered in more detail later on in this booklet.

ACCEPTING CHANGE

Pattern of accepting change

Any big change in life brings about emotional reactions. Psychologists have identified stages of how people feel going through change or transition. These stages can be plotted on a graph to show that it is normal to feel worse before being able to adapt and adjust (see below).



Small achievable goals

Recovery from stroke is usually a gradual one made up of small but significant achievements.

The above pattern of accepting change can also be applied to the smaller goal setting challenges that make up recovery.

Even though a new goal may seem frightening at first, you can achieve it slowly or adapt it to one you can achieve.

In this way you can keep positive about your achievements and reassure yourself that you can overcome problems, because you have in the past.

Some people find their ‘unrealistic goals’ can be a major source of motivation even if further on they realise they were not achievable. Above all it is vital to remain as optimistic as possible. Recognising if you are depressed is very important as it can affect your motivation and the way you feel about yourself.

Remember that having good days and bad days is natural and there are limits to what you can achieve in any one day.

How you feel about yourself

Having a stroke can affect how you feel about yourself in many ways:

- having an altered body image (feeling that you look different)
- having an altered sense of self (feeling different about yourself)
- having a sudden dependence on other people
- the transition from being able bodied to disabled
- feeling low in mood or depressed
- having an altered sexual identity and sexual relationships (*See the CHSS booklet ‘Sex after stroke illness’ for more information*)
- waiting to get back to ‘normal’, to take up your life where you left off

Effect on other people in your life

Most relationships are complex and you will have very different relationships with different people. These relationships can all be affected by the way you feel about yourself.

Try to remember that other people may:

- lack understanding of how you are feeling
- benefit from sharing your thoughts and feelings
- have been affected by your stroke too
- be too scared to talk about their own fears and worries

Staying focused

Fight feelings of isolation by asking family members to get involved in your rehabilitation and care. At the same time strive for as much independence as you can and use any opportunities that arise to boost your confidence, e.g. getting involved in making decisions, asking for help with your appearance, becoming familiar with your abilities and obtaining more information about your condition and progress.



Blaming stroke for other things going wrong

Coming to terms and adjusting to effects of your stroke will not mean an end to other problems in your life. This can be a harsh reality for some people. Pre-existing difficulties will still be there, e.g. relationships, marital problems, financial, work and other unresolved issues. Remember life is unpredictable and uncertain – with or without a stroke.

Letting go – adjustment and acceptance

Letting go happens when you can see yourself as you are now and not as you used to be – accepting the loss of your ‘old self’. To get there you will reach a period where you are able to start looking at your ‘new’ identity. You may start to reflect on what has happened, how things have changed and to look at your recovery. Then you might find yourself imagining situations and visualising yourself in places as you are now and not as you used to be. This discovery of your new self image will include your new way of looking / feeling / ability to function. So this process leads to acceptance of your new identity and living with stroke.



TALKING THERAPY

Being able to talk about how you feel is healthy but not always easy! Some people find they just can not talk to family members about how they really feel about a situation. Some find they can open up to a stranger or someone involved in looking after them, such as a doctor or stroke nurse, more easily. Some people benefit from talking to someone with special training. This kind of help is called ‘talking therapy’ and it includes counselling and



cognitive behavioural therapy. If you go for any talking therapy remember to let the therapist know if you have poor concentration or fatigue. If you have memory problems, ask for a written copy summarising the sessions and any actions to be taken.

Counselling

Counselling generally allows you to explore various aspects of your life and feelings which are causing distress. Bottled up feelings such as anger, anxiety, grief and embarrassment can become very intense and counselling offers an opportunity to explore them, with the possibility of making them easier to understand.

Counselling does not include giving direct advice.

Cognitive behavioural therapy (CBT)

This focuses on how you think about yourself, the world and others as well as how your thoughts and actions affect your feelings. Working with a therapist can help you to change how you think (cognitive) and what you do (behaviour). These changes can help you to feel better. CBT focuses on ‘here and now’ problems and difficulties. Instead of focussing on the causes of your distress or symptoms in the past, it looks for ways to improve your state of mind now.

Telephone and face-to-face CBT counselling services are available from support organisations. See Useful addresses and websites section at the end of this booklet.



COPING WITH DEPRESSION

Feeling down for some of the time is a natural reaction after a stroke. However, if you are feeling low for most of the time you could be depressed.

Some people feel there is a stigma attached to being depressed or are afraid of what other people will think of them. Sometimes people do not realise they are depressed especially when they have been feeling the same for a long time.

Depression can be successfully treated, so it is important to recognise if you are depressed and to let someone know how you are feeling.

