

My Stroke Passport

Rehabilitation information for patients, relatives,
and carers

Name:

Patient Sticker

① For more information, please contact:

White Cross Court Rehabilitation Hospital,
Wilson Drive
York, YO31 8FT
Tel: 01904 724226

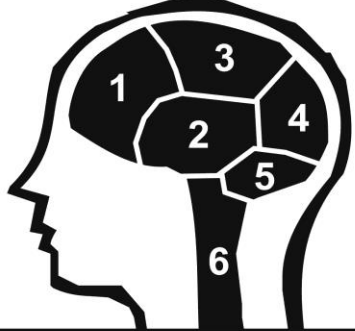
Bridlington Hospital, Bessingby Road
Bridlington, YO16 4QP
Johnson Ward
Tel: 01262 606666

What sort of stroke have I had?

The type of stroke I have had is:

.....

What part of my brain has been affected?

	1 Frontal lobe <ul style="list-style-type: none">• Behavioural control• Decision making• Emotions• Planning• Problem solving• Thinking	
2 Temporal lobe <ul style="list-style-type: none">• Emotion• Facial recognition• Hearing• Memory• Speech• Understanding language• Vision	3 Parietal lobe <ul style="list-style-type: none">• Knowledge of numbers• Object classification• Perception• Spelling• Visuospatial processing• Movement• Sensation	
4 Occipital lobe <ul style="list-style-type: none">• Colour identification• Vision• Visual processing	5 Cerebellum <ul style="list-style-type: none">• Balance• Gross and fine motor skills• Hand-eye coordination	6 Brain stem <ul style="list-style-type: none">• Breathing• Heart rate• Regulates body temperature• Swallowing

I've had a stroke in my...

- | | | | |
|-------------------|--------------------------|---------------|--------------------------|
| 1. Frontal lobe | <input type="checkbox"/> | 5. Cerebellum | <input type="checkbox"/> |
| 2. Temporal Lobe | <input type="checkbox"/> | 6. Brain Stem | <input type="checkbox"/> |
| 3. Parietal Lobe | <input type="checkbox"/> | 7. Other | <input type="checkbox"/> |
| 4. Occipital Lobe | <input type="checkbox"/> | | |

This part of my brain is

This part of my brain is for

.....

What are my risk factors?

- People have different risk factors for Stroke
- Knowing your risk factors is the first step in reducing your risk of having a Stroke
- Some risk factors can be reduced
- You can ask your doctor about your risk factors

Risk factors I can't control

Increasing age	Stroke affects people of all ages. But, the older you are the greater your risk.
Gender	More men than women have Strokes. More women die from Strokes.
Family history	People whose close blood relations have had a Stroke have a higher risk.
Race/ethnicity	Some ethnicities are at higher risk of Stroke. In the UK people of South Asian or African-Caribbean origin are twice as likely to have a Stroke as people of European origin.
Prior Stroke	Someone who has already had a Stroke is at higher risk of having another one.

Risk Factors I Can Control (Please tick any applicable risk factors)

High Blood Pressure	<input type="checkbox"/>	The number 1 cause of Stroke 140/90 or above is considered 'high'
Action:		
Diabetes	<input type="checkbox"/>	Diabetes can cause disease of blood vessels in the brain
Action:		
High Cholesterol	<input type="checkbox"/>	Can lead to blocked arteries. If an artery leading to the brain becomes blocked a Stroke can occur.
Action:		
Atrial Fibrillation or Heart Disease	<input type="checkbox"/>	If the heart does not beat effectively, blood may pool and clot. Blood clots increase the risk of Stroke.
Action:		
Maintain a healthy weight	<input type="checkbox"/>	Being overweight can increase your risk of developing type 2 diabetes, high blood pressure or heart disease.
Action:		
Alcohol <input type="checkbox"/>	Smoking <input type="checkbox"/>	Illegal drug use <input type="checkbox"/>
Action:		

Other: <input type="checkbox"/>
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Thinking about your goals

As part of your stroke journey, you will set goals with your therapists, to work toward things you want to achieve that are important to you.

It is important for you to take responsibility and participate in your rehabilitation. With support from the stroke team, you will practice things to work toward the activities you want and need to do.

Things I would like to be able to do	Steps to achieve this are:	by when	Review*

*how well can you do this now?

1



Much worse

2



A bit worse

3



Same

4



A bit better

5



A lot better

Things I would like to be able to do	Steps to achieve this are:	by when	Review*

*how well can you do this now?

1



Much worse

2



A bit worse

3



Same

4



A bit better

5



A lot better

Advice and Activities – Physiotherapy



My Physiotherapist is.....

What I can do to help myself

These pages are for?

- Advice for you, your family and / or carers and / or volunteers
- Activities for you to continue to work on in your own time (in between therapy session)

Advice and Activities – Occupational therapy



My Occupational Therapist is.....

What I can do to help myself

These pages are for?

- Advice for you, your family and / or carers and / or volunteers
- Activities for you to continue to work on in your own time (in between therapy session)

Advice and Activities – Speech and Language Therapy



My Speech and Language Therapist is.....

What I can do to help myself

These pages are for?

- Advice for you, your family and / or carers and / or volunteers
- Activities for you to continue to work on in your own time (in between therapy session)

Advice and Activities – Dietitian



My Dietitian is.....

What I can do to help myself

These pages are for?

- Advice for you, your family and / or carers and / or volunteers
- Activities for you to continue to work on in your own time (in between therapy session)



What I can do to help myself

These pages are for?

- Advice for you, your family and / or carers and / or volunteers
- Activities for you to continue to work on in your own time (in between therapy session)

My Activity Log

Type of activity	Activity duration	Completed Independently (please tick)	Assisted by

Type of activity	Activity duration	Completed Independently (please tick)	Assisted by

What happens next?

- During your stay in hospital, the Stroke Team will monitor your progress and recovery.
- Along with you and your family, the Stroke Team will plan your discharge from hospital.

Everyone's Stroke journey is different ...

- Not everyone will need ongoing specialist support.
- This is what YOU can expect...

- Return home and be able to care for yourself
- Return home and receive ongoing therapy
- Go for further rehabilitation at another hospital (e.g. Scarborough)
- Return home, but need some extra help and support (e.g. care)
- Go to live somewhere new e.g. a relative's home or a nursing home

Useful Contacts:

- **Stroke Secretaries:** 01904 725932
- **Stroke Nurse Specialist**
 - York Hospital: Michael Keeling 01904 726522
 - Bridlington Hospital: Carol Brown 07557075850
- **Clinical Specialist Therapists**
 - **Physiotherapy & Occupational Therapy**
 - York Hospital 01904 721547
 - Bridlington Hospital 01262 423118
 - **Speech & Language Therapy**
 - York Hospital 01904 725768
 - Scarborough Hospital 01723 342250
 - **Dietitian** 01904 725269

My questions and any other important information:

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Senior Therapists - telephone 01904 721547.

Teaching, training, and research

Our Trust is committed to teaching, training, and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

Email: access@york.nhs.uk

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