



Charter for people living with stroke in Scotland

This charter describes what care and support services should be available to you when the hospital stroke unit discharges you.

Care and support services should be available to help you with:

- Recovery.
- Rehabilitation.
- Supported self management.

Care and support services should be:

- High quality.
- Available when you need them.
- Person centred.

This means **you should be involved in making decisions** about the services that you need.

Care and support services should help you be:

- ☑ Active.
- ☑ Independent.
- ☑ Well.
- ☑ Confident.

Here is a list of **services that should be available to you**, if you need them:



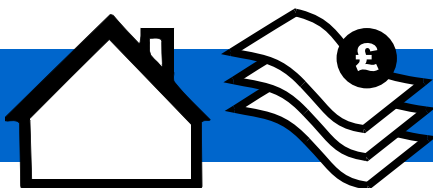
Health

- **Specialist support** from a skilled and **co-ordinated** multi-disciplinary **team**. It should be available to you as long as it is helping. The team may include these people:
 - occupational therapist
 - physiotherapist
 - speech and language therapist
 - orthoptist
 - orthotist
 - dietitian
 - doctor
 - nurse
 - social worker
 - clinical neuropsychologist
- Stroke therapist **outpatient** and **community health services** and other health related professionals. You should be able to **refer yourself** to these services.
- Help and advice to be as **physically and mentally well** as possible. This should include advice on how to reduce the risk of another stroke.
- **Annual check-up** through your GP or your local health centre or hospital. Staff should **refer you to other services** if needed.
- **Active lifestyle** programmes including affordable fitness training.



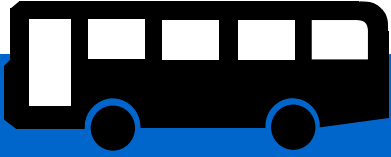
Information and communication

- Support to be involved in **decisions about your care**.
- An **independent advocate** if you need someone to speak for you.
- **Information** that is **easy to understand**.
- **Staff** who know how to **help you communicate**.



Social services, housing and benefits

- **Social services** and **housing** support. This includes **self directed** support. This is support paid for by the local authority and managed by you.
- Advice on **financial benefits** and **support in claiming** benefits.



Transport

- **Driving assessment.**
- **Accessible transport options.**



Equipment

- **Seating, wheelchair and mobility equipment.**
- **Daily living equipment and home adaptations** designed to help you do as much as possible and as safely as possible.
- **Specialist communication aids.**



Work, voluntary activities and support groups

- Support to help you get **back to work** or **stay in paid** or unpaid **work**. Support to do **voluntary activities**.
- Long-term **voluntary sector** support including **support groups**.



Services for carers and/or family members

- **Help, education and support** for carers and/or family.



Charter for people living with stroke in Scotland

This Charter comes from the **Scottish Parliament Cross Party Group on Heart Disease and Stroke**.

It describes what all **local services** should **aim to provide**.

It was written by people who have had a stroke, MSPs and people providing services.

We want people in Scotland to know **what services should be available to individuals affected by stroke**. We looked at government policy and research to decide what to put in the Charter. **It is not a government policy document**.

To access the care and support services listed talk to your local Health Board or GP, Patient's Council, MSP, Council or Councillor.

If you are **having trouble accessing services** in your area contact:



Chest Heart & Stroke Scotland

Advice Line: 0845 077 6000 Monday - Friday 9.30 - 4.00

adviceline@chss.org.uk



Stroke Association in Scotland

Helpline: 0303 3033 100 Monday - Friday 9.00 – 5.00

info@stroke.org.uk

For information about the **development of the Charter** and for a copy of the **Easy Access version** of the Charter go to www.strokecharterscotland.org.uk



This Charter has been made **communication accessible** by **speech and language therapists** in consultation with people living with stroke.