How can depression affect your recovery from stroke?

Your physical recovery from stroke depends to a large extent on your input. If you are depressed it will be harder to keep motivated to work on your recovery and rehabilitation.

Depression can make you feel lethargic, detached and that there is no point in doing anything or seeing anyone. This can contribute to feelings of isolation and loneliness that can bring you to a halt.

Symptoms of depression

Depression affects your mood and how you feel about life – you may feel as if there is no point in anything.

It can make you feel as if you don't want to get up in the morning or as if you don't want to go out or see family or friends. Often depression creeps up over a period of time.

Common symptoms of depression include:

- persistent sadness or crying spells
- loss of interest in life
- mood swings: feeling short-tempered / irritable or easily upset
- tiredness and loss of energy
- loss of confidence and self esteem
- difficulty concentrating
- not being able to enjoy things that are usually pleasurable or interesting
- feelings of guilt or worthlessness
- changes in appetite / weight gain or loss
- feelings of helplessness and hopelessness
- sleeping problems – difficulties in getting off to sleep or waking up much earlier than usual
- lack of energy / motivation
- being less aware of others and more inward looking
- physical aches and pains
- loss of sex drive or sexual problems
- avoiding other people, sometimes even your close friends
- thinking about suicide and death



Most experts agree that if you have experienced 4 or more of these symptoms for most of the day, nearly every day, for over 2 weeks then you should seek help.

Speak to your doctor in the first instance. It may be hard, at first, to talk about how you are feeling but remember doctors are used to talking about emotions and are skilled at recognising and treating depression.

When can depression set in?

There is no definite time that you may suffer from depression; it can develop soon after having a stroke or months afterwards.

Depression is very common and doctors are very familiar with it and how to treat it. Some symptoms may be present as a result of your stroke, e.g. tiredness, difficulty concentrating, loss of self esteem etc. Other symptoms may be as a result of the emotional difficulty involved in coming to terms with having a stroke but these should not cloud the possibility that you may be depressed and benefit from treatment.

Treatment for depression

Your GP may suggest that you try antidepressant drugs or may arrange for you to have counselling.

Antidepressant drugs balance the chemicals in the brain responsible for these feelings. There are different types used depending on your symptoms and medical history.

Antidepressants are not the same as tranquilisers and they are not addictive. However, their use has to be monitored and they should not be stopped suddenly. If your doctor suggests antidepressants make sure you arrange a further appointment to see how things are.

Taking antidepressants does not have to be a long-term solution. Many people are helped through a difficult time in their lives because antidepressants allow them a temporary platform



to stand on until they can come to terms with their situation. They are then able to cope better and move on when they have adjusted to issues affecting them.

Sometimes further support may be needed, e.g. from your doctor or stroke nurse. Some kind of talking therapy (e.g. counselling), as well as antidepressants, may be helpful. Most people won't need to see a psychiatrist unless their depression is very severe or they are suicidal.

You may also be referred to the community mental health team for support.

Other ways to help yourself

- Most people find they have good and bad days and this is true of having a stroke and of depression.
- Try to keep as active as possible. Get outside if you can.
- Eat as healthy and varied a diet as you can.
- Try to avoid alcohol, it will bring your mood down and can make sleeping patterns worse.
- Try not to worry if you don't sleep. Read, listen to the radio or TV. Your body is still resting by lying down.
- When you are low it can be difficult to make decisions – talk to those people you trust.
- Try not to bottle up your feelings – use the support around you.
- Relaxation, yoga, tai chi and reflexology are examples of additional ways to increase your feeling of well being and reduce stress.
- Remember that depression can be treated and these unpleasant feelings will lift.

COPING WITH ANXIETY

Some people become very anxious after their stroke; for some this can be quite severe and disabling. Anxiety can affect you in many different ways: physically, emotionally and the effect it has on your behaviour. It's possible to mistake symptoms of anxiety for physical illness.

Learning to recognise your symptoms will help you to control them and understand what is actually happening.

Possible physical symptoms of anxiety

People often mistake anxiety symptoms for illness. Once you recognise that your symptoms are anxiety related you can learn to control how you feel, putting you back in charge. This is not always easy as it can be difficult to be sure what is anxiety related and what is not. Anxiety related symptoms include:

- headaches
- muscle tension or pain
- stomach problems
- sweating
- feeling dizzy
- bowel or bladder problems
- breathlessness or palpitations
- dry mouth
- tingling in body
- sexual problems
- difficulty sleeping / waking early

Possible emotional problems linked to anxiety:

- feeling irritable
- feeling tense
- feeling low
- feeling of apathy
- feeling low in self esteem

Possible effects on behaviour:

- withdrawing from usual activities
- avoiding seeing other people
- trying to rush around and hurry things
- constant worrying
- becoming unreasonable
- being forgetful or clumsy
- temper outbursts
- drinking or smoking more than normal
- changes in eating habits

Learn to control your anxiety

Learning how to cope with these feelings will give you the power to control the very unpleasant symptoms involved and help you to deal with what is actually happening.

