

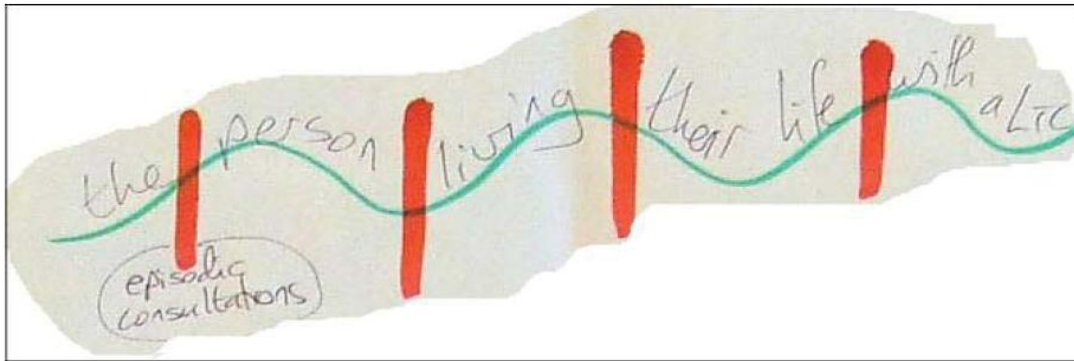
Stroke Association

My Stroke Guide

Andrea Cail
Director Scotland

Self-Management

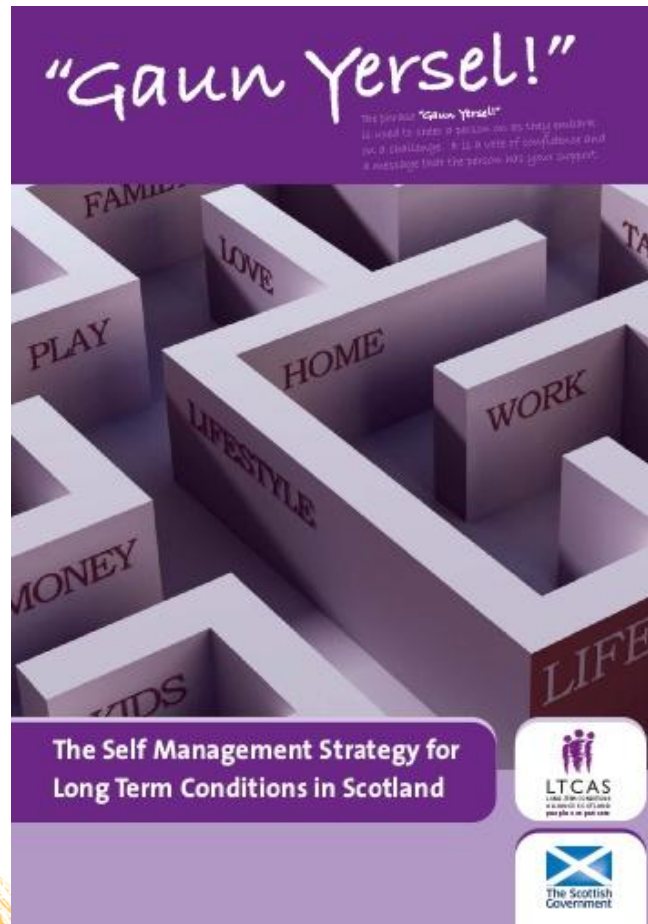
90% of the time stroke survivor will be managing their recovery alone



In Scotland

National Health and Wellbeing Outcomes

Outcome 1: People are able to look after and improve their own health and wellbeing and live in good health for longer.



Stroke Improvement Plan August 2014

Priority 8: Supported self management and living with stroke

Stroke has a massive and sudden impact

73% of stroke survivors lack confidence^[1]

