

Self Help 4 Stroke 2 years on

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E-learning project manager

June 2015 to June 2017



Self help 4 stroke – 2 years on



www.SelfHelp4Stroke.org

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Self Help 4 Stroke

Self management website for people who have had a stroke



Chest
Heart &
Stroke
Scotland



[Home](#)

[Topics -](#)

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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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[What is a stroke?](#)

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Getting Started



Keeping Well



Being Active



**Emotional
Support**

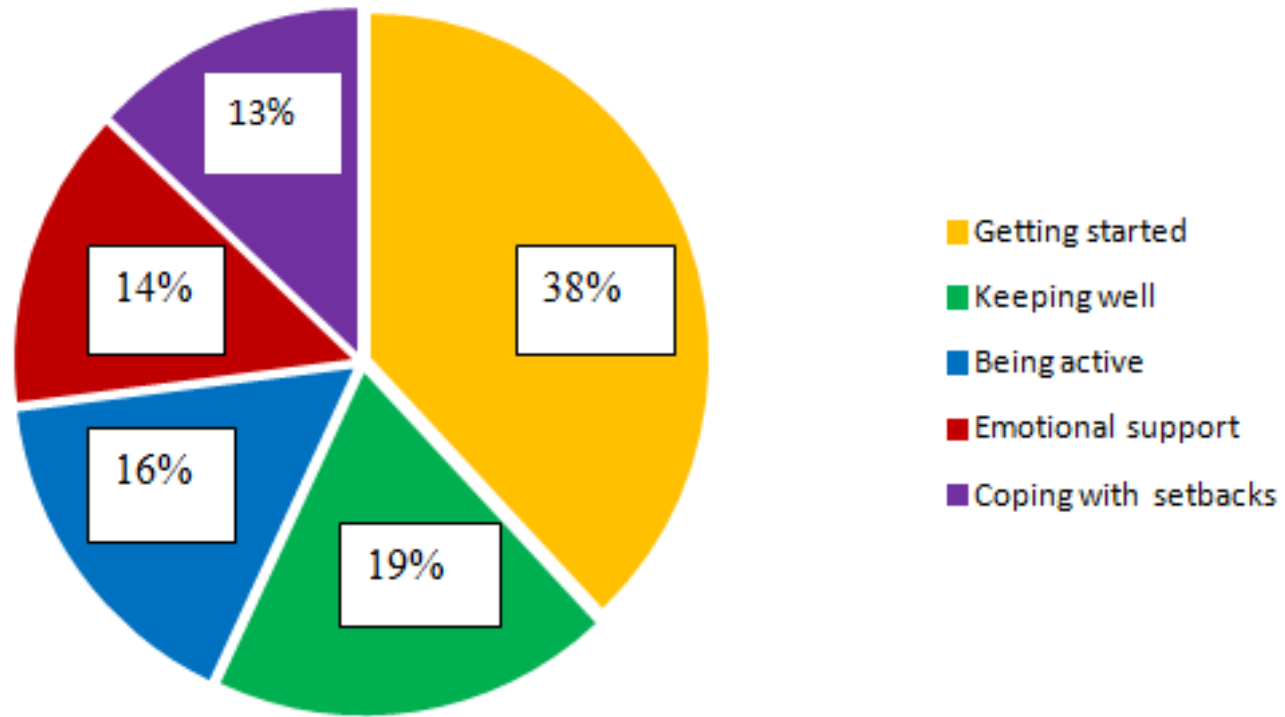


**Coping With
Setbacks**

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Most frequently used sections

