

# Welcome to



[www.SelfHelp4Stroke.org](http://www.SelfHelp4Stroke.org)

A decorative graphic on the left side of the slide, consisting of multiple overlapping, curved pink lines that sweep from the top left towards the bottom right, creating a sense of movement and flow.

# **The making of selfhelp4stroke**

A series of approximately ten overlapping, curved pink lines that sweep from the upper left towards the lower right, creating a sense of motion and flow. The lines vary in thickness and are closely spaced, with some showing a slight gradient from light to darker pink.

# Partnership



# Partnership

- Productive partnership working was key.
  - Service Users
  - NHS & Social Care
  - Universities
  - 3<sup>rd</sup> Party Organisations
- With our service users we would not have a website.
- Engagement and motivation to self manage, not a list of do's and don't's
- A person centred website

A series of approximately 10-12 overlapping, wavy, pink lines that originate from the top left and curve downwards and to the right, creating a sense of movement and flow. The lines vary in thickness and are closely spaced, giving them a brushstroke-like appearance.

# **Positive Messages**

# Positive Messages

- Phrasing
  - Insomnia – A good night's sleep
  - Fear / Worry – So what stopping you?
- People stories
  - Overcoming challenges
  - Offer solutions
- Be Guided

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# Accessibility

# Accessibility

- No Login
- No advertising / pop ups
- Accessible Focus Group
- Scottish Accessible Information Form (SAIF)
- Interactives carefully thought out
- Use of Audio / Video
- Less is more
- Watch your language!



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**Lets have a look**



# Self Help 4 Stroke

Self management website for people who have had a stroke



Chest  
Heart &  
Stroke  
Scotland

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## Meet John

Hello, my name is John

I'm here to help you use this self management guide for people who have had a stroke.



Play Video



**Getting Started**



**Keeping Well**



**Being Active**



**Emotional  
Support**



**Coping With  
Setbacks**

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## Getting Started

### Hear from John

Thank you for deciding to explore selfhelp4stroke. You have come to the right section to get started. Here you will find out about self management and how by setting goals you can start getting more control over your life again.



Play Video



1

Self management explained

2

Goal setting





# Self Help 4 Stroke

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## Topic 1 Getting started

### Self management explained

#### Contents

1. [What is self management](#)
2. [Why is self management important to me?](#)
3. [Self management: read all about it](#)
4. [It's 'their' job to fix me!](#)
5. [It's all about the NHS saving money](#)
6. [I can't do it on my own](#)
7. [Health care workers know a lot more than me!](#)
8. [It's all about taking my medicine and stopping smoking](#)
9. [John: am I ready yet?](#)
10. [Am I ready yet: weighing up the pros and cons](#)
11. [Summary](#)

[Browser check](#)[What is a stroke?](#)[Disclaimer](#)[Accessibility](#)[Privacy Policy](#)[Sitemap](#)[More Information](#)

## 2) Recognising the warning signs

Recognising the warning signs. Select the warning signs below to find out how they can could trigger a setback.



Staying in bed longer than usual



Not bothering with your appearance



Not wanting to socialise



Feeling upset, stressed or anxious



Not bothering to eat



Problems sleeping



Lacking motivation



Feeling fatigued

### Feeling upset, stressed or anxious.

Mood changes are normal after a stroke. Speak to your GP. You may be referred to see a clinical psychologist who can work with you to self-manage these changes. For more information please see our section on Emotional support.

## 10) Drinking alcohol sensibly

Meet Catriona and her grandson Gregor. Catriona is someone who classes herself as a social drinker, a glass of whisky before dinner every night, large glasses of wine with friends, and a whisky before she goes to bed.

Select the arrow keys below to see Catriona's story and how she found out how much she was really drinking.



## 7) Who's in my world?

This exercise is about thinking about the people who are in your life, who are important to you. There may be only one or two, or lots. There are no right or wrong answers.

**Q. Enter the names of people who are an important part of your world, you can enter up to 10.  
When you have done this, select "Finish"**



Enter the name of a person in your world:

Add

Need some help

Start again

Finish

Below are the people in your world.



If you want to try this again, select "Start again".



