

Strokeness Survivors not Victims

Steven Boyle Stroke Survivor
&
Paula Young OT

Strokeness

- ▶ In 2013 the idea started to formulate
- ▶ AHPs could see a gap around support & social contact for stroke survivors post discharge
- ▶ There were some groups but run by others & focus was on communication
- ▶ Many stroke survivors found themselves in crisis with nowhere to turn & becoming increasingly socially isolated.
- ▶ The psychological impact was becoming a barrier to them moving on

Strokeness – The Beginning

- ▶ Initially trialled to get some peer group up & running in 2013, this involved 6 people. Didn't get off the ground
- ▶ In 2014 approached Alan & John (stroke survivors) both outpatients by this time, to look again at forming a group.
- ▶ Recruited 2 others formed a committee, drew up a constitution & created a mission statement
- ▶ Collaboration & funding with CHSS saw this group launch in 2015

Strokeness – The Aims

- ▶ From the start this was as a group that would be run by stroke survivors for stroke survivors, there would be no health, local government or third party agencies on the committee.
- ▶ This focus would be about support from people with shared empathy
- ▶ It would be about championing the role & value people still have post stroke
- ▶ It would be about social contact, leisure activity & fun
- ▶ It would be about moving forward together

What have Strokeness Achieved to Date

- ▶ Built the group up to many more members
- ▶ They publicise the group in local G.P.s, shopping centres, community groups etc
- ▶ They are very involved on the stroke ward & come in to speak with inpatients to give them support & a link post discharge
- ▶ They provide vital emotional & practical support
- ▶ They have provided access to advice from professionals & government agencies & have regular meeting with MPs & MSPs
- ▶ They have been recognised through parliamentary motion in the Scottish Parliament

Strokeness – What have they achieved to date?

- ▶ They have been self supporting, fundraising extensively for both the group and for stroke services in the Highlands inc christmas presents for pts on ward
- ▶ They have worked in collaboration with Drake Music to provide access to music engagement again for stroke survivors.
- ▶ They have set up art classes with an instructor to make art accessible again.
- ▶ They have provided numerous opportunities for leisure activities together, including boat trips, bowling, pamper days, etc
- ▶ They are currently negotiating exercise classes with Inverness Leisure.
- ▶ They are working with OTs & Psychology to deliver a cognitive rehabilitation self management programme for outpatients

Strokeness – The Film

- ▶ An Introduction by
Steven Boyle

