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Supporting Someone After a Stroke Workbook

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Disclaimer

This workbook has been created by Safe Haven Connect CIC to provide general information and practical guidance for people supporting someone after a stroke.

It is intended for family members, friends, carers and volunteers. It is not a substitute for professional medical advice, rehabilitation or treatment.

If you have concerns about someone's health or recovery, seek advice from their healthcare team or another qualified healthcare professional.

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Supporting Someone After a Stroke

PAGE 1 – Understanding Stroke Recovery

A stroke can affect a person's life in many different ways.

Recovery is different for everyone. Some people recover quickly, while others may need ongoing rehabilitation and support.

A stroke may affect movement, speech, memory, emotions, balance or everyday activities.

Although recovery can be challenging, many people continue to make progress with time, rehabilitation and support.

♥ A stroke may affect...

- ☐ Walking and movement
- ☐ Speech and communication
- ☐ Memory
- ☐ Balance
- ☐ Strength
- ☐ Confidence
- ☐ Emotions
- ☐ Daily activities
- ☐ Fatigue
- ☐ Other:

♥ What do I hope to learn from this workbook?

♥ How can I become a better supporter?

♥ Remember

Recovery after a stroke takes time.

Patience, encouragement and celebrating small achievements can make a meaningful difference.

Support the person, not just their recovery.

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Supporting Someone After a Stroke

PAGE 2 – Understanding the Person

Every person recovers from a stroke differently.

A stroke may change how someone moves, communicates or completes everyday tasks, but it does not change who they are.

They still have their own personality, interests, hopes and goals.

Taking time to understand the individual helps you provide compassionate, person-centred support.

♥ **Things they enjoy**

☐ Spending time with family.

- ☐ Listening to music.
- ☐ Reading.
- ☐ Watching favourite TV programmes.
- ☐ Gardening.
- ☐ Walking.
- ☐ Arts and crafts.
- ☐ Socialising.
- ☐ Other:

Things that help them feel comfortable

How can I support them today?

- ☐ Listen patiently.
- ☐ Encourage independence.
- ☐ Respect their pace.
- ☐ Offer practical help when needed.
- ☐ Spend quality time together.
- ☐ Celebrate small achievements.
- ☐ Encourage rehabilitation goals.
- ☐ Other:

What have I learned about what matters most to them?

Remember

Recovery is about much more than physical healing.

Helping someone feel respected, included and understood can make a significant difference to their confidence and wellbeing.

See the person first, support their goals and celebrate every step forward.

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Supporting Someone After a Stroke

PAGE 3 – Communicating with Patience

After a stroke, some people may find it more difficult to speak, understand language, read or write.

Communication can take more time, but every person deserves to be listened to with patience and respect.

Avoid finishing sentences for them unless they ask for help, and give them the opportunity to express themselves in their own way.

Remember, communication is about understanding—not rushing.

 Helpful ways to communicate

- ☐ Speak calmly and clearly.
- ☐ Give them plenty of time to respond.

- ☐ Listen without interrupting.
- ☐ Ask one question at a time.
- ☐ Reduce background noise.
- ☐ Use writing or pictures if helpful.
- ☐ Be patient if speech is slower.
- ☐ Other:

♥ Things that help them communicate

♥ If communication becomes difficult, I can...

- ☐ Stay calm.
- ☐ Give them more time.
- ☐ Repeat information if needed.
- ☐ Write things down.
- ☐ Use gestures or pictures.
- ☐ Ask how I can help.
- ☐ Other:

♥ What helps us communicate well together?

♥ Remember

A stroke may affect the way someone communicates, but it doesn't change the importance of what they want to say.

Listening with patience, encouragement and respect helps build confidence and reduces frustration.

Take your time, listen with compassion and let the person communicate in the way that works best for them.

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PAGE 4 – Supporting Everyday Life

After a stroke, everyday activities may take more time or require extra support.

Tasks that once felt simple may now feel physically or mentally challenging.

Supporting someone means encouraging independence while offering help when it's needed.

Always ask what support would be most helpful rather than assuming.

♥ Ways I can offer practical support

- ☐ Help with shopping.
- ☐ Prepare or deliver meals.
- ☐ Drive to appointments.
- ☐ Help with household tasks.
- ☐ Support with medication reminders if requested.
- ☐ Encourage rehabilitation exercises if advised.
- ☐ Help organise daily routines.
- ☐ Other:

♥ Everyday tasks they may find more difficult

♥ Things they can still do independently

♥ One practical thing I can do this week

♥ Remember

Recovery often happens through many small steps rather than one big change.

Supporting someone to do as much as they can for themselves helps build confidence, independence and hope.

Offer help with patience, encourage every achievement and celebrate progress—no matter how small it may seem.

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PAGE 5 – Supporting Emotional Wellbeing

Recovering from a stroke can affect emotional wellbeing as much as physical health.

A person may experience frustration, sadness, anxiety, anger or a loss of confidence as they adjust to changes in their daily life.

By offering patience, encouragement and understanding, you can help them feel supported throughout their recovery.

 They may be feeling...

- ☐ Frustrated.
- ☐ Anxious.
- ☐ Low in mood.
- ☐ Worried about the future.
- ☐ Less confident.
- ☐ Isolated.
- ☐ Overwhelmed.
- ☐ Hopeful.
- ☐ Other:

 How can I support their emotional wellbeing?

