

# STROKE WORKSHOP

## FOR CARE HOME CARER'S AND SENIORS

4/11/2026  
9AM-4PM

LONGSTONE RESOURCE CENTRE 62  
LONGSTONE STREET, EDINBURGH,  
MIDLOTHIAN, EH14 2DA

LIMITED  
SPACES  
16 IN  
TOTAL

TO BOOK:  
EMAIL  
STROKE.TRAINER  
@NHS.SCOT

### EVENT HIGHLIGHTS

INTERACTIVE

PRESENTATIONS

Q&A SESSION

IN PERSON WORKSHOP

**FURTHER INFORMATION:** CHECK OUT THE STROKE SPECIFIC WEBPAGE BY SCANNING THE QR CODE

OR FOLLOWING THE LINK: [STROKE INFORMATION AND EDUCATION PAGE](#)



SCAN ME

# Workshop Objectives:

- By the end of this 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.
- Be able to explain communication disorders post stroke, its impacts and demonstrate effective communication strategies to use with stroke survivors.
- Understand the impacts of Dysphagia (swallowing difficulties), treatments and show improved understanding and empathy when assisting individuals post stroke.
- Understand the importance of good nutrition for stroke survivors
- Be able to identify cognitive effects of stroke and strategies to support individuals.
- Have improved confidence supporting stroke survivors, by demonstrating improved manual handling awareness of stroke survivors when transferring, in bed or when seated.
- Demonstrate empathy towards stroke survivors by exploring the impacts of stroke through experiential throughout the workshop
- Explore the effects of bladder and bowel issues post stroke and its management.

**For further information or to book:**

**Please contact**

**[stroke.trainer@nhs.scot](mailto:stroke.trainer@nhs.scot)**