Coming Home

COMING HOME GUIDE

After a stroke: a family guide

For England, Wales, Scotland and Northern Ireland

Version 1.0 • October 2026. Next review: October 2027

About this guide

This guide is correct at October 2026, version 1.0. We've written it in good faith as general guidance to help carers and families. It isn't legal, financial or medical advice. Rules and rates change, so before you act, please make sure you have the latest version of this guide and look at the official sources: GOV.UK, Social Security Scotland, nidirect and your local council. To the extent the law allows, we can't accept liability for any errors or omissions, or for decisions made on the strength of this guide. In a medical emergency call 999. For urgent advice, contact NHS 111.

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How to use this guide

Version 1.0. October 2026. Next review: October 2027. Information read on 3 October 2026. We review this guide every year, and straight away if a service or rule it describes changes.

Who this guide is for: you, if someone close to you has had a stroke and you're helping them. That might be your partner, your mum or dad, a grown-up child, a brother or sister, or a close friend. You might live with them, live nearby, or help from far away. It covers England, Wales, Scotland and Northern Ireland.

How to use it: you don't need to read it all at once. Section 1 is about you. Section 2 is the NHS's FAST signs. Sections 3 and 4 cover leaving hospital and the support that follows. Sections 5 to 8 cover everyday life at home. Sections 9 and 10 cover driving, work, money and rights, and section 11 is about looking after yourself. Every fact has a source and a date, and the full list is in "Sources" at the back.

Guidance, not advice. This guide describes what many families experience, and where to get help. It can't tell you what's happening for the person you care for, how much they'll get back, or what care, therapy or medicines they need. Only the stroke team, their GP and the health professionals who know them can do that.

If you're worried about their health, contact their GP or NHS 111. In an emergency call 999.

For stroke support, call the Stroke Association Stroke Support Helpline on 0303 3033 100 (see "Who to call").

01

It happened so fast

A stroke usually comes without notice. One day life is ordinary, and the next you're sitting by a hospital bed, being asked questions you can't answer yet. Many people become carers in a single afternoon.

If you feel shocked, numb, frightened or exhausted, that's common. The Stroke Association says a stroke is sudden and shocking and affects every part of life (Stroke Association, Emotional and behavioural changes, read 3 Oct 2026). The NHS says looking after someone who has had a stroke can be difficult, frustrating and lonely, and that you should try to get all the support and help you need (NHS, Recovering from a stroke, reviewed 12 Sep 2024).

Every stroke is different. The NHS says some people take days or weeks to recover, with little impact on their life, and for others it can take months or years and mean making changes (NHS, Recovering from a stroke). Nobody can tell you from a guide which of those it will be.

What this guide does: it brings together what the NHS and stroke charities say about leaving hospital, the services that follow, everyday life at home, and the help, money and rights you can ask about.

What it doesn't do: it doesn't explain what happened in their brain, what happens in hospital, or what therapy, exercises or medicines are right for them. For that, ask the stroke team.

If you only read one other thing, read our Hospital discharge guide. It explains, step by step, what should happen before someone comes home, and this guide links to it throughout (Coming Home, Hospital discharge guide).

02

Signs of a stroke: FAST

This is the NHS's wording. Keep it somewhere you'll see it.

The main signs of a stroke can happen suddenly. They may include:

- **Face weakness:** one side of the face may droop (fall) and it might be hard to smile.
- **Arm weakness:** they may not be able to fully lift both arms and keep them there because of weakness or numbness in 1 arm.
- **Speech problems:** they may slur their words or sound confused.

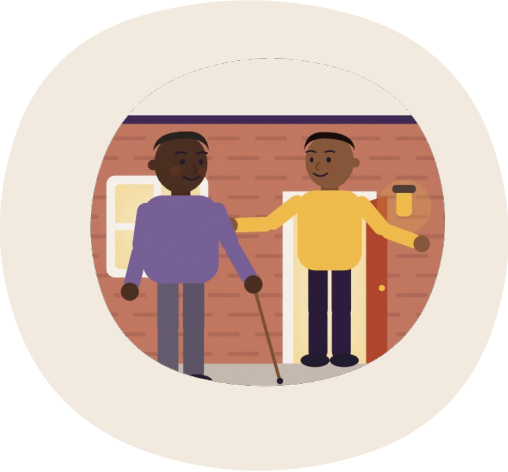
The NHS says the easiest way to remember these is the word FAST. This stands for: face, arms, speech and time to call 999.

