

SSNAP

**Sentinel Stroke National
Audit Programme**

KING'S
College
LONDON

Links to further stroke resources

Easy read article

This article is a **list of useful websites** for stroke survivors.

This article is **interactive**.



Each website is in a **box**.



Click inside the box to go to the website.

Click the title below to see the list of articles:

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Understanding stroke

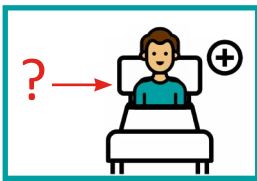
NHS Choices



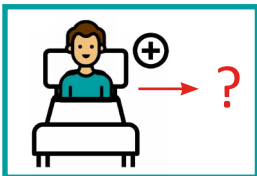
NHS Choices is a healthcare **advice** and **information** service.



NHS Choices articles explain the symptoms, causes, diagnosis, and treatments for **stroke**.



NHS Choices articles explain the **risk-factors** for stroke.

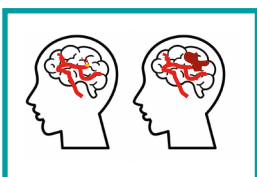


NHS Choices articles explain the **effects** of a stroke.

What is a stroke?



This web page is from the **Stroke Association**.



This web page explains the **different types** of strokes and the **effects** of a stroke.

Stroke Information article



Patient

This article is from **Patient.info**.



The article explains what happens in your **brain** during a **stroke**.



The article has **diagrams** and **pictures**.

NHS Stroke Booklet

The NHS logo, consisting of the letters 'NHS' in white on a blue rectangular background.

NHS

This booklet describes the **effects of stroke**, stroke **prevention**, and stroke **rehabilitation**.



The booklet is **for patients** and their carers, families, and friends.



You can **download** and **print** the booklet.

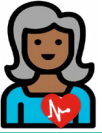


The booklet lets stroke patients **keep a record** of their care.

Conditions that are risk factors for stroke

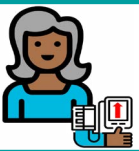


Transient Ischaemic **Attack (TIA)** (a **mini-stroke**).

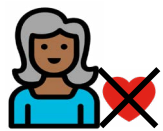


Atrial **Fibrillation (AF)** is a heart condition.

- AF causes **uneven** heart rate.
- AF can cause an **abnormally fast** heart rate.
- AF **increases risk** of stroke.



High blood pressure (hypertension).



Congestive heart failure



Diabetes

Conditions that stroke might cause



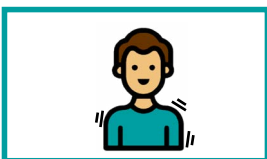
Aphasia (**difficulty understanding** and **using language**)



Click here for information about **aphasia** from the **Stroke Association**.



Difficulty speaking (dysarthria).



Uncontrolled and sometimes painful muscle **movements** (dystonia).

Stroke Prevention

Stroke association website

This website has information about **stroke prevention**.

This website explains **risk factors** for stroke.

Stroke association leaflets

The Stroke Association have **leaflets** about stroke prevention.

The leaflets explain how to **reduce your risk** of stroke.

American Heart Association Articles



Click here for an article with **more symptoms** of stroke you should know.



Click here for a list of extra stroke symptoms in **women**.

Life After stroke

Stroke Association web pages

These web pages explain how life can **change** after stroke.

These web pages have info about **therapy** and **support groups**.



Click here for leaflets about the **effects of stroke**.



Click here for leaflets about **life after stroke**.

Stroke Association My Stroke Guide



My Stroke Guide is an online resource.



You can **ask questions** in the online forum.



You can **share your experiences** in the online forum.



My Stroke Guide has **easy-read articles** and **videos** with advice about stroke recovery.

Stroke Survivor experiences

You can find stories and videos from **stroke survivors** on:



Stroke Association website



British Heart Foundation website



Different Strokes website

Self Help 4 Stroke.

Self Help 4 Stroke is a **self-management** website for stroke survivors.



This website is from **NHS Scotland** and **Chest, Heart & Stroke Scotland**.

Therapy After stroke



Click here for information about **vision problems** after stroke.

(British & Irish Orthoptic society website).



Click here for information about **physiotherapy** after stroke

(Chartered society of physiotherapy website).



Click here for information about **speech and language therapy** after stroke

(Royal College of Speech and Language Therapists website).

Apps and web-based resources

My Computer My Way



This website has step-by-step guides to make your **devices easier to use.**



There are guides for the **computer, laptop, tablet** and **smartphone.**



This website is from **Ability Net.**

My Therappy



MyTherappy website has a list of **NHS-recommended apps.**



The apps on this website are for **stroke recovery** and **rehabilitation.**

Aphasia Software finder



This website lists apps and computer software for people with **aphasia**.

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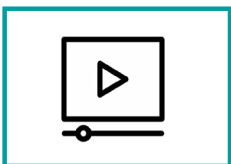
The website is in the **English language**.

British & Irish Orthoptic Society

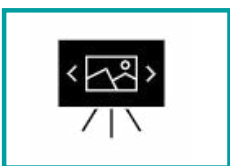


Have a list of web-based therapies for **vision loss** and **visual neglect**.

SSNAP Webinar Page



The SSNAP webinar webpage has recordings of SSNAP's **webinars**.



You can download webinar **presentation slideshows**.

Links for carers

Stroke Association Carer's Hub



Has **practical advice** for carers.

Stroke 4 Carers Website



Has **advice** for carers.

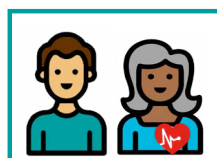


This website is from **Chest, Heart & Stroke Scotland**.

British Heart Foundation Guide



Click here to open the British Heart Foundation



Guide to Caring for Someone with a Heart Condition

Carers UK



Carers UK provide help and **advice for carers**.



Carers UK connect carers in their **local community**.



Carers UK have an **online community** forum.



Click here for the Carers UK **contact** page.