



**Irish Heart
Foundation**

The National Stroke & Heart Charity



Stroke Connect Service



**Leaflet for Medical, Health
and Social Care Professionals**

The Irish Heart Foundation Stroke Connect Service (SCS) is a community-based, weekly telephone support service for newly discharged stroke patients and all stroke survivors over 18 years of age who need practical and emotional support post-stroke.

What does the service provide?

The Stroke Connect Service provides a structured programme of weekly phone calls to support and encourage stroke survivors to continue their recovery at home.

The service provides social support to help the patient reintegrate with their community and maintain their focus on recovery and rehabilitation goals.

It also provides advice and guidance for families ensuring they are connected to the relevant community health and social supports.

Once a client has been referred to the service they will receive a call from an Irish Heart Foundation nurse who will carry out an assessment of all their needs. This will help to set recovery goals and provide ongoing support during the weekly calls.

Additional emotional wellbeing supports are available and include peer support and professional counselling.

We support carers and family members through our Carers' Support Network on Facebook.

If the stroke patient has an acquired communication disorder that impedes engagement with phone conversations, with their permission, we can provide assistance to their carers.

What is the criteria for referral?

- Adult stroke patients who have been newly discharged home from an acute or rehabilitation hospital, or any adult who has had a stroke in the past.
- The patient needs to be medically stable and able to participate in and benefit from the service - with the support of family or a carer, if necessary.
- Please call the Stroke Connect Service coordinator on 01 668 5001 if you have questions about a patient's suitability for the service.



Supports after the Stroke Connect Service

After the patient has completed the Stroke Connect Service, their assigned coordinator will advise them of other Irish Heart Foundation services appropriate to their needs.

Online short-term programmes include:

- Fatigue management
- Mindfulness for stress management
- Return to work after stroke
- Learning to live with aphasia
- Cognitive skills
- Creative therapies

Other supports and services:

- The Irish Heart Foundation's private "Life After Stroke" and Carers' Facebook support groups
- Online exercise classes
- Young Stroke Survivor Network (YSSN)
- Carers' online information sessions
- Short-term professional counselling (for members and carers)
- Peer-to-peer or befriending phone support

- "A Stroke of HeArt" programme to participate in creative projects
- Newsletter
- In-person monthly stroke groups at fixed locations nationwide

How to refer patients to the service?

Please complete the referral form with as much information as possible, to help us tailor supports to suit the patient's needs.

You can download the referral form from irishheart.ie or we can email/post it to you.

Please send the referral to referrals@irishheart.ie.

If you have any questions please contact the Stroke Connect Service coordinator on phone 01 668 5001 or email referrals@irishheart.ie.



What our members say about the Stroke Connect Service:

“

The telephone support was a tremendous morale booster for us, just when we felt alone and vulnerable with my mother having had an incapacitating stroke.

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“

Excellent service provided for clients and carers included, especially by the Irish Heart Foundation coordinators, nurses and counsellor. Your help greatly supported us. Many thanks to each and every one of you.

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“

I was going through a very difficult time after my stroke and the weekly calls from the Irish Heart Foundation Stroke Connect Service coordinator were a great support to me. I feel I benefitted hugely from the service.

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