Call 999 if you think someone is having, or has had, a stroke, or if they've had signs of a stroke within the last 24 hours, even if the signs have now stopped. Don't drive them to A&E yourself. The person you speak to at 999 will tell you what to do (NHS, Symptoms of a stroke, reviewed 12 Sep 2024).

NHS inform and NHS 111 Wales use the same FAST word (NHS inform, Stroke, updated 30 Sep 2026; NHS 111 Wales, Stroke, read 3 Oct 2026).

03

While they're in hospital and coming home



Tell the ward you're the carer

Tell the nurses on the ward, as soon as you can, that you're the person who'll be helping at home. Ask to be included in plans for going home. The Stroke Association says the person and their family or carers should be involved in decisions about discharge (Stroke Association, Hospital and discharge, read 3 Oct 2026). Our Hospital discharge guide explains how, in "Before the day: tell the ward you're the carer" (Coming Home, Hospital discharge guide).

The stroke team

In hospital, the person works with a team of health professionals who specialise in stroke. Some people move to a rehabilitation ward. The Stroke Association says a hospital stay after a stroke can be anything from a few days to a few months (Stroke Association, Hospital and discharge).

You'll probably meet stroke nurses, doctors, physiotherapists, occupational therapists and speech and language therapists. It's fine to ask each person who they are and what they do. Write their names down, or ask a family member to.

The discharge plan

The Stroke Association says someone should only be discharged when:

- the healthcare team think they're well enough
- they have a written discharge plan describing the support they'll have
- that support has been organised, so their needs can be safely met
- it's been established they have a safe place to go

(Stroke Association, Hospital and discharge). The ward may give an expected date of discharge. Ask for a copy of the discharge plan, and ask who to call if something isn't in place.

Our Hospital discharge guide explains who's who, discharge to assess, and the 4 pathways in England, in "How discharge works: the people and the pathways". It also has a list of "Questions to ask before they leave" (Coming Home, Hospital discharge guide).

Early supported discharge

Early supported discharge (ESD) lets someone leave hospital as early as possible and have the same rehabilitation at home, at the same level as they'd have in hospital (Stroke Association, Hospital and discharge).

It isn't suitable for everyone. The stroke team decides, after talking with the person and their family or carer (NICE, Stroke in adults, quality statement 4: early supported discharge, read 3 Oct 2026). The Stroke Association says it's only likely to be offered if the person can, for example, move safely from a bed to a chair, and the team is sure they have a safe home to go to. Their social worker and the hospital discharge coordinator should help arrange any practical help they need at home, such as help getting washed and dressed (Stroke Association, Hospital and discharge).

If ESD is mentioned, it's worth asking: who will come, how often, for how long, and who to call between visits.

Assessments: theirs and yours

If they're likely to have longer-term care needs, a care needs assessment should be done with them. The Stroke Association says this should happen before they leave hospital, but sometimes happens afterwards, and they can ask the council for one if it didn't happen or if their needs change. In Northern Ireland, the Health and Social Care Trust does it (Stroke Association, Your hospital discharge plan, read 3 Oct 2026).

