

Improving access to psychological support after stroke for those with communication difficulties.

It's good to talk but it's not always easy!

Communication is crucial for maintaining good mental health and even more so for people experiencing significant changes following stroke or head injury.



However, when talking is difficult, our Neurotherapies Team wanted to know how to make psychological resources more accessible. The Stroke Counsellor and Speech and Language Therapist led a project to improve access to information about emotional changes after a stroke.

Collaborating with consultants with aphasia.

Five consultants with aphasia took part in interviews to develop a series of resources about common emotional changes after a stroke. The consultants provided feedback on the content and format of the resources.

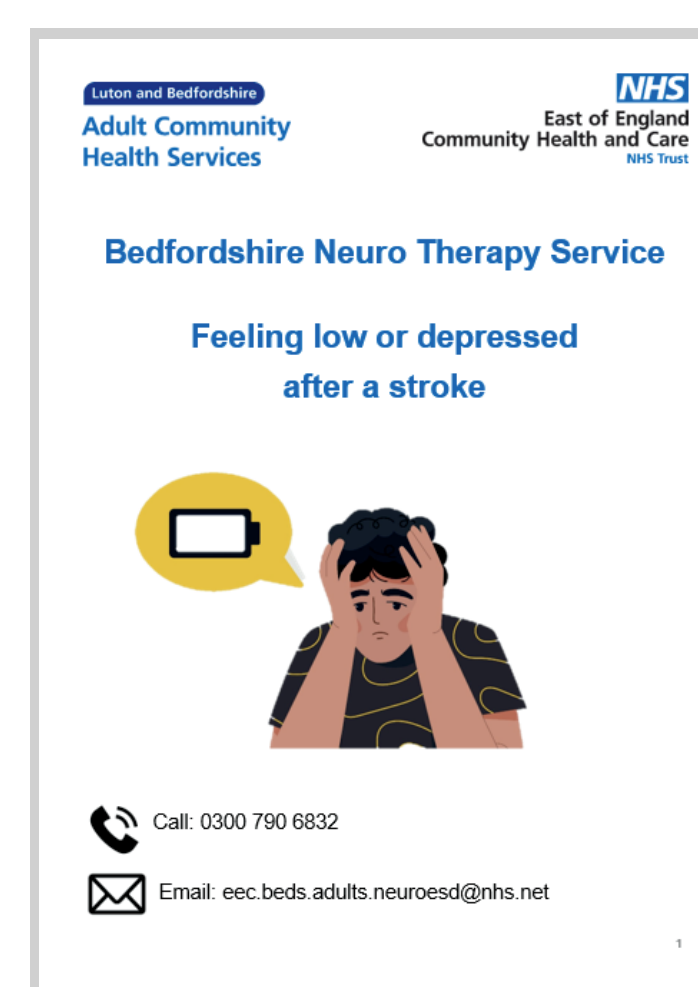
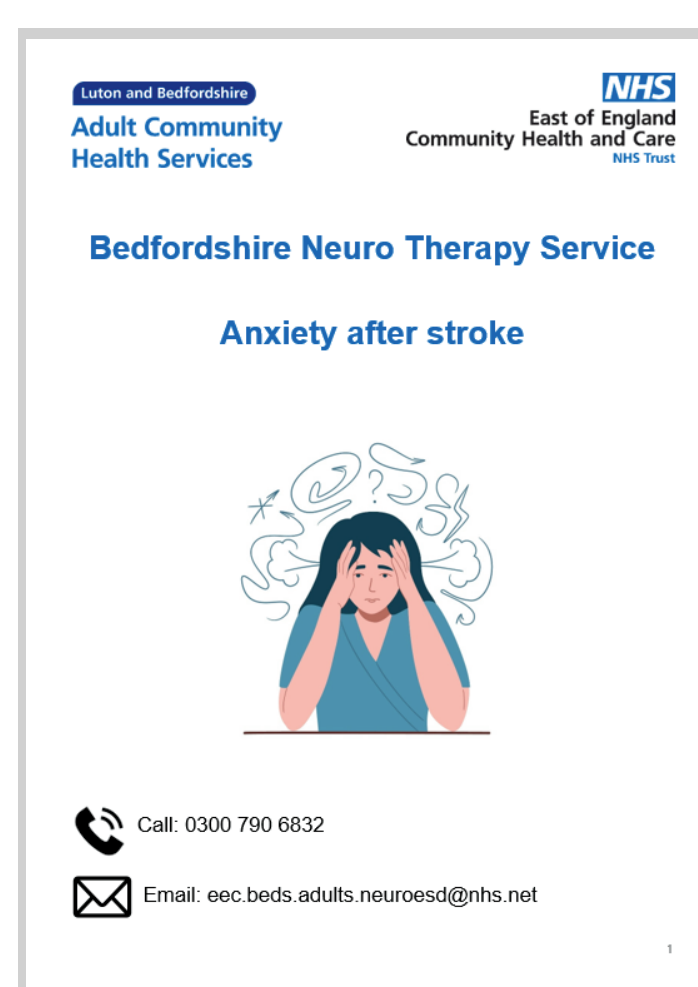
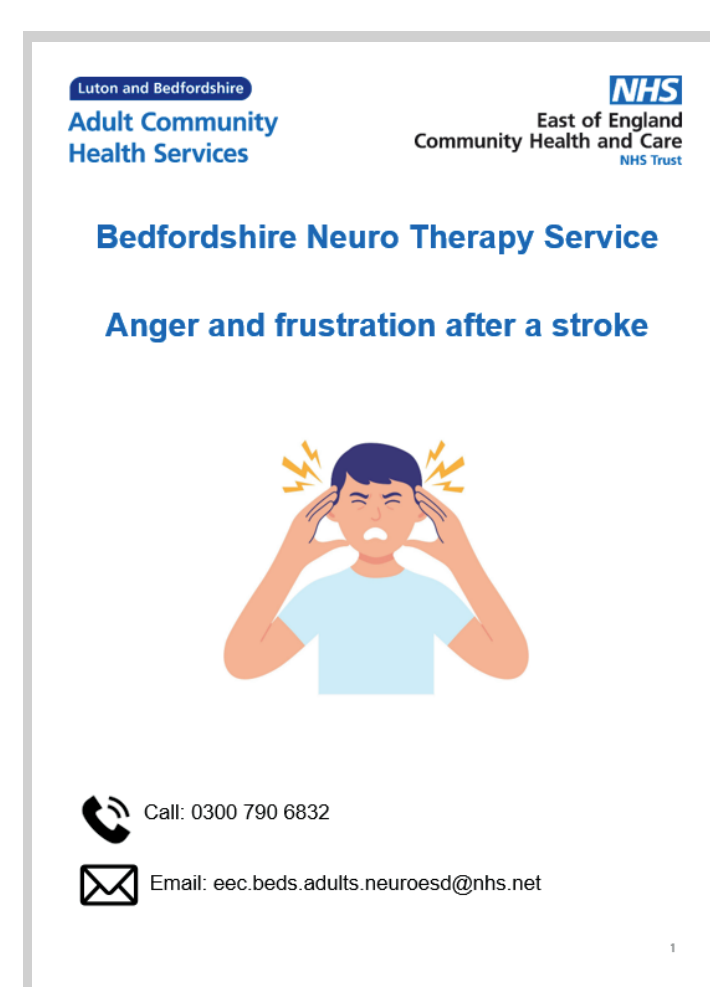


What did the consultants value?

- Large print
- White space
- Clear sections
- Relevant graphics
- Consistency across resources
- Talking to someone while accessing the resource
- Audio versions alongside written materials

What was the outcome?

Three accessible digital resources with audio versions accessed by scanning a QR code were created. The resources are available for members of the neuro rehabilitation team to use with anyone with communication difficulties. Not only does this support access to psychological support, it also increases the confidence of our team to deliver Level 1 psychological support in line with Psychological Care after Stroke Guidance.



Scan the QR code to view these leaflets.

Next steps

To engage our consultants in selecting the most accessible cognitive and mood screens for identifying patients with communication needs who would benefit from Level 1 or above psychological support. We will also discuss and develop resources to enable this patient group to access mental health services in a crisis.