



OUTSTANDING STROKE CARE IN YOUR OWN HOME

Whilst surviving a stroke can be life changing, it is widely recognised by many in the medical profession, that receiving the right care at home can have a positive impact on a person's rehabilitation and quality of life.

STAYING AT HOME WITH HIGH-QUALITY STROKE CARE

At The Good Care Group, we have been helping people across the country to recover from, the sometimes devastating effects a stroke can have on someone's ability to live well for over 10 years. With high-quality live-in care our clients have been able to live a fulfilled and meaningful life, with independence in the comfort of their own home. We know how important it is for people to retain choice and control in life, and for many the desire to remain in their own home and community is essential to their recovery and overall health and well-being. Your own home environment is the best place to recuperate, relearn skills and adapt to any physical limitations resulting from a stroke.

The one-to-one, highly personalised support we provide from a trained and well-matched carer is proven to improve not only quality of life but health outcomes for an individual following a stroke. Our flexible approach to providing stroke care, with a fully managed and regulated service that families can trust is setting the standards in live-in care for those who have experienced a stroke.

WHAT IS A STROKE?

A stroke is an attack on the brain that occurs when the blood supply to part of the brain is cut off. The resulting lack of oxygen to the brain causes damage that affects how the body functions, and in some cases sadly leads to death. The effects of a stroke depend on where it takes place in the brain and how damaged the area is. As we age arteries become harder and narrower and are more likely to become blocked. Certain medical conditions and lifestyle factors increase a person's risk of having a stroke.

The impact of a stroke for some people may be relatively minor and may not last long. Other people may be left with more serious problems that make them dependent on others. Recovery from a stroke can be significantly enhanced with the right level of care and support.

STROKE EXPERTISE

At The Good Care Group we work collaboratively with The Stroke Association, the leading charity in the UK supporting those affected by strokes, whose expertise and support enables us to deliver high standards of care to those recovering from a stroke in their own home environment.

Our professional carers are trained to support the wide ranging and varying symptoms of the condition working with our clients' daily routines, needs, wishes and preferences. They are trained to understand the problems you may experience with mobility, due to muscle weakness and will support all your needs – everything from assistance with walking and moving around, helping with personal care through to supporting you to remain active with social activities in and out of the home. We know that muscle weakness following a stroke can cause on-going pain and our carers are trained to proactively and effectively manage medications to ensure you are able to live life as pain free as possible.

COMPASSIONATE CARE

We adopt a holistic approach to after stroke care recognising the limitations that a person may be needing to adjust to and live with. Your professional care team will also be aware of, and sympathetic to the impact the stroke may have made on your emotional, social and psychological well-being and will be by your side to provide sensitive and compassionate care, as and when you need it.

ENSURING SAFE MOBILITY AROUND THE HOME

We have an in-house Occupational Therapist (OT) who will provide expert guidance and advice on safe movement and mobility around your home, whilst minimising falls sometimes experienced following a stroke. She identifies clients who are 'frequent fallers' and through an intensive and personalised approach to falls management these clients are 6 times less likely to experience a fall that results in serious injury than those in a care home. Our OT is well placed to provide advice and recommendations as to any home adaptations or equipment required that may make life easier for those living with the physical limitations a stroke presents.

We work closely with and liaise with all other healthcare professionals involved in delivering care to someone living with MS, including GPs, district nurses and physiotherapists to ensure all health needs through a holistic and multidisciplinary approach to care planning.

"All the patients and families I have recommended have received an excellent service and The Good Care Group has made significant improvements to their quality of life."

- Dr Simon Moore, Private GP and founder of The Moore Medical Practice.



WHAT DOES OUR STROKE CARE SERVICE INCLUDE?

- A thorough assessment of your needs and a comprehensive care plan that guides our service to you
- Support and advice for you and your family from our dedicated Specialist Consultant Nurse
- Access to our in-house Occupational Therapist through our OT led service
- Specialist nurse-led care with guidance from our multidisciplinary experts
- Managing and administering medications
- Companionship as and when you need it
- Providing discreet and sensitive personal care
- Planning and cooking meals
- Facilitating social arrangements in the home
- Trips and visits out of the home in your local community
- Domestic tasks
- Caring for your much-loved pet

TAKE A BREAK WITH OUR RESPITE CARE SERVICE

We provide our specialist stroke care service as either 24 hour live-in care or as respite care. Respite care is a short-term arrangement, for a minimum of two weeks to provide an opportunity for a family carer to take a much needed break from caring for someone following a stroke. It can also be used to try live-in care for the first time to see how live-in care works and whether it is the right choice for you in the future.



SUPPORTING JENNIFER'S RECOVERY FOLLOWING A STROKE

"My mum Jennifer is 74 and had been living alone at home for nearly five years. Until recently, she was a spritely and independent lady, regularly attending her local bowls club and being heavily involved in the WI. One day, we were out for tea together when she suffered a major stroke in front of me. She was rushed to hospital and given emergency treatment and specialist care.

After six weeks, mum was stable in her recovery and desperate to come home. Her life had changed dramatically. She was unable to stand without assistance, and certainly could not walk. Her speech had been affected and she struggled to make herself understood, even to me. One thing that was clear was her determination to get back into her routine. That was when we approached The Good Care Group about home care after stroke. After an initial consultation, the local Care Manager did a comprehensive assessment, working with their Occupational Therapist to check that mum's home had the adaptations and equipment she needed.

The manager handpicked two carers with previous experience of stroke recovery. Together with the support of The Good Care Group's Occupational Therapist and liaising with the speech and language therapist, they put together a menu plan for mum – food she would like, that was also nutritious and easy to digest.

They also continue to work with the physiotherapist, and each day support mum with an exercise programme that is rebuilding her strength, one step at a time. Because they live with her, they have got to know her very well. They can understand her speech and help her find the right words and get her message across.

Six weeks after coming home from hospital, mum can now walk, slowly, but independently. She is speaking more clearly and feeling more confident in herself. With her consent, the carers invited a few friends from the WI round for a simple supper and are now planning a trip to the bowls club! It is amazing to see the progress she has made in her recovery. There is no doubt in my mind that so much of it is down to the commitment, hard work and expertise of the team from The Good Care Group."

– Jennifer's daughter.

WHY CHOOSE THE GOOD CARE GROUP?

- ✓ Rated 'Outstanding' by the Care Quality Commission (CQC) – in all five measures
- ✓ Highly trained professional carers
- ✓ Nurse-led care developed by clinical experts
- ✓ In-house OT and Specialist Consultant Nurse
- ✓ Multidisciplinary approach to care
- ✓ Improved health outcomes using digital technology
- ✓ Fully managed service with employed carers
- ✓ Care management experts local to you
- ✓ Unrivalled family support

Talk to our friendly and approachable team today about your stroke care needs - we are here to help you and your family every step of the way.

*the Good
Caregroup*

 **020 3728 7577**

thegoodcaregroup.com