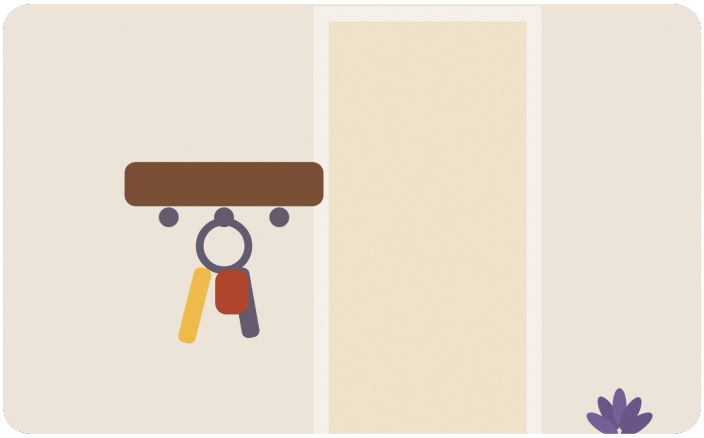
You can ask for a carer's assessment for yourself, too (Stroke Association, Support for carers, read 3 Oct 2026). Our Hospital discharge guide explains your rights in each nation, in "Your rights as a carer".

Reablement and intermediate care

Some people have short-term support at home after leaving hospital, called reablement or intermediate care. Our Hospital discharge guide explains what these are, how long they last, and what they cost in England, in "Support at home: reablement and intermediate care" (Coming Home, Hospital discharge guide).

Getting home

Ask how they're getting home. Most people go home with family or friends. Some people can have hospital transport if, for example, they find it hard to walk. In England, this is often called the Patient Transport Service (PTS). It isn't available everywhere, so ask the healthcare team whether they can use it (NHS, How to organise transport to and from hospital, reviewed 15 May 2023).



04

Therapy and support after hospital

This section explains what each service is, so the names make sense. It isn't advice about what they should do. For that, follow the stroke team and the therapists who know them.

The home recovery plan

The NHS says that when someone leaves hospital, their healthcare team will keep supporting them by creating a home recovery plan. Depending on what they need, it may include physiotherapy, talking therapy for worry, low mood or tiredness, activities for memory and thinking, help with speech, swallowing and vision, and help with bladder or bowel problems. Some of it can be done online, called telerehabilitation, and the team should make sure they have any equipment they need for it (NHS, Recovering from a stroke).

Ask for the plan in writing. Keep it with the discharge plan.

The community stroke team

The community stroke team helps with care and rehabilitation once someone has left hospital. The Stroke Association says it can include community stroke nurses, physiotherapists, speech and language therapists, occupational therapists, dietitians and psychologists (Stroke Association, Your hospital discharge plan). Not everyone sees all of them.

What each therapist does

- **Physiotherapists** work on movement, strength and balance. NHS 111 Wales says a family carer will be encouraged to get involved, and the physiotherapist can teach you both simple exercises to do at home (NHS 111 Wales, Stroke).
- **Occupational therapists** help with everyday tasks such as washing and dressing. They may suggest changes to the home or equipment, and other ways of doing things (NHS 111 Wales, Stroke).
- **Speech and language therapists** help with talking, understanding, reading and writing, and with swallowing (NHS 111 Wales, Stroke). If they've given advice about food, drink or talking, follow it, and ask them if anything isn't clear.
- **Psychologists and talking therapists** help with feelings, worry, low mood and changes in thinking.

Families often say the visits are a lot to keep track of, especially in the first weeks. A shared calendar, and a notebook for questions, can help.

The review at about 6 months

After about 6 months, there should be a review of how things are going. If it hasn't happened, ask the team (NHS, Recovering from a stroke).

If support ends or feels too thin

Therapy at home doesn't go on for ever, and families sometimes feel it ends before they're ready. If that happens, talk to the community stroke team or the GP first. You can also call the Stroke Association Stroke Support Helpline. Our Hospital discharge guide has a section called "If things aren't working", with who to contact and how to raise a concern (Coming Home, Hospital discharge guide).

05

Day to day: what families often notice

Every stroke affects people differently. These are things some families notice. None of them is a list to score anyone against. If anything worries you, talk to the GP or the stroke team.

If you're worried about their health, contact their GP or NHS 111. In an emergency call 999.

Tiredness

The Stroke Association says tiredness after a stroke, called post-stroke fatigue, is very common and can last for some time. It isn't like ordinary tiredness, because rest doesn't always help. It suggests talking to the GP about it (Stroke Association, Post-stroke fatigue and tiredness, read 3 Oct 2026).

Some families find it helps to plan the day around the times the person has the most energy, and to leave room for rest.