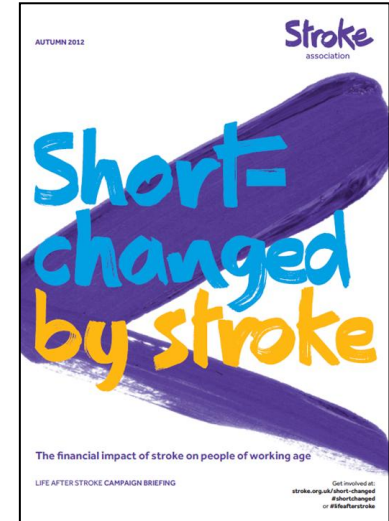
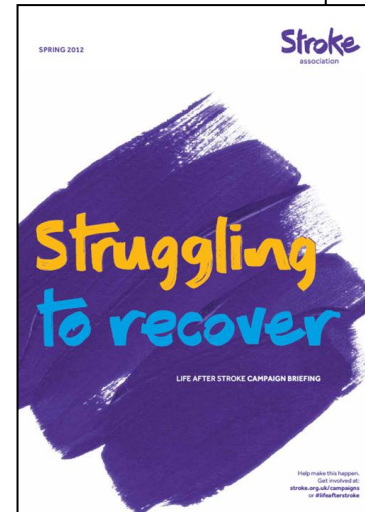
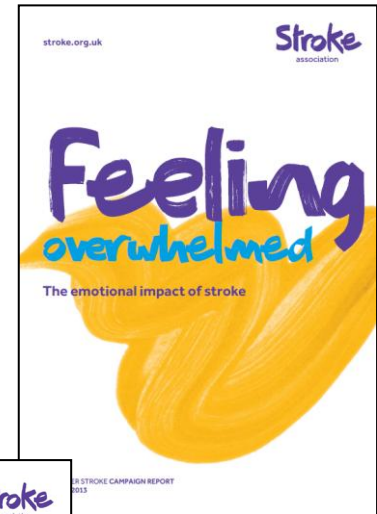
90% of the time an average stroke survivor must manage their recovery alone

48% lack motivation

74% left hospital feeling isolated

63% live in fear of another stroke

44% had broken up with their partner or considered doing so – therefore impacting on care