Most used sections

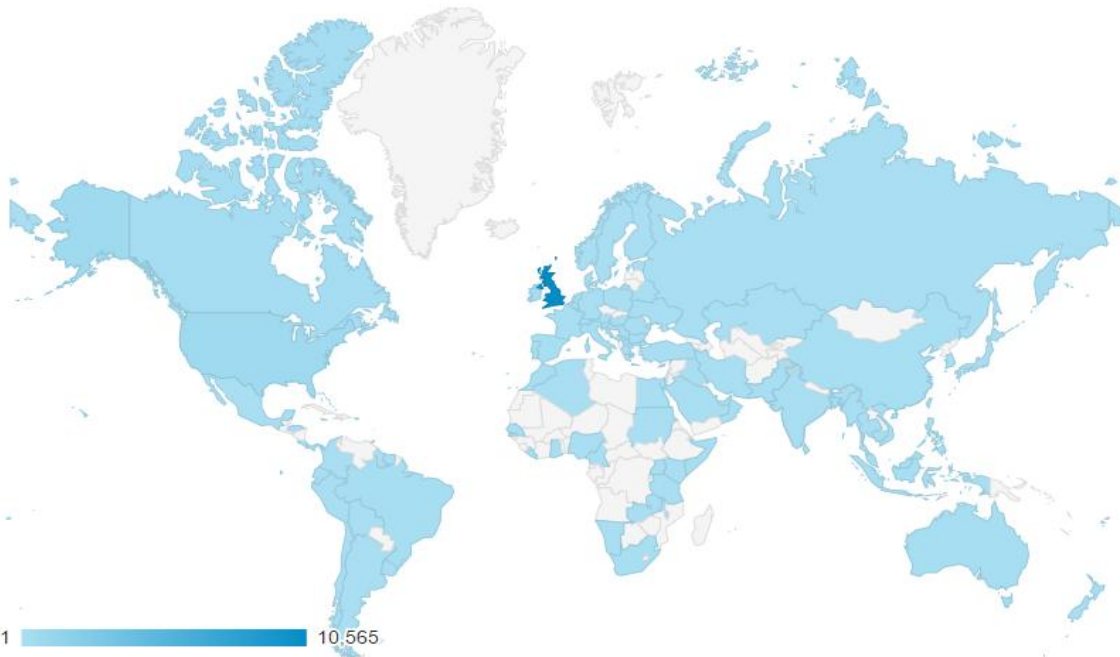


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Top 10 Pages:

- Homepage
- Getting Started (Hear from John)
- Topic 1 Getting started > Goal setting > 10) Jim – I want to get out and about
- Keeping Well (Hear from John)
- Topic 1 Getting started > Self management explained
- Being active (Hear from John)
- Emotional support (Hear from John)
- Coping with setbacks (Hear from John)
- How to use this site
- Topic 1 Getting started > Self management explained > 1) What is self management

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- Total hits
13 380
- UK users
10 746
- Scotland 5747
hits by 3911 users
- Used in 112
countries