Feelings and mood

The Stroke Association says most people who have had a stroke will have some kind of emotional change afterwards, such as worry, frustration, anger or low mood (Stroke Association, Emotional and behavioural changes).

Some people find their emotions are harder to control. They might cry or laugh suddenly, for no clear reason, or feel things more strongly than before. The Stroke Association calls this emotionalism. It can be upsetting and embarrassing, and it suggests speaking to the GP about it (Stroke Association, Emotional and behavioural changes).

Thinking and memory

NHS 111 Wales says a stroke can affect memory, concentration, planning and problem solving, and awareness of where things are. Memory aids, diaries and routines can help with daily tasks (NHS 111 Wales, Stroke). If you're worried about their memory or thinking, talk to the GP. Our dementia guide may also help (Coming Home, Caring for someone with dementia).

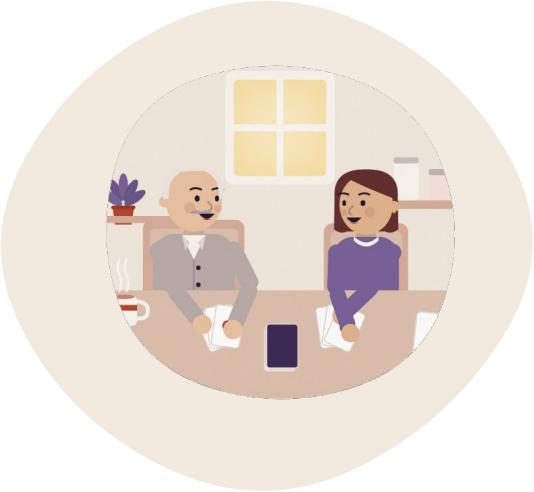
Changes in personality

NHS 111 Wales says someone who has had a stroke can sometimes seem to have a change in personality, and may become angry or resentful towards the people closest to them. Upsetting as it is, it says, try not to take it personally (NHS 111 Wales, Stroke).

The Stroke Association's tips from people who have had a stroke include: let them do things in their own time, break tasks into small steps, and help them do things for themselves rather than doing everything for them (Stroke Association, Top tips for family and friends, read 3 Oct 2026).

06

Talking when words are hard



A stroke can affect speaking, understanding, reading and writing. When the parts of the brain that handle language are affected, this is called aphasia (NHS 111 Wales, Stroke). It doesn't change who the person is.

The Stroke Association's tips for family and friends include:

- Ask them what helps.
- Go to their speech and language therapy sessions if you can, or ask the therapist how you can help as a communication partner.
- Include them in conversations and decisions, and introduce them when they meet someone new. Many people with communication problems say they feel invisible.
- Find things to do together that don't need much talking, such as cooking a meal or playing a familiar game.

(Stroke Association, Tips for aiding communication, read 3 Oct 2026)

It also suggests sticking to one topic at a time, keeping sentences short, asking one question at a time, turning off the TV, giving them time to answer, not finishing their sentences, and being honest if you haven't understood. It says it can take 30 seconds or more for someone to find the words (Stroke Association, Supporting someone with communication difficulties, read 3 Oct 2026).

Talking can be tiring for both of you. It's fine to stop and come back to it later.

07

Practical care at home

Moving about

Follow what the physiotherapist or occupational therapist has shown you, for moving about, getting in and out of bed or a chair, and using any equipment. If something they showed you no longer feels safe, ask them to come back and look at it again.

Washing, dressing and the toilet

Personal care can feel awkward for both of you, especially between partners or a parent and child. Ask how they'd like things done, give them time, and let them do what they can. The occupational therapist can suggest equipment and other ways of doing things (NHS 111 Wales, Stroke).

If they have problems with bladder or bowel control after leaving hospital, help is available from the hospital, the GP and specialist continence advisers (NHS 111 Wales, Stroke).

Food and drink

If the speech and language therapist has given advice about food or drink, follow it. If you're not sure, ask them before changing anything. Make sure they have enough to drink through the day. If you're worried about eating or drinking, talk to the GP or the community stroke team.

