

Stroke Association need help from stroke survivors

The Stroke Association wants help from people who have had strokes.

They want to know what kind of research anyone affected by stroke thinks should be done.

With over 14,000 strokes each year in Scotland and about 128,000 stroke survivors, there is clearly a need for research into the condition. The charity is funding the project to find out what research would be most appropriate.

They are working on this with survivors, carers, health professionals and social care bodies, the James Lind Alliance, Chest, Heart and Stroke Scotland and other charities.

Andrea Cail, Director Scotland at the Stroke Association, said: "Stroke happens in the brain, the control centre for who we are and what we can do. It affects people differently, it could be anything ranging from affecting speech and physical ability, to affecting your emotions and personality. The good news is that stroke research continues to find new treatments, and also ways to improve how we can help more people live independently in their own home, return to work and rebuild lives.

"However, we want future stroke research to address the things that matter most to everyone affected by stroke and make the biggest difference to the lives of stroke survivors. Through this initiative we will develop a defined set of research priorities for stroke. But, if we are to be successful, we need everyone in Scotland who has been affected by stroke to engage with this project.

“If you’re a stroke survivor, or support a loved one who has had a stroke, this is your chance to make your views and voices heard. We invite you to get involved as stroke impacts on so many people in our communities. Our survey is open to those closely affected by stroke, from stroke survivors and the family members who support them, to people who work with stroke survivors.”

At the moment the Stroke Association has a project researching how those affected by stroke can manage their recovery more independently.

If you have been affected then have your say here www.stroke.org.uk/jla #MySayforStroke



A reminder of how to recognise stroke symptoms and the need to act FAST:

Face: Can the person smile? Has their face fallen on one side?

Arms: Can the person raise both arms and keep them there?

Speech problems: Can the person speak clearly and understand what you say? Is their speech slurred?

Time: If you see any of these three signs, it’s time to **call 999**.