Devices

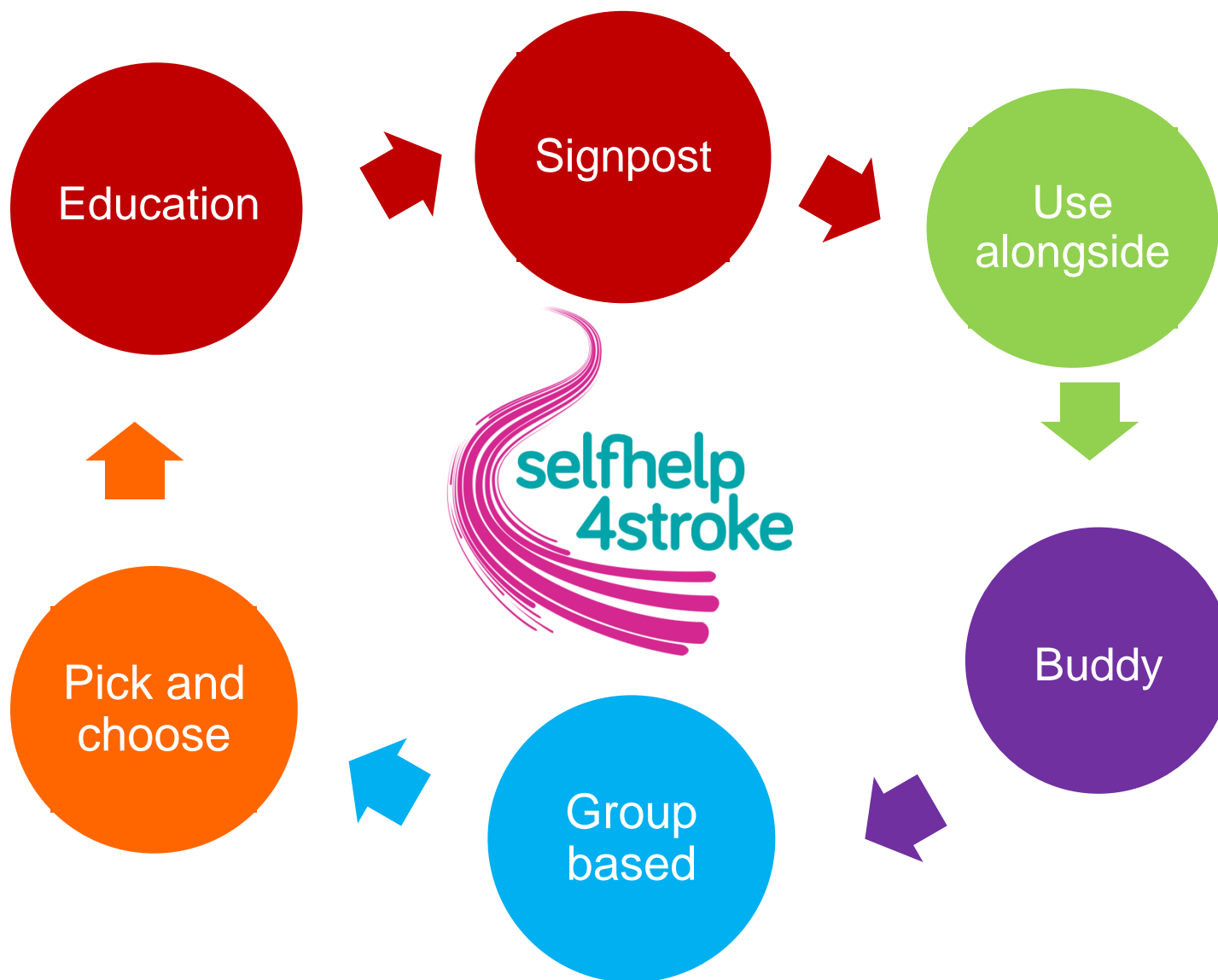
Desktop 64%

Mobiles 19%

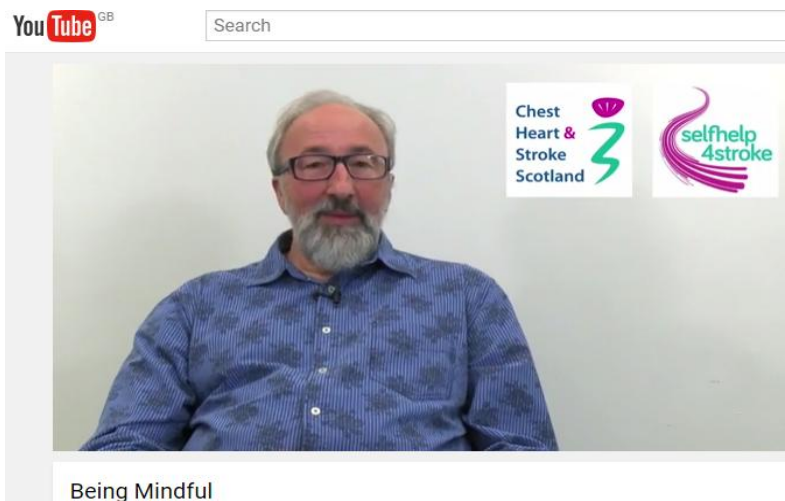
Tablets 17%



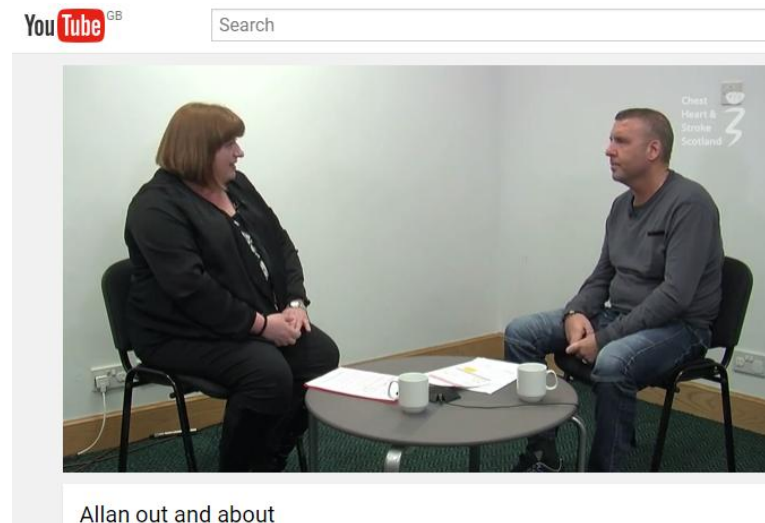
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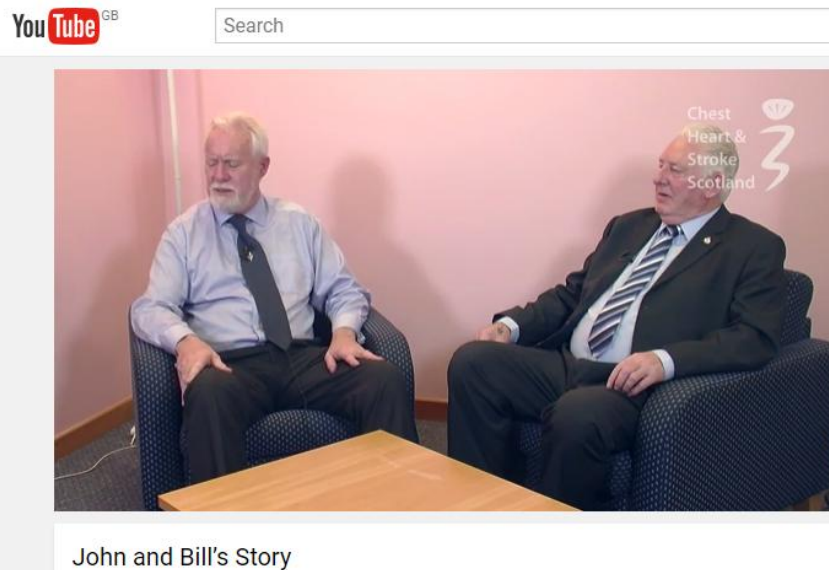
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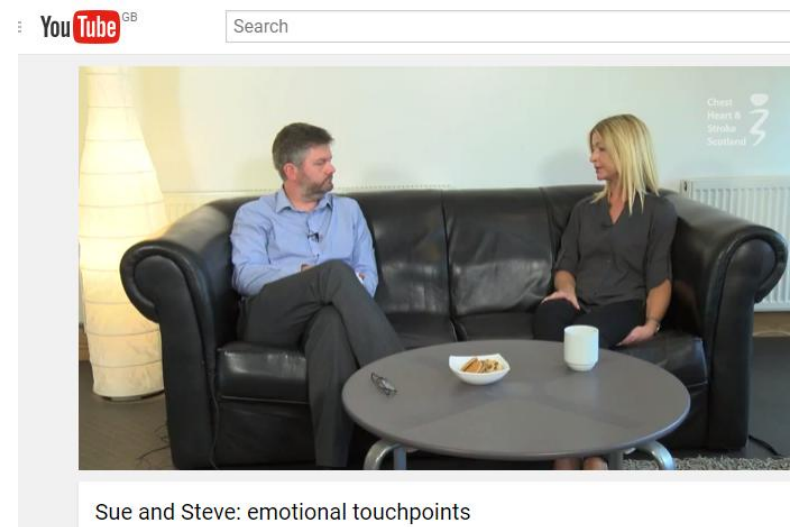
Being Mindful



Allan out and about



John and Bill's Story



Sue and Steve: emotional touchpoints

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www.SelfHelp4Stroke.org



Highly Commended Award
BMA Patient Information Awards 2016

“I think this is a fantastic resource. It has used a thorough consultation methodology to discover what Scottish people with stroke need. It focuses on self management and offers much practical guidance in easily managed sections. The website uses a variety of media such as slide shows, videos or quizzes to deliver its message. The website is easy to move around and accessible”



Shortlisted for Best Self
Management Resource at
The Alliance Self
Management Awards 2016





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Thanks for all those who contributed to Self
help 4 stroke

To refer your stroke patients



www.SelfHelp4Stroke.org

Any questions?