Medicines

Medicines may change after a stroke. Our Hospital discharge guide has a section on "Medicines", including what to ask before they leave (Coming Home, Hospital discharge guide). The pharmacist can help with questions and with ways to remember doses. Don't change or stop any medicine without asking the GP or pharmacist.

Equipment and adapting the home

Equipment such as grab rails, a perching stool, a shower seat or a raised toilet seat usually comes through the occupational therapist after an assessment, not from a shop. The Stroke Association has information on equipment at home (Stroke Association, Your hospital discharge plan). Our Hospital discharge guide has a section on "Equipment, adaptations and getting the home ready" (Coming Home, Hospital discharge guide).

For bigger changes, see our guides to adapting a home (Coming Home, Adapting a home) and Disabled Facilities Grants (Coming Home, Disabled Facilities Grants).

Sleep

Sleep can be disturbed after a stroke, and tiredness is common (NHS 111 Wales, Stroke). If poor sleep goes on, mention it to the GP.

08

If things change suddenly

If you see the FAST signs again (face, arms, speech), call 999 straight away, even if the signs go away (NHS, Symptoms of a stroke).

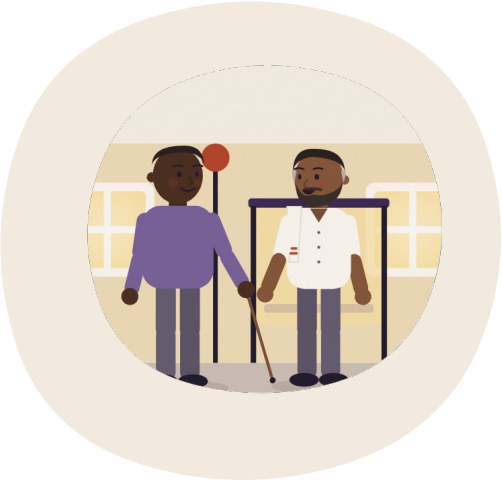
For other sudden changes, for example if they become much more drowsy, confused or unwell over hours or days, contact the GP or NHS 111 the same day. In an emergency, call 999.

You know them best. If something feels wrong, it's always fine to ask.

If you're worried about their health, contact their GP or NHS 111. In an emergency call 999.

09

Driving, work and getting out



Driving

GOV.UK says someone must stop driving straight away after a stroke.

For a car or motorcycle licence, they must stop driving for at least 1 month, and can start again only when their doctor or healthcare professional says it's safe. They don't need to tell DVLA if they've recovered. They must tell DVLA if, after 1 month, they still have weakness in their arms or legs, problems with their eyesight, or problems with balance, memory or understanding. They can do this online, or on form STR1. For a bus, coach or lorry licence, they must tell DVLA and stop driving for at least one year, using form STR1V. They can be fined up to £1,000 for not telling DVLA about a condition that affects their driving (GOV.UK, Stroke and driving, read 3 Oct 2026).

In Northern Ireland, the rules are on nidirect. DVA makes medical enquiries if, one month after a stroke, someone still has weakness in a limb, problems with sight, co-ordination, memory or understanding, or a few other circumstances. Not telling DVA about a condition that may affect driving is an offence, with a fine of up to £1,000 (nidirect, Driving after stroke, read 3 Oct 2026).

Talking about driving can be hard. If you're worried, the GP can help with the conversation.

Work: theirs

A stroke can happen at any age (NHS, Symptoms of a stroke). If the person you care for works, talk to their employer about time off and a gradual return. Statutory Sick Pay may apply (GOV.UK, Statutory Sick Pay, read 3 Oct 2026). Access to Work can help someone get or stay in work if they have a physical or mental health condition or disability, for example with a grant for practical support (GOV.UK, Access to Work, read 3 Oct 2026). Northern Ireland has its own scheme (nidirect, Access to Work (NI), read 3 Oct 2026).

Different Strokes supports younger people after a stroke and their families (see "Who to call").

