

Where can I get further information?

Below are some other organisations where you can access further information:

The following organisations are independent of CWP, contact details are provided for information purposes only. CWP will not be responsible for any advice or treatment provided by these organisations

Stroke Association: An organisation to support people affected by stroke

Website: <http://www.stroke.org.uk/>

E-mail: info@stroke.org.uk

Tel: 0303 3033 100

Text phone: 18001 0303 3033 100

Different strokes: An organisation set up by younger stroke survivors to support younger people affected by stroke

Website: <http://www.differentstrokes.co.uk/>

E-mail: webcontact@differentstrokes.co.uk

Tel: 0345 1307172

Samaritans: A 24 hour confidential line offering emotional support

Website: <http://www.samaritans.org/>

Tel: 116123 (Call Free)

If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail info@cwps.nhs.uk or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা info@cwps.nhs.uk বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।

如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિશાળ કદની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુવી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: info@cwps.nhs.uk અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लिपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूवी (CWP) कर्मचारियों के साथ बात कीजिये, या ईमेल कीजिये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tîp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Feedback

We welcome any suggestions you have, please send your **comments, concerns and compliments** to: **PALS, Patient and Carer Experience Team**, Trust Headquarters, Redesmere, Countess of Chester Health Park, Liverpool Road, Chester CH2 1BQ.

For more information see www.cwp.nhs.uk

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Stroke

Acquired Brain Injury Service
Acorn Suite
1829 Building
Countess of Chester Health Park
Liverpool Road
Chester CH2 1HJ
Tel: 01244 389252
Fax: 01244 389255

Why have I been referred to the ABI service?

Your stroke consultant at Arrowe Park or Clatterbridge Hospital has asked for you to be seen by our team, to help you with life after the stroke.

What causes a stroke?

A stroke is an interruption in the supply of blood to the brain.

This can be caused by:

- A *blockage* within the brain or in one of the blood vessels leading to the brain
- Or a *bleed* in the brain
(*Stroke Association, 2014*).

What are the effects of stroke?

Stroke affects people in different ways, depending on the part of the brain that is affected.

A stroke can affect your:

- Memory/ Concentration
- Communication
- Thinking skills e.g. planning/ organising
- Ability to drive
- Work life
- Emotions
- Physical abilities e.g. walking, vision, bladder control
- Relationships

What can the ABI service do to help?

Our specialist service provides:

- In-patient neuropsychology assessment and treatment at Wirral University Teaching Hospitals (Clatterbridge and Arrowe Park).

- Community-based neuropsychology, vocational rehabilitation and case management. Usually we will come and see you at your own home.

Neuropsychology service

Our team work closely with nursing and therapy staff to help ensure the best care.

Depending on your needs you may have met one of our psychology team when you were in hospital to discuss your mood, emotions and thinking skills.

We offer on-going support through assessment, treatment and practical help with:

- Changes to your mood/emotions
- Anxiety
- Memory, planning and decision making skills
- Considering a return to driving
- Family education/support sessions

We can support you and your family/carers in coming to terms with the changes that your stroke has caused, working together with support organisations such as the Stroke Association.

Vocational rehabilitation

Our service offers help with accessing, maintaining or returning to activities. We can help with:

- Accessing community activities
- Activity pacing/fatigue management
- Voluntary work
- Liaising with HR/occupational health

- Job coaching /shadowing
- Return to work programmes
- Liaising with education services

The service provides both individual and group treatment, e.g. group sessions for 'Fatigue Management'.

Case management

Our service uses a case management approach, which involves care planning and co-ordination. This may involve:

- Detailed initial assessment to help identify your needs
- Liaising with professionals and organisations involved in your care
- Family/Carer support and assessment
- Support for accessing social care and funding
- Providing education/information
- Onward referral/signposting to other services

Overall, our service offers individualised treatment. **We help you achieve goals based on what is important to you and your family/carers.**

People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care