There are some techniques that you can learn that will, with practice, help you to deal with any situation that makes you feel anxious.

Concentrate on how you actually feel and not how you imagine you are going to feel. If you experience physical symptoms as part of anxiety tell yourself that you are not ill and that the symptoms will pass if you take control of them.

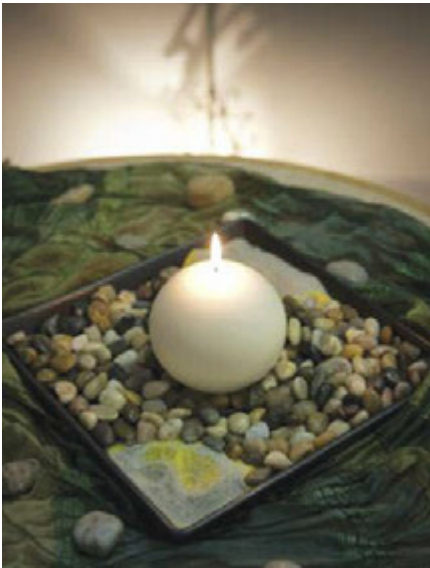
Replace negative thoughts with positive thoughts by reminding yourself that you have tried something before and nothing bad happened and so you can do it successfully again.

Visualise yourself going into a difficult situation and coming out with a successful outcome.

If you have to do something that you are not looking forward to ask yourself if there is anything you can change to make it easier. Try to remember that most things are never as bad as you imagine they are going to be.

Prepare yourself

Practise relaxation and breathing techniques to help you cope with stressful situations or any situation that makes you feel anxious. If you become confident about how to use these techniques, it will be much easier for you to use them when you actually need them.



Learn a relaxation technique

There are many different methods of relaxation you can try. The main thing is to practise until you are able to focus on how it feels to be relaxed more and more quickly. This skill can then be used at times of stress as well as giving you the added benefits of regular relaxation.

Most methods require a comfortable sitting or lying position in a quiet peaceful environment with soft lighting.

Try to avoid distractions and interruptions. By focusing on your breathing and relaxing of muscles you will find that you relax.

Many people who have had a stroke find a relaxation CD or class very beneficial. Relaxation CDs are available in many bookshops as well as from the CHSS Advice Line. Look out for local relaxation classes.

Learn breathing control

This is a very simple way of learning how to breathe in a relaxed manner and also to restore normal breathing when you are anxious.

It involves gentle breathing using the lower part of your chest, with the upper chest and shoulders relaxed. It is very important to breathe normally and not to hold your breath or take deep gasps.



- Settle yourself in a relaxed position.
- Make sure that your back is supported.
- Rest your hands on your lower rib cage / stomach.
- Keep your shoulders and upper chest relaxed.
- Feel the gentle rising and falling under your hands as you breathe in and out.
- Find a rhythm that is comfortable for you. A general guide is to count in for 4 and out for 4.
- Concentrate on the lower part of your chest moving rather than the upper part.
- Do not try to take deep breaths.

The more you practise this the easier it becomes. You will then be able to practise it standing as well as sitting.

Try practising regularly throughout the day and over time you will be able to use it whenever you are anxious. Some people find it easier to learn a relaxation or breathing technique with the help of a professional.

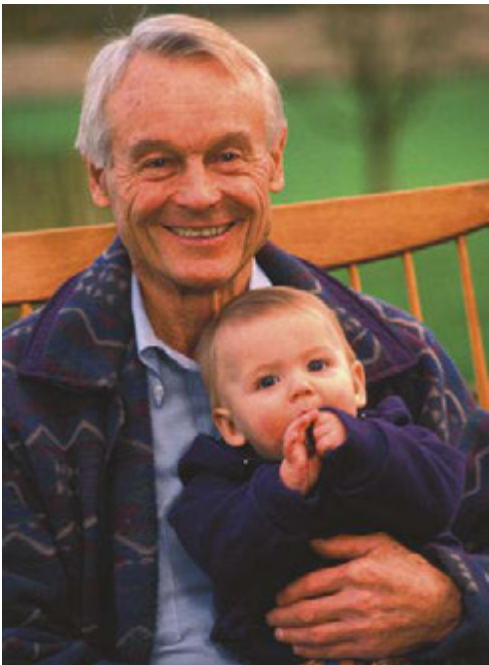
Other ways to help yourself

- Seek help through talking therapy.
- Contact a support organisation, e.g. Anxiety UK, Breathing Space or Action on Depression (see Useful addresses and websites section at end of booklet).
- Ask the CHSS Advice Line for additional written material about panic attacks.