Paul



John



Ringo



George



Following a stroke the people in your life can change. New people are added and others can lose touch. If you've not picked out very many people in your life, are you feeling isolated? If so, have a look at our section on [Feeling isolated?](#)

Start again



### 3) Why bother being more active?

Everyone seems to be telling us that being more active is good for you, and it is in many ways. It is even more important now that you have had a stroke. Lets look at some of the reasons why.

Have a look at these statements and select whether you think they are true or false:

**Q. Which of the following statements are true or false. Select true or false for each one.**

1.	Being more active will prevent my physical problems getting worse	<input type="radio"/> True <input type="radio"/> False	
2.	Being more active will make me feel better	<input type="radio"/> True <input type="radio"/> False	
3.	I will have to join a gym or a club to be more active	<input type="radio"/> True <input type="radio"/> False	
4.	Being active can help prevent me from having another stroke	<input type="radio"/> True <input type="radio"/> False	
5.	Being active will allow me to do more in my daily life	<input type="radio"/> True <input type="radio"/> False	

Reset

Reveal

As you can see there are lots of good reasons to be more active in your everyday life but sometimes it's hard to get motivated. Lets look at how to do this.

## 8) Adjusting to change



Cookie policy

Interactive Content – UoE

Coping with my emotions - adjusting to change

SOUNDCLOUD

0:56

5





### Key point

Drinking too much alcohol raises blood pressure. Binge drinking (drinking more than 6 units in 6 hours) is particularly dangerous as it can cause your blood pressure to soar. Try to limit your alcohol to within the current guidelines.



### Something to think about

Think about how you react to things you find stressful. Do you do something to calm yourself down or make yourself feel better such as having an alcoholic drink? It might help to explore the stress relief topic.



### Something to try

Why not record your alcohol intake for a week and see if there is anything you can change. You can use the diary sheet or try some of the unit calculators in 'More information' below.

#### **More information**



For a more detailed alcohol calculator see:

- [drinkaware.co.uk – Unit and Calorie Calculator](https://www.drinkaware.co.uk/unit-calculator)
- [drinkaware.co.uk – 7-day unit calculator](https://www.drinkaware.co.uk/7-day-unit-calculator)



## Goal setting plan

1. What is my goal?

2. Where am I at just now?

Date: \_\_\_\_\_

0 1 2 3 4 5 6 7 8 9 10

3. My action list

By when


4. Where am I at just now?

Date: \_\_\_\_\_

0 1 2 3 4 5 6 7 8 9 10

5. What's next on my list?

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## How to improve your communication

The following strategies may help you improve your communication.

	Works for me	Doesn't work for me	I will try this
I let people know if I am having difficulty with my speech			
I watch for people's reaction, so I know when they are not understanding me			
I listen to myself and try to make changes when needed			
I pace myself knowing that I can get tired more easily.			
I try to keep calm and relaxed and not let others rush me			
I will try other ways of communicating such as writing notes			
I don't worry about perfection, but don't give up			



## Weekly Unit Calculator

ALCOHOL	BEER		CIDER		WINE		SPIRITS		ALCOPOPS		COCKTAILS	
DAY												
	Drinks	Units	Drinks	Units	Drinks	Units	Drinks	Units	Drinks	Units	Drinks	Units
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												
TOTAL												

<http://www.selfhelp4stroke.org>

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# Evaluation

## What do you think?

Q1. Was this section useful | ☐ Yes | ☐ No

Q2. What are you likely to try? (Select all that apply)?

- ☐ Use the advice from the filing cabinet
- ☐ The mindfulness session
- ☐ Try other techniques
- ☐ Speak to friends and family
- ☐ Use the goal setting plan

Submit

Reset



## About you

1. Are you? | ☐ Male | ☐ Female

2. How old are you?

3. How long is it since your stroke?

4: Where do you live?

