

## **Provision of Psychological and emotional support/treatment - Recent Government findings**

### **Healthcare Commission's follow-up survey of stroke patients (2006)**

"Having a stroke can have a detrimental impact on the psychological and emotional well-being of a person. Depression and anxiety are common after stroke and patients can feel abandoned when they lose the emotional and practical support they receive in hospital. NSF for Older people states that support over a longer period for patients who have had a stroke should include the provision of social and emotional support to minimise any loss of independence and to help manage the consequences of stroke" (p.16).

The survey identified that "patients need rehabilitation, combined with a variety of practical and emotional support". However the results of the survey indicated that "experiences of care after they left hospital tend to be less positive – in terms of rehabilitation and emotional support" (p.5), with "almost half the respondents" to the survey feeling that "they had not had enough help with emotional problems since they left hospital" (p.6 & 26). This was identified as a particular area for improvement.

"Evidence suggests that the demand for care and support from the voluntary and community sector exceeds supply"(p.22)

"Evidence as well that carers have high levels of morbidity, low self-esteem, emotional distress and poor mental health" (p.23)

### ***Need for provision in the community***

Conclusions of the report identified that "for most patients and carers the impact of stroke starts following discharge from hospital" (p.6)

#### Key Findings:

"Most people who survive a stroke will live for the rest of their lives with minor to major disabilities as a result, and will be dependent to varying degrees on health and social care". (p.6)

"Stroke patients required services and therapies from many disciplines in health and social care" (p.8)

"...it is in the months and years after discharge that patients, their families and carers will experience the full impact of stroke" (p.8& 26)

"...although around 300,000 people across England are living with disability after stroke, only around 5% of families (15,000) are receiving Family Support Services from the Stroke Association, which seek to provide emotional support and information on a range of issues...". (p.32)

### **Reducing Brain Damage: Faster access to better stroke care DOH/National Audit Office, (Nov. 2005)**