THE FUTURE

Be kind to yourself and allow time to take in what has happened, work through your feelings and adapt to the changes in your life following your stroke. Don't expect too much from yourself all at once.

Having a positive attitude to your recovery will help in many different ways. By taking steps to help yourself as much as possible you can begin to overcome some of the feelings that have been discussed in this booklet. Seeking help and advice from others will help you and your family to find solutions to difficult problems. Sharing your experience with others and communicating how you feel as best you can will help you to come to terms with having a stroke and to look forward to the future.



USEFUL ADDRESSES AND WEBSITES

Chest Heart & Stroke Scotland

Rosebery House
9 Haymarket Terrace
Edinburgh EH12 5EZ
Tel: 0131 225 6963
Fax: 0131 220 6313
Advice Line: 0845 077 6000
Email: adviceline@chss.org.uk
Website: www.chss.org.uk

Chest Heart & Stroke Scotland improves the quality of life for people in Scotland affected by chest, heart and stroke illness, through medical research, influencing public policy, advice and information and support in the community.

The Adviceline nurses can provide confidential, independent advice on all aspects of chest, heart and stroke illness to those affected, their families and health professionals.

Different Strokes

9 Canon Harnett Court
Wolverton Mill
Milton Keynes
MK12 5NF
Helpline: 0845 130 7172
Fax: 01908 313 501
Email: webcontact@differentstrokes.co.uk
Website: www.differentstrokes.co.uk

UK charity set up by younger stroke survivors for younger stroke survivors providing information and support.

Speakability

1 Royal Street

London

SE1 7LL

Tel: 020 7261 9572

Information Service and Helpline: 080 8808
9572

Fax: 020 7928 9542

Email: speakability@speakability.org.uk

Website: www.speakability.org.uk

Speakability is the national charity dedicated to supporting and empowering people with aphasia and their carers. Speakability offers impartial information and support through its helpline, website and training courses, and distributes its own fact sheets, low-cost publications and videos.

Anxiety and depression contacts:**Anxiety UK**

Zion Community Resource Centre

339 Stretford Road

Hulme

Manchester

M15 4ZY

Helpline: 08444 775 774

(Mon - Fri 9.30 am - 5.30 pm)

General information: info@anxietyuk.org.uk

Website: www.anxietyuk.org.uk

Anxiety UK works to relieve & support those living with anxiety disorders by providing information & support via an extensive range of services.

Action on Depression

11 Alva Street

Edinburgh

EH2 4PH

Tel: 0131 226 1803

Information service: 0808 802 2020 (free even from mobiles) open 2pm - 4pm on Wednesdays

Email: info@actionondepression.org

Website: www.dascot.org

Action on Depression is the only national Scottish organisation working with and for people affected by depression.

No Panic

Unit 3 Prospect House, Halesfield 22

Telford

Shropshire

TF7 4QX

Tel: 01952 680460

Helpline: 0800 138 (open from 10:00 am to 10:00 pm every day)

Email: ceo@nopanic.co.uk

Website: www.nopanic.org.uk

No Panic offers support to people with anxiety.

Breathing Space

Phone line: 0800 83 85 87

Email: info@breathingspacescotland.co.uk

Website: www.breathingspacescotland.co.uk

The phonenumber is open 24 hours at weekends (6pm Friday - 6am Monday) and from 6pm to 2am on weekdays (Monday - Thursday).

Breathing Space is a free, confidential phone and web based service for people in Scotland experiencing low mood, depression or anxiety.

Finding a therapist through professional bodies:

British Association for Counselling and Psychotherapy (BACP)

Website: www.bacp.co.uk

BACP has a 'seeking a therapist' section on their website with local contacts and their specialties.

COSCA (Counselling & Psychotherapy in Scotland)

Website: www.cosca.org.uk

Scotland's professional body for counselling and psychotherapy. Website has a 'find a therapist' section.

Royal College of Psychiatrists

Website: www.rcpsych.ac.uk

The section on their website called 'mental health info' includes written information about depression and many other topics to do with mental health. To see a psychiatrist, as with any medical specialist working in the NHS, you will need to get a referral from your GP. The College is unable to supply names of members, or recommend individuals. Try your GP, private clinics or local yellow pages for psychiatrists who practice privately.

