



Tallaght
University
Hospital

Ospidéal
Ollscoile
Thamhlachta

An Academic Partner of Trinity College Dublin



PATIENT
INFORMATION
BOOKLET

Stroke

Information for
people with
aphasia and
their carers













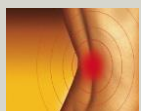

What is stroke?

- ‘**Stroke**’ is a sudden brain attack
- It stops blood flowing in the brain
- It may be caused by a **clot** or **bleeding** in the brain
- This leads to loss of function in the affected part of the brain
- The larger the area involved, the greater the damage caused by the stroke.



High blood pressure 	Heart problems 
High cholesterol 	Smoking 
Overweight 	High stress 
Increasing age 	Family history 

What are the effects of stroke?

Physical	Mental
Weakness 	Difficulties with understanding and talking 
Reduced balance 	Difficulty reading and writing 
Stiffness 	Fatigue 
Problems with vision 	Attention, memory and thinking problems 
Bowel or bladder problems 	Sudden bursts of emotion 
Trouble swallowing 	Depression 
Pain 	Reduced awareness of the stroke effects 












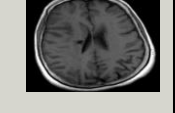


Will I recover?

- Recovery is different for everyone
- There will be “good days” and “bad days”
- Your abilities are constantly changing after a stroke
- Some skills may not return to what they were
- However, signs of progress can continue for many years

It is important to remember that you are still the same person after your stroke

Who can help?

- You have a team of people working with you after your stroke
- These people can help you and your family on your journey

Doctor 	Nurse 
Clinical Nurse Specialist 	Physiotherapist 
Speech and Language Therapist 	Occupational Therapist 
Art Therapist 	Music Therapist 
Psychologist 	Pharmacist 
Dietician 	Radiographer 
Social Worker 	Dentist 

How can I be supported?

- Support from family and friends is important after a stroke
- Your team is available to listen and to give advice
- Support groups can also help you and your family to cope with the changes after stroke

The Irish Heart Foundation website has more details:
www.stroke.ie



Your strategies / Notes: