



# ***STROKE EDUCATION***



## ***All Day Carers and Seniors Workshop***

**Who can attend:** Direct care staff - carers and seniors working in a Care Home.

**Where:** In a central location with staff from a range of Care Homes.

**Certificate:** There will be a certificate of attendance following the course.

## ***Aims and Objectives***

By the end of the workshop Care Home staff will be able to:

- List the signs and symptoms of a stroke, identify risk factors, and describe the FAST (Face, Arms, Speech, Time) method for stroke emergencies
- Explain communication disorders and their impact post stroke
- Use effective communication strategies with stroke survivors
- Explain the impacts of Dysphagia (swallowing difficulties), treatments and empathy when assisting individuals post stroke
- Describe the importance of good nutrition for stroke survivors
- Identify cognitive effects of stroke and strategies to support individuals
- Support stroke survivors in relation to manual handling when transferring, in bed or when seated
- Demonstrate empathy towards stroke survivors by understanding the impacts of stroke
- Consider the effects of bladder and bowel issues post stroke and its management