Design

Professional care

- Therapy - physiotherapy, SALT, OT
- Stroke Association coordinators and groups

Information

- Relevant to you, your stroke and your location
- Accessible

Goal setting

- Meaningful and achievable
- The right tools

Peer support

- Sharing experience
- Support and advice
- Socialising

*Self-management
for stroke*

My Stroke Guide

My Stroke Guide



Welcome
Steve

My next appointment
No upcoming appointments



My Calendar

1



Messages



Essential guides



My favourites



News



All media



My social



My goals

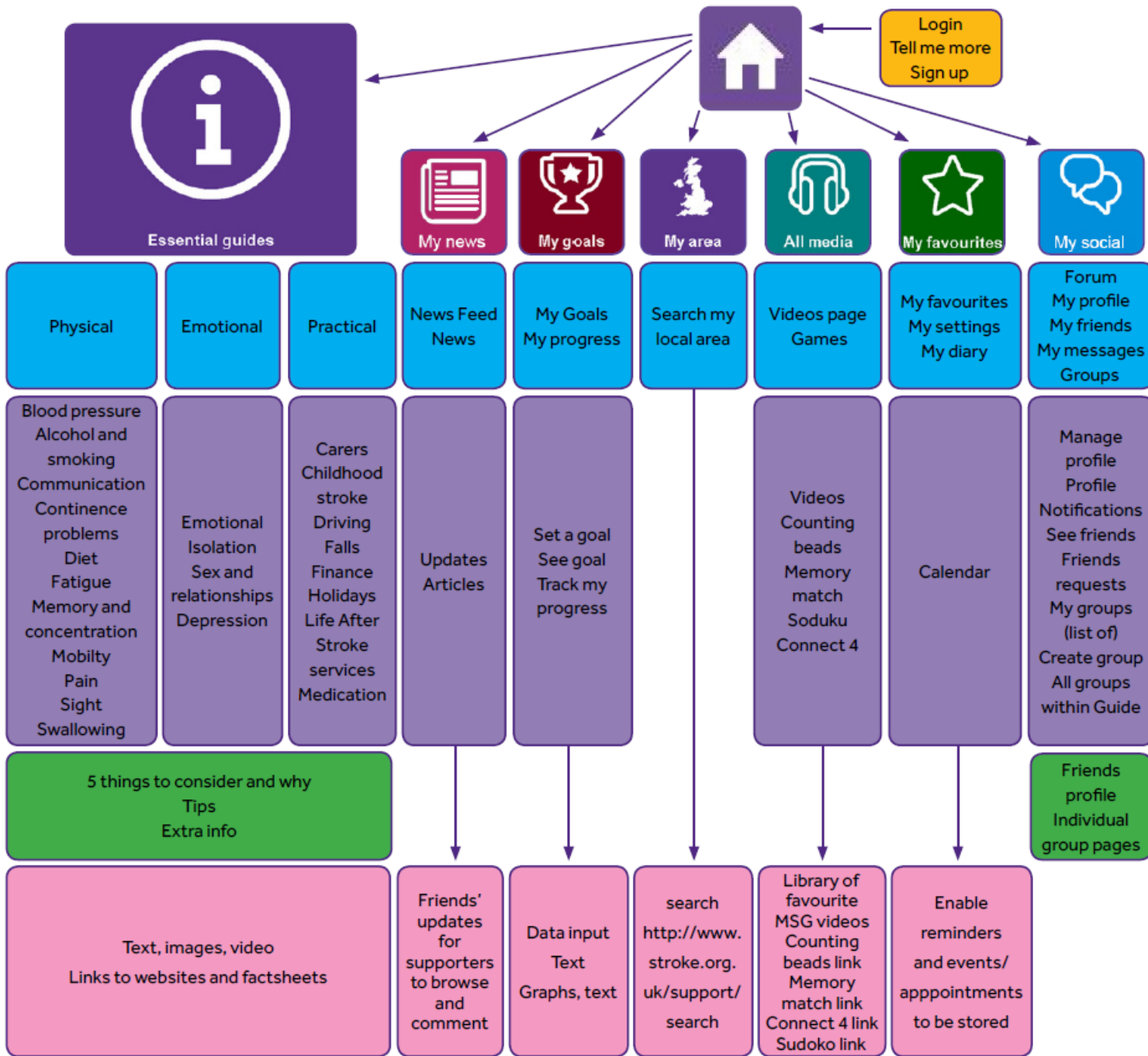


My area



Logout





Weekly Analytics Summary

Weekly analytics summary

- The 5 most accessed guide topics were:

1. Physical - Sight
2. Physical - Alcohol
3. Physical – Communication
4. Emotional - Depression
5. Physical – Sex

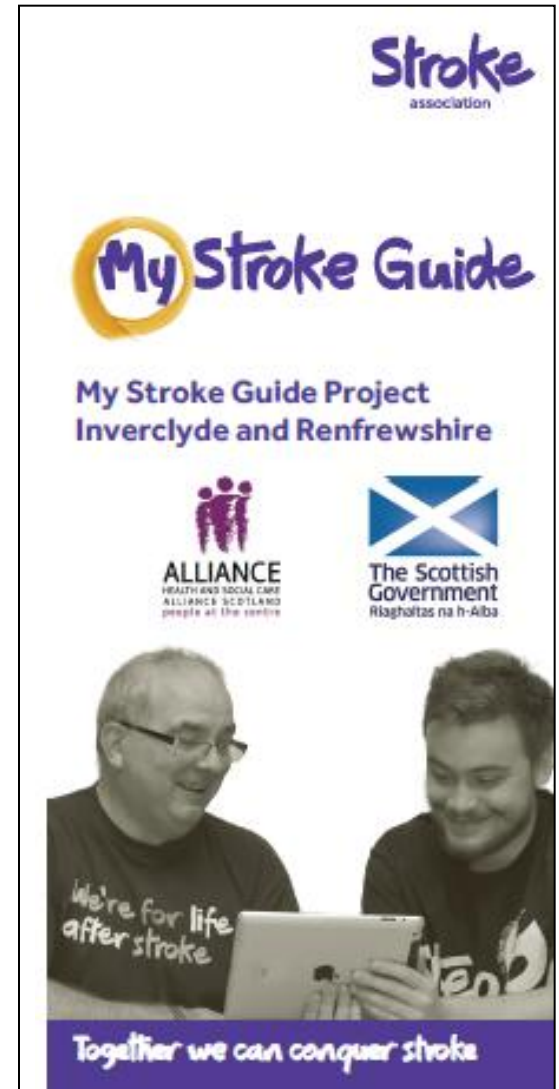
- The top 5 most visited MSG features were:

1. Social
2. Essential Guides
3. Goals
4. Calendar
5. Videos

My Stroke Guide in the West

- 127 have an MSG account
- Community Manager and volunteers
 - Support setting-up
 - Encourage to use
 - Sign post to community activities
- Feedback through surveys
- 75% had a better or same emotional wellbeing score after 3-6 months in the project*
- My Stroke Guide Cafes x 3

Scale



Quotes

“Accessing My Stroke Guide has been so informative and we have all had access to relevant information at a time when we needed it”. Y, carer.

I found the guide to be really helpful, full of lots of useful information. [...] I have found the social page helpful and have enjoyed reading other people’s stories and questions. ”

T, stroke survivor

“the website is most helpful, however the personal attention is more important in the long run. ...A taxi is no good without the driver, and a kitchen is no good without the cook!” P, carer

Support from the Band Trust

- Aphasia Friendly content – Funded by The Band Trust

It can be difficult to **say words**



Aphasia after stroke

What next?

- Platform now 'in house'
- Available to all who want to use it
- Modifications based on feedback
- A tool for your box!

Stroke

association