

Evaluation of Long-term Support in Stroke Pilot Project

Modernisation Initiative

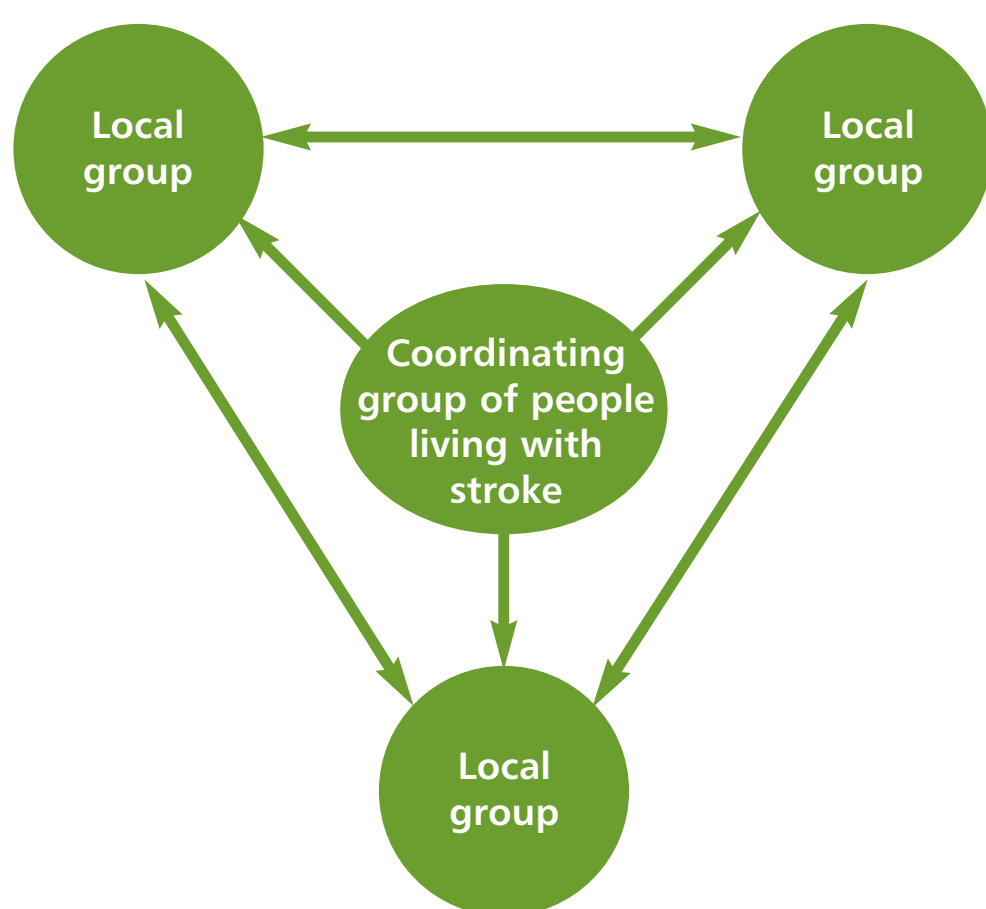
stroke services

Improving local healthcare

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A diagram to illustrate the long-term support in stroke pilot project



What is the long-term support project?

- The long-term support project is being delivered by Connect, a national charity that specialises in services for people with communication problems following stroke. The project is being funded by the NHS Modernisation Initiative.
- The project is an 18-month pilot that aims to improve long-term support for people living with stroke in Lambeth and Southwark.
- People living with stroke will work together in groups to form a community network, supporting each other and sharing information. There will be one coordinating group and local groups in different communities.
- A long-term support coordinator will facilitate the network; this is a new role, supported by a member of staff from Connect, and eventually to be carried out by a person who has had a stroke..
- These local groups will
 - Find out what activities are available locally and how easily people with stroke can make use of them

- Increase access to opportunities for people living with a disability such as hobbies, employment, social activities
- Improve the knowledge of people who run local services about the needs of people with stroke
- Tell other people with stroke about local facilities and opportunities for social activities

Why is the project being conducted?

- Stroke is a long-term condition: 1/3 of stroke survivors live with long-term disability.
- Long term, people with stroke can also experience:
 - Difficulty leaving the house
 - Reduced ability to take part in social activities or use community facilities
 - Sense of isolation and loneliness
 - Boredom and frustration
 - Depression
 - Reduced quality of life
- Most health and social care services focus on short-term rehabilitation needs after stroke.
- The long-term needs of people with stroke are often unmet.
- Few projects have tried to reintegrate people with stroke into normal social life in their own communities.
- Some interventions to address long-term support needs have been reported with varying success. One-to-one social support provision has been largely unsuccessful in improving aspects of health, social activities or psychological and emotional outcomes. Interventions involving groups have found partial success but a novel approach is needed to address the long-term needs of people living with stroke.

Evaluating the long-term support project

- This project is a new approach to meeting the long term needs of people with stroke. It is important to find out whether this approach is successful.
- The project is being evaluated by researchers from the Division of Health & Social Care Research at King's College London.
- Using interviews, observations and measuring change, the evaluation will:
 - Document the process of delivering the intervention to identify barriers and facilitators to implementation
 - Measure and describe the impact of the intervention on participants
 - Measure and describe the impact of the intervention on service providers
 - Provide regular feedback to the project coordinator and coordinating group to inform the development of the intervention.