5. How did you hear about us (select all that apply)

- ☐ Link from another website
- ☐ Social media e.g. Facebook / Twitter
- ☐ Poster / postcard
- ☐ Health professional e.g. GP / Nurse
- ☐ Stroke group
- ☐ Friend / Family

Reset

Send

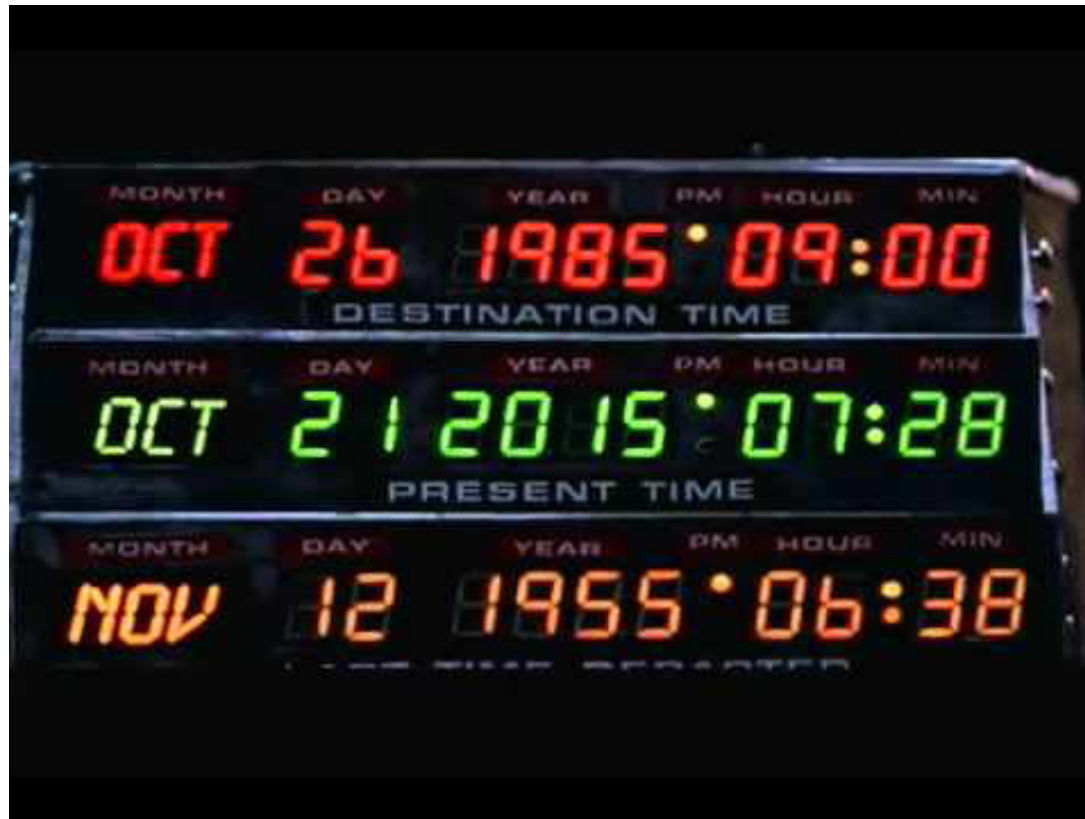


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**The future...**



# Back to the Future



# What no Hover boards?



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# Stroke circa. 1985

- No pathways
- Little organised care
- Poor acute management
- Therapy?
- Aftercare & Support?



## Now.....

- Identified pathways
- Acute management
- Organised care
- Evidenced based treatment
- Self management



# The future

- Find out more today
- Firm Foundation
- Model for group delivery

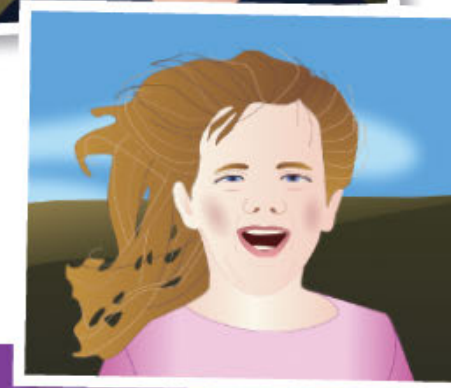


**My Lungs My Life** is a free self management website for anyone affected by

**COPD (Chronic Obstructive Pulmonary Disease)**  
**Asthma or for Parents of children with Asthma**

Understand your COPD or Asthma using information, support links and practical advice. See animations and film clips to explain your lung condition and download pages from the site.

All content has been developed by respiratory healthcare professionals and independently reviewed by people with COPD and asthma in Scotland.



[www.MyLungsMyLife.org](http://www.MyLungsMyLife.org)

Go ahead and help yourself to



[www.SelfHelp4Stroke.org](http://www.SelfHelp4Stroke.org)