- ☐ Listen without judgement.
- ☐ Encourage them to express their feelings.
- ☐ Celebrate progress.
- ☐ Spend quality time together.

- ☐ Encourage hobbies and interests.
- ☐ Be patient on difficult days.
- ☐ Remind them of how far they've come.
- ☐ Other:

♥ What usually helps lift their mood?

♥ One thing I can do today to support them

♥ Remember

Recovery isn't always a straight path.

There will be good days and more challenging days.

Your patience, encouragement and belief in the person's abilities can help rebuild confidence and provide hope.

Every kind word, every small achievement and every moment of encouragement helps support recovery.

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Supporting Someone After a Stroke

PAGE 6 – Looking After Yourself as a Supporter

Supporting someone after a stroke can be rewarding, but it can also be emotionally and physically demanding.

Recovery often takes time, and there may be periods of uncertainty, frustration or worry.

Looking after your own wellbeing is essential. When you care for yourself, you're better able to provide calm, patient and compassionate support.

Remember, you deserve support too.

 How am I feeling today?

☐ Calm

☐ Hopeful

☐ Tired

☐ Stressed

☐ Worried

☐ Overwhelmed

☐ Frustrated

☐ Emotionally drained

☐ Other:

 This week I will...

☐ Take regular breaks.

☐ Get enough sleep.

☐ Eat healthy meals.

☐ Spend time outdoors.

☐ Talk to someone I trust.

☐ Make time for activities I enjoy.

☐ Accept support when it's offered.

☐ Practice self-care.

☐ Other:

 People who support me

1.

2.

3.

♥ One thing I will do for myself this week

♥ Remember

Supporting someone through stroke recovery doesn't mean you have to do everything alone.

Looking after your own wellbeing helps you remain patient, resilient and able to continue offering the support your loved one needs.

A supported carer is better able to provide supportive care.

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PAGE 7 – Encouraging Independence and Recovery

Recovery after a stroke takes time, patience and determination.

Progress may be slow, and some days will feel easier than others. Encouraging independence while respecting the person's limits can help rebuild confidence and self-belief.

Remember, every small achievement is an important step forward.

Ways I can encourage independence

- ☐ Encourage them to make their own choices.
- ☐ Give them plenty of time.
- ☐ Offer help without taking over.
- ☐ Celebrate every achievement.
- ☐ Encourage rehabilitation goals.
- ☐ Support hobbies and interests.
- ☐ Respect their pace.
- ☐ Other:

Activities they enjoy

- ☐ Walking.
- ☐ Reading.
- ☐ Gardening.
- ☐ Listening to music.
- ☐ Spending time with family.
- ☐ Gentle exercise.
- ☐ Community groups.

☐ Arts and crafts.

☐ Other:

♥ One activity I can encourage this week

♥ How can I help them stay confident and motivated?

♥ Remember

Recovery isn't about comparing today's abilities with the past.

It's about recognising progress, celebrating effort and encouraging hope for the future.

Every step forward, no matter how small, is worth celebrating.

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PAGE 8 – My Stroke Support Plan

Every person recovering from a stroke has different strengths, goals and support needs.

A personalised support plan can help you provide consistent, compassionate and person-centred support while encouraging independence, confidence and hope.

Remember, recovery takes time, and every person's journey is unique.

 What helps them most?

- ☐ Being listened to.
- ☐ Encouragement.
- ☐ A calm environment.
- ☐ Time to complete tasks.
- ☐ Practical help when needed.
- ☐ Rehabilitation support.
- ☐ Family and friends.
- ☐ Maintaining independence.
- ☐ Other:

My Three Priorities

1.

2.

3.

People and Services That Can Help

1.

2.

3.

My Personal Reminder

When supporting someone after a stroke, I want to remember...

Remember

Supporting someone after a stroke isn't about rushing their recovery.

It's about standing beside them with patience, encouragement and understanding while celebrating every achievement along the way.

Recovery happens one step at a time, and your support can help make each step feel possible.

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PAGE 9 – My Commitment as a Supporter

Congratulations on completing this workbook.

Supporting someone after a stroke requires patience, encouragement and compassion.

Recovery can take weeks, months or even years, and progress may not always happen in a straight line.

Your support can help someone rebuild confidence, regain independence and continue moving forward.

Remember, your role isn't to do everything for them—it's to walk beside them throughout their recovery.

I Will Remember To...

- ☐ Treat them with dignity and respect.
- ☐ Listen with patience.
- ☐ Encourage independence.
- ☐ Celebrate every achievement.
- ☐ Respect their pace of recovery.
- ☐ Offer practical help when needed.
- ☐ Support their emotional wellbeing.
- ☐ Look after my own wellbeing too.

My Personal Reminder

When supporting someone after a stroke, I want to remember...

My Support Promise

"I will support this person with kindness, patience and compassion. I will encourage their independence, celebrate every step of progress and respect that recovery takes time. I will continue to listen, learn and provide person-centred support that helps them live with confidence, dignity and hope."

Signature: _____

Date: ____ / ____ / ____

Final Thoughts

Recovery after a stroke is a journey, not a race.

Every kind word, every moment of encouragement and every small achievement matters.

Thank you for taking the time to learn how to provide thoughtful, compassionate support.

Explore more free workbooks, resources and wellbeing tools at:

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 Supporting people, families, carers and communities with compassion, dignity and hope.