Work: yours

If you work, tell your employer what's happening. GOV.UK says employees are entitled to unpaid carer's leave to give or arrange care for a dependant, up to one week every 12 months (GOV.UK, Carer's leave, read 3 Oct 2026). If you work in Northern Ireland, ask Advice NI what applies to you. Our Carer's Allowance guide covers working while caring (Coming Home, Carer's Allowance).

Getting out

A Blue Badge can help with parking (GOV.UK, Apply for a Blue Badge, read 3 Oct 2026). The Disabled Persons Railcard gives eligible disabled people a third off train tickets in Great Britain, for themselves and one adult companion (Disabled Persons Railcard, read 3 Oct 2026).

10

Money and rights

A stroke can bring extra costs, and sometimes less income. You don't need to work it all out at once. These are the things to look at. Our other guides have the figures and the details.

- **For them, if they're over State Pension age:** Attendance Allowance (Coming Home, Attendance Allowance).
- **For them, if they're under State Pension age:** Personal Independence Payment (Coming Home, PIP).
- **For you:** Carer's Allowance (Coming Home, Carer's Allowance).
- **Other help with money:** Council Tax, help with bills and more (Coming Home, Money and help).
- **If they can't manage their affairs for now, or for longer:** power of attorney (Coming Home, Power of attorney).
- **Support at home after hospital:** what reablement and intermediate care cost in England, in our Hospital discharge guide, "Support at home: reablement and intermediate care" (Coming Home, Hospital discharge guide).
- **A name to know:** NHS continuing healthcare is care arranged and funded by the NHS for some adults with long-term complex health needs (NHS, NHS continuing healthcare, reviewed 11 Apr 2024).

You can also use the Benefits finder to see what might apply:
www.cominghomecare.app/benefits-check?ref=guide-after-a-stroke

11

Looking after yourself

You've probably put yourself last since the day it happened. That's understandable. But this is often a long stretch, not a short one, and you matter too.

The shock. It's common to keep replaying the day it happened, or to feel you should have done something differently. Talking about it, with a friend, a carers' group or the Stroke Association helpline, can help.

Your relationship. A stroke can change roles. A partner can become a carer overnight, and a parent can need help from a child. It's common to grieve for how things were, even when you're glad they're still here.

Small things that help:

- Register as a carer with your GP, so they can take it into account (Stroke Association, Support for carers).
- Ask the council for a carer's assessment (Stroke Association, Support for carers). In Northern Ireland, ask the Health and Social Care Trust (nidirect, Assessments for carers).
- Connect with other carers. The Stroke Association, Different Strokes and Carers UK all have groups and online forums.
- Make time for friends and things you enjoy. NHS 111 Wales says it'll help you cope (NHS 111 Wales, Stroke).

- Let people know what they could do to help, even small things.
- If you're feeling low or anxious, talk to your GP about talking therapies.

If you're worried about your own health, contact your GP or NHS 111. In an emergency call 999.

12

Across the four nations

England: the NHS stroke pages, your council's adult social services, and the Stroke Association.

Wales: NHS 111 Wales has a stroke page. It says local authorities should provide reablement at no cost to anyone assessed as needing it (NHS 111 Wales, Stroke). The Stroke Association helpline covers the whole UK (Stroke Association, Stroke Support Helpline, read 3 Oct 2026).

Scotland: NHS inform has stroke information (NHS inform, Stroke). Chest Heart & Stroke Scotland has an Advice Line for people with stroke and their families and carers. In some areas it has stroke nurses who help as people return home from hospital, and community support (Chest Heart & Stroke Scotland, Services and support, read 3 Oct 2026). As a carer, you can ask the council for an Adult Carer Support Plan (mygov.scot, Help if you're a carer, updated 12 Sep 2025).

Northern Ireland: nidirect has stroke information (nidirect, Strokes, read 3 Oct 2026). The Health and Social Care Trust does the needs assessment and the carer's assessment (nidirect, Assessments for carers, read 3 Oct 2026). Northern Ireland Chest Heart & Stroke runs Surviving Stroke services, including a Family Support Service, working with the Trusts. Families can ask for support themselves (Northern Ireland Chest Heart & Stroke, Stroke Support, read 3 Oct 2026; Northern Ireland Chest Heart & Stroke, Make a referral, read 3 Oct 2026).

