

# Stroke Factsheet

## Specialist care provision

Agincare

Caring in Your Community

Domiciliary Care



## Our Approach

Agincare's excellent reputation for providing high quality and person centred services is achieved through not having a 'one size fits all' approach to our service provision. Our ethos is to provide a holistic service, which enables you to maintain full control of your care so that it fits around your chosen lifestyle and preferences.

Our experience in this sector has meant that we are continually developing and adding to our already wide range of services and information sources available. Additionally, we ensure that each plan of care is bespoke and tailored to your unique requirements and that we undertake reviews of your care plan as and when your needs change. This whole process establishes from the very start what you require with regard to not only your care and support, but also what is important to you including hobbies, cultural and religious preferences and your social and family commitments.

A stroke affects everybody differently and we understand that it will have a profound effect on your life and the lives of your family and friends. Specifically, when caring for someone who has had a stroke, we will work closely with you, your family and your healthcare professionals to jointly build a plan of care for you that is reabling. This means that we focus on helping you to re-learn old skills and acquire new ones and will actively support you to adapt to and overcome any limitations. We do not just focus on the physical effects but the emotional ones too and we will help you and your family to engage with the local community support services as you choose.

## Further Information

The Stroke Association  
[www.stroke.org.uk](http://www.stroke.org.uk)

Different Strokes  
[www.differentstrokes.co.uk](http://www.differentstrokes.co.uk)

Stroke Research Network  
[www.crncc.nih.ac.uk](http://www.crncc.nih.ac.uk)

UK Stroke Forum  
[www.ukstrokeforum.org](http://www.ukstrokeforum.org)

Carers UK  
[www.carersuk.org](http://www.carersuk.org)

## Training

All of our care and support workers complete the nationally recognised 'Common Induction Standards', which include the basic principles of stroke care. Specific client needs-led training is taught by internal and external trainers and/or healthcare professionals. In addition to this, Agincare has an internal 'Stroke Care Pathway' training programme in place. Included are the following topics:

- Understanding the cause of a stroke and the range of effects
- Cognition and active communication
- Exercise, diet and risk management
- Enablement and after care

Our Training Department works closely with our Group Quality Manager, as well as local and national organisations, to continually appraise and enhance our training portfolio.

*“The client assessment of need carried out by your assessor was the best we have ever seen”*

Continuing Health Care (CHC) Team



## Case Study

*"My immediate impression of Heidi on her arrival was of a competent, organised and cheerful person. During her time with my wife she introduced many initiatives, including encouraging her to sing, even with her speech difficulties.*

*"Heidi also organised and liaised with the physiotherapist and introduced an exercise regime to help my wife remain supple and regain her mobility. In all, she ensured that my wife's recovery was completed safely and it was with extreme regret when she eventually left."*  
Husband and informal carer

## Types and Effects of a Stroke

It is important to understand that no two people are affected by stroke in the same way. Some people have only mild effects which improve in a short time. Others may suffer more serious and long term effects.

There are four main types of stroke:

**Ischaemic stroke** – this happens when a clot blocks an artery that carries blood to the brain.

**Haemorrhagic stroke** – is a rupture of a blood vessel in the brain.

**Subarachnoid haemorrhage** – is bleeding into the space around the brain (the subarachnoid space), usually due to a burst aneurysm (a weakness of the blood vessel wall).

**TIA (transient ischaemic attack)** – is a mini-stroke; the effects usually pass quickly but a TIA must be taken seriously as it can be a warning sign.

The effect of a stroke on a person depends on which part of the brain has been affected and how much damage has been caused. Everything about the approach and training of the Agincare team seeks to promote optimum recovery and future independence.

## Signs of Stroke

Suffering a stroke is a medical emergency and by calling 999 you can help someone reach hospital quickly and receive the early treatment they need.

**Face** - Ask them to smile, does their face look uneven?

**Arms** - Ask them to raise both arms, does one arm drift down?

**Speech** - Ask them to repeat a phrase, does their speech sound strange?

**Telephone** - Brain cells die at every second. Call 999 at any of these signs.

## Effects of a Stroke

- Emotional changes, including sadness, anger and anxiety
- Physical effects, including weakness, reduced balance and communication
- Difficulty with senses vision, taste and smell

## Accreditations

