

## What Is A Stroke?

A Stroke is a Brain Attack, when the blood supply to part of the brain is cut off. Without blood the brain cells can be damaged or destroyed and they won't be able to do their job.

Because the brain controls everything the body does, a stroke will affect the way the body functions.

### Physical Side Effects

Weakness down one side of the body

Visual problems

Fatigue

Difficulty swallowing

Bladder/Bowel control

The brain also controls how we think, learn, feel and communicate, so many strokes cause

### Psychological and Emotional Side Effects

Personality changes

Labile

Depression

Anger

Anxiety

Apathy

### Cognitive Side Effects

Perception

Memory

Decision Making

Concentration

Because of these side effects many stroke survivors will have problems, speaking, reading and writing following a stroke. In The UK

- Every year 150,000 people in the UK suffer a stroke- that's 1 person every 5 mins

- Anyone can have a stroke including Babies and children. In fact Stroke is the 4th cause of death in childhood fatalities. - Stroke is the 3 rd most common cause of death in the UK - Stroke is the most common cause of severe disability in the UK- 250,000 people are living with disabilities caused by a stroke.

**In Wiltshire**

- Every day 2-3 people will suffer a stroke. - One third of these people will have communication difficulties. - 9,000 people are living with the effect of a stroke in Wiltshire. Local Community Service Provisions

- There are only 2 Community Stroke Co-ordinator posts in Wiltshire, both of which will be phased out over the next two years. - There is no longer any provision for 1:1 emotional, Psychological or Practical Long Term Support for the Stroke survivor in Wiltshire.