13

Your first 30 days at home: a to-do list

Our Hospital discharge guide has a fuller day-by-day list in "Your first 30 days: a to-do list" (Coming Home, Hospital discharge guide). These are the stroke-specific extras.

- Keep the discharge plan and the home recovery plan together, where the family can find them
- Write down who's coming, when, and their phone numbers: the community stroke team, therapists, carers
- Ask who to call between visits, and at weekends
- Put the FAST signs somewhere everyone will see them
- Note any changes, good or bad, to share at the next visit or with the GP
- Look up the driving rules for them (section 9)
- Book your carer's assessment
- Look up benefits for them and for you (section 10)
- Put the review at about 6 months in the calendar
- Call the Stroke Association, Chest Heart & Stroke Scotland or Northern Ireland Chest Heart & Stroke to find local support

14

How Coming Home can help

Coming Home: Family Care is an iPhone app for families looking after someone. It's coming soon. It helps you organise. It isn't medical advice, and it can't tell you what's happening for the person you care for.

The family care diary helps you note therapy visits, changes in tiredness, mood or sleep, and questions as they come up, so you have dates and examples ready for the stroke team, the GP, or a benefit form.

The care circle brings the family, friends and neighbours who help into one place, with shared notes, tasks and a calendar. Use it to share who's at the next therapy visit, who's chasing the council, and what the team said.

Everyone in the circle can join at no cost.

Every plan includes the 8 quick questions on what you might be entitled to, and a lasting power of attorney to-do list.

Care Plus (£14.99 a month or £99.99 a year) includes a 20 GB document vault, stored in the UK, for the discharge plan, the home recovery plan and the letters that go with them.

To hear when Coming Home is ready, join the waitlist:
www.cominghomecare.app/?ref=guide-after-a-stroke

Built by people who have run home care.

15

Who to call

This guide is guidance, not advice. For support and advice:

- **Stroke Association Stroke Support Helpline:** 0303 3033 100. Monday to Friday 9am to 5pm, Saturday 10am to 1pm, closed Sunday. Interpreters and British Sign Language are available (Stroke Association, Stroke Support Helpline, read 3 Oct 2026)
- **Chest Heart & Stroke Scotland Advice Line:** 0808 801 0899, Monday to Friday 9am to 4pm (Chest Heart & Stroke Scotland, Advice Line, read 3 Oct 2026)
- **Northern Ireland Chest Heart & Stroke:** 028 9032 0184, or use the referral form on its website (Northern Ireland Chest Heart & Stroke, Contact us, read 3 Oct 2026)
- **Different Strokes Information Line,** for younger people after a stroke and their families: 0345 130 7172 or 01908 317618 (Different Strokes, Talk to someone, read 3 Oct 2026)
- **Carers UK Helpline:** 0808 808 7777, Monday to Friday 9am to 6pm (Carers UK, Helpline and other support, read 3 Oct 2026)
- **Age UK Advice Line:** 0800 678 1602, 8am to 7pm, every day of the year (Age UK Advice Line, read 3 Oct 2026)
- **Advice NI:** 0800 915 4604 (Advice NI, Contact, read 3 Oct 2026)
- **Your council's adult social services** (the Health and Social Care Trust in Northern Ireland) for a needs assessment and a carer's assessment

- **The community stroke team,** on the number in the discharge plan
- **If you see the FAST signs:** call 999

If you're worried about their health, contact their GP or NHS 111. In an emergency call 999.

16

Sources

All read on 3 October 2026 unless another date is given. Dates in brackets are the page's own published, updated or reviewed date.

