

Stroke Information Sheet for Patients and Carers

What is a Stroke?

A stroke is a serious and life-threatening medical condition that happens when the blood supply to part of the brain is cut off. People who survive a stroke are often left with long-term problems caused by injury to their brain. Some people will need a long period of rehabilitation before they can recover their former independence and some may never fully recover and need ongoing care and support

Your local authority should provide free **reablement** services for anyone assessed as needing them. These services help a person recovering from a stroke to learn or relearn the skills they need to live at home independently.

Financial Support

Carer's Allowance



Caring for someone can lead to money worries, especially if you are having to give up work. You are entitled to a free carer's assessment from Herefordshire Council who will then decide whether you are eligible for help. To arrange a care assessment call 01432 260101 or email the Adult Social Care team on ascadviceandreferralsteam@herefordshire.gov.uk

Personal Independence Payment (PIP)

PIP helps with some of the extra costs caused by long-term ill health or disability. To qualify you must be aged between 16-64 and have a long-term illness or disability that affects your ability to get around or complete daily activities. You can claim PIP whether or not you are in work and regardless of income or savings. PIP Claim Line—0800 917 2222.

Attendance Allowance (AA)

Attendance Allowance (AA) is a benefit for people over State Pension age who need help with personal care or supervision because of illness or disability. The amount you get is based on the help you need and is not means tested. You can call the AA helpline on 0800 731 0122 or download a claim form from the government website (www.gov.uk). The form can be quite daunting but Age UK are a charity who can help with filling it in. They can be reached on their Advice Line at 0800 678 1602.

Wellbeing Support for Carers



CarerLinks

Supporting carers to improve their wellbeing through 1:1 support, information, advice, advocacy and signposting. Supporting with applications for AA, Carer's Allowance and blue badges. Linking carers with help and support. Visit the CarerLinks website at www.crossroadstogether.org.uk/our-services/carerlinks/carerlinks-herefordshire/ or call 01432 663057 or email herefordshire@crossroadstogether.org.uk

Stroke Association UK

Specialist support and help after a stroke—from local services to a national helpline www.stroke.org.uk or 0303 3033 100.

DVLA

You must tell the DVLA if you are still having problems one month after a stroke or you can be fined up to £1,000. You need to fill in a **STR1 form** which you can find on the www.gov.uk website by searching for "STR1 form".

Council Tax

You will be eligible for **reduced Council Tax** if you are claiming certain benefits including AA and PIP. You can download a form for this on the Herefordshire Council website www.herefordshire.gov.uk or by calling **01432 260000**.

Useful Telephone Numbers

Adult Social Care and Occupational Therapy (Herefordshire Council)- 01432 260101

Wye Valley Trust Community Stroke Service — 01432 347607

Citizens Advice Bureau Hereford (Benefits help and advice) - 0344 826 9685

Age UK Hereford Branch (Help applying for benefits, advice and support) - 0800 008 6077