The British Psychological Society

Website: www.bps.org.uk

To see a psychologist, as with any medical specialist working in the NHS, you will need to get a referral from your GP. However, The Directory of Chartered Psychologists available on the website details clinical psychologists, some of whom may offer private sessions.

Contact the Chest Heart & Stroke Scotland Advice Line nurses for confidential, independent advice.



**The line is open
Monday – Friday
9.30 – 4.00**

**0845 077 6000 or
0131 225 6963**

Out of hours answering machine.

Email: advice@chss.org.uk

The information contained in this booklet is based on current guidelines and is correct at time of printing. The content is also put out to peer, patient and expert review. If you have any comments about this booklet please contact Lorna McTernan, Health Information Manager, at the address on the facing page.

STROKE PUBLICATIONS

Booklets		Stroke Factsheets	
SS1	Stroke: a guide to your recovery	F1	Smoking
SS2	Stroke: a carers guide	F2	Salt
SS3	Reducing the risk of stroke	F3	Cholesterol
SS4	You've had a stroke	F4	Warfarin
SS5	Understanding TIAs and minor strokes	F5	Helping communication after stroke
SS6	Sex after stroke illness	F6	Holidays
SS7	Stroke in younger people	F7	Insurance companies
SS8	Coming to terms with a stroke	F8	Suggested booklist
SS9	Thinking and behaviour issues after stroke	F9	Driving after a stroke
S10	Thrombolysis after stroke	F10	10 common questions asked after a stroke
H4	Living with high blood pressure	F12	Continence problems after stroke
	Aphasia Stroke Journey:	F13	Air travel for people affected by chest, heart and stroke illness
ASJ1	Part 1 Early days	F14	Visual problems after stroke
ASJ2	Part 2 Rehabilitation	F15	Memory problems after stroke
ASJ3	Part 3 Moving On	F17	Diabetes: links with heart disease and stroke
CSB	Conversation Support Book (one copy free) £5	F18	Coping with tiredness
IDC	Aphasia ID Card	F22	How to make the most of a visit to your doctor
	Children's Resources (contact us / see website)	F23	Living with stress and anxiety
	FAST campaign resources (contact us / see website)	F24	Healthy eating
		F26	Understanding help in the community
		F29	Swallowing problems after stroke
		F30	Just move!
		F31	Carotid endarterectomy
Video/DVDs			
	Stroke Matters £5		

A full publication list is available from Head Office.

Rosebery House, 9 Haymarket Terrace, Edinburgh EH12 5EZ

Tel: 0131 225 6963

ORDER FORM

Please send me the following:

TITLE	No. of copies

Up to 100 booklets free, up to 100 factsheets free

If you wish to order more than 100 booklets or factsheets please contact the Health Information department at the address above.

Name: _____

Address: _____

Postcode: _____ Tel: _____

WHERE TO FIND US

Head Office

Tel: 0131 225 6963

Fax: 0131 220 6313

Rosebery House
9 Haymarket Terrace
Edinburgh EH12 5EZ
Open Mon – Fri

Glasgow

Tel: 0141 633 1666

Fax: 0141 633 5113

103 Clarkston Road
Glasgow G44 3BL
Open Mon – Fri

Inverness

Tel: 01463 713 433

Fax: 01463 713 699

5 Mealmarket Close
Inverness IV1 1HT
Open Mon – Fri

www.chss.org.uk



Chest
Heart &
Stroke
Scotland



Chest Heart & Stroke Scotland is a wholly independent Scottish charity. We receive no core funding from Government or any public body or private agency.

We need your help to achieve our aim of improving the lives of those in Scotland with chest, heart and stroke illness. You can help by volunteering your time with our services, by supporting your local Regional office or as a fundraiser. You can help by giving now and in the future, by making a donation, organising a local fundraising event, leaving us a gift in your will or by setting up a regular Direct Debit.

If you would like to speak to one of our Advice Line nurses in confidence, phone Chest Heart & Stroke Scotland Advice Line.

**Monday – Friday
9.30am – 4.00pm**

**0845 077 6000 or
0131 225 6963**

**Email us: adviceline@chss.org.uk
There is a text relay service for the hearing-impaired.**

Registered with and regulated by the Office of the Scottish Charity Regulator (charity no SC 018761), Chest Heart & Stroke Scotland and CHSS are operating names of The Chest, Heart & Stroke Association Scotland. Also registered in Scotland as a company limited by guarantee, no SC129114.

May 2012