NHS

- NHS, Symptoms of a stroke (reviewed 12 Sep 2024): www.nhs.uk/conditions/stroke/symptoms/
- NHS, Recovering from a stroke (reviewed 12 Sep 2024): www.nhs.uk/conditions/stroke/recovery/
- NHS, How to organise transport to and from hospital (reviewed 15 May 2023): www.nhs.uk/nhs-services/hospitals/going-into-hospital/how-to-organise-transport-to-and-from-hospital/
- NHS, NHS continuing healthcare (reviewed 11 Apr 2024): www.nhs.uk/social-care-and-support/money-work-and-benefits/nhs-continuing-healthcare/
- NHS inform, Stroke (updated 30 Sep 2026): www.nhsinform.scot/illnesses-and-conditions/brain-nerves-and-spinal-cord/stroke/
- NHS 111 Wales, Stroke: 111.wales.nhs.uk/stroke/
- nidirect, Strokes: www.nidirect.gov.uk/conditions/strokes

Official

- NICE, Stroke in adults (QS2), quality statement 4: early supported discharge: www.nice.org.uk/guidance/qs2/chapter/quality-statement-4-early-supported-discharge
- GOV.UK, Stroke and driving: www.gov.uk/stroke-and-driving
- nidirect, Driving after stroke, cerebral thrombosis, amaurosis: www.nidirect.gov.uk/articles/driving-after-stroke-cerebral-thrombosis-amaurosis
- GOV.UK, Statutory Sick Pay: www.gov.uk/statutory-sick-pay
- GOV.UK, Access to Work: www.gov.uk/access-to-work

- nidirect, Access to Work (NI): www.nidirect.gov.uk/articles/access-work-ni-practical-help-work
- GOV.UK, Carer's leave: www.gov.uk/carers-leave
- GOV.UK, Apply for a Blue Badge: www.gov.uk/apply-blue-badge
- Disabled Persons Railcard: www.railcard.co.uk/disabled-persons-railcard/
- mygov.scot, Help if you're a carer (updated 12 Sep 2025): www.mygov.scot/help-for-carer
- nidirect, Assessments for carers: www.nidirect.gov.uk/articles/assessments-carers

Charities

- Stroke Association, Stroke Support Helpline: www.stroke.org.uk/stroke/support/helpline
- Stroke Association, Hospital and discharge: www.stroke.org.uk/stroke/hospital
- Stroke Association, Your hospital discharge plan: www.stroke.org.uk/stroke/hospital/discharge
- Stroke Association, Support for carers: www.stroke.org.uk/stroke/support/carers
- Stroke Association, Emotional and behavioural changes: www.stroke.org.uk/stroke/effects/emotional-and-behavioural
- Stroke Association, Post-stroke fatigue and tiredness: www.stroke.org.uk/stroke/effects/physical/tiredness-and-fatigue
- Stroke Association, Top tips for family and friends: www.stroke.org.uk/stroke/life-after/top-tips-family-and-friends
- Stroke Association, Tips for aiding communication: www.stroke.org.uk/stroke/effects/aphasia/communication-problems/tips
- Stroke Association, Supporting someone with communication difficulties: www.stroke.org.uk/stroke/support/materials/stroke-news/supporting-someone-communication-difficulties
- Chest Heart & Stroke Scotland, Services and support: www.chss.org.uk/services/
- Chest Heart & Stroke Scotland, Advice Line: www.chss.org.uk/services/chest-heart-stroke-scotland-advice-line/
- Northern Ireland Chest Heart & Stroke, Stroke Support: nichs.org.uk/care-and-support/stroke-support
- Northern Ireland Chest Heart & Stroke, Make a referral: nichs.org.uk/referral
- Northern Ireland Chest Heart & Stroke, Contact us: nichs.org.uk/contact-us
- Different Strokes, Talk to someone: differentstrokes.co.uk/what-we-do/talk-to-someone/
- Carers UK, Helpline and other support: www.carersuk.org/help-and-advice/helpline-and-other-support/
- Age UK Advice Line: www.ageuk.org.uk/services/age-uk-advice-line/
- Advice NI, Contact: www.adviceni.net/contact

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Changelog

Version	Date	What changed	Why
1.0	October 2026	First published	Information read on 3 October 2026

The next review is due in October 2027, or straight away if a service or rule changes. The latest version is always at www.cominghomecare.app/guides/after-a-stroke

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This edition

Version	1.0
Published	October 2026
Next review	October 2027

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Published by Caresque Limited, company number 16160381.