

Rebuilding love after stroke

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20 May 2021

Stroke
Association

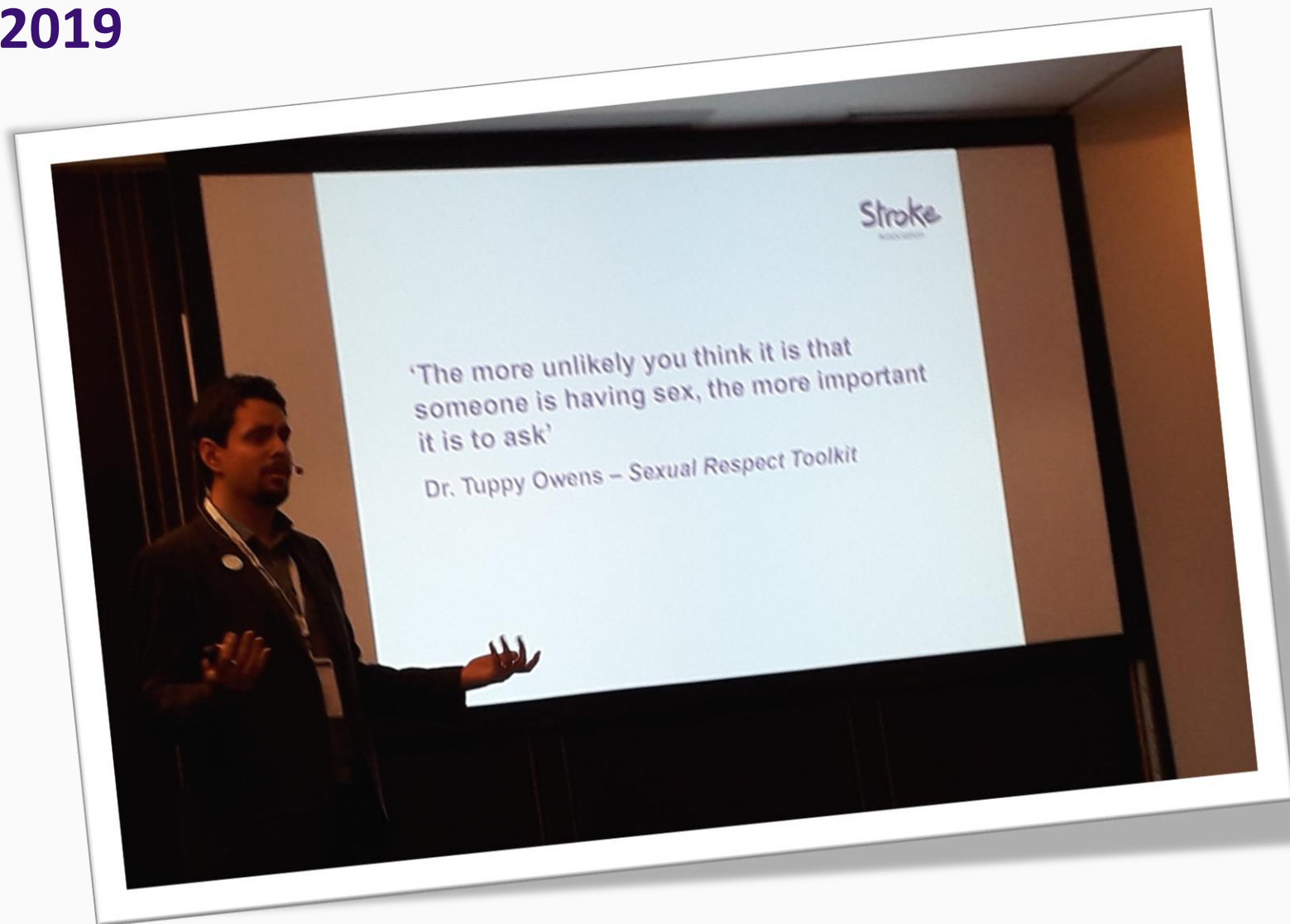
stroke.org.uk

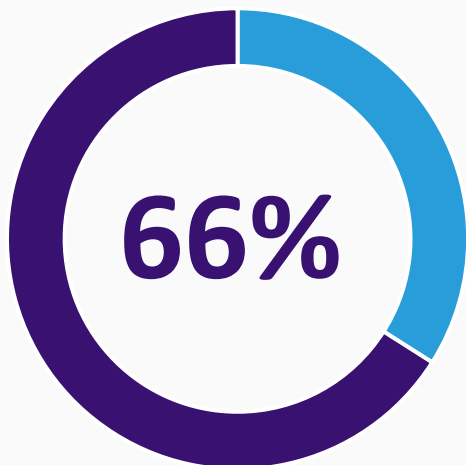


“I felt like I’d lost my identity as a person and as part of a two, part of my relationship.”

Jenny Plumb

SAFE Working Conference, November 2019

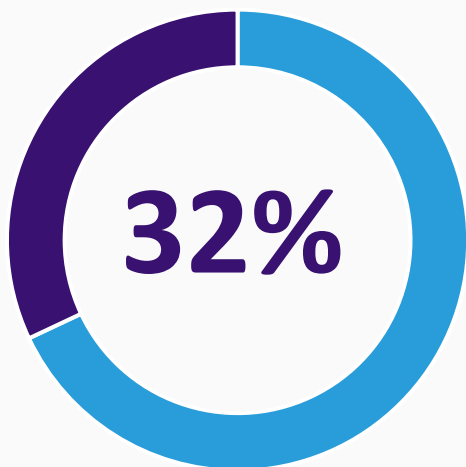




**Relationships
impacted by stroke.**

57%

**“Our sex life has changed
since the stroke...”**



**Scared to have sex
after a stroke.**

How our colleagues felt

“I feel like I can raise the issue now in a more sensitive manner, and I feel more confident raising it”

“It’s great to be discussing this openly”

“If we can let clients know this is something we can support them with they may be more comfortable discussing this with us.”

“I only ask it if they are in a relationship. I never thought to ask it if they were single, and I should do!”

When to ask about sex



“I feel like my body has changed.”

“I’m more like a carer now.”

“We’re not as close as we used to be.”

Starting the conversation



**Start with
what you
know**

**Put it in
context**

**Leave the
door open**

Useful phrases

“Some people have difficulty with sex and intimacy after stroke.”

“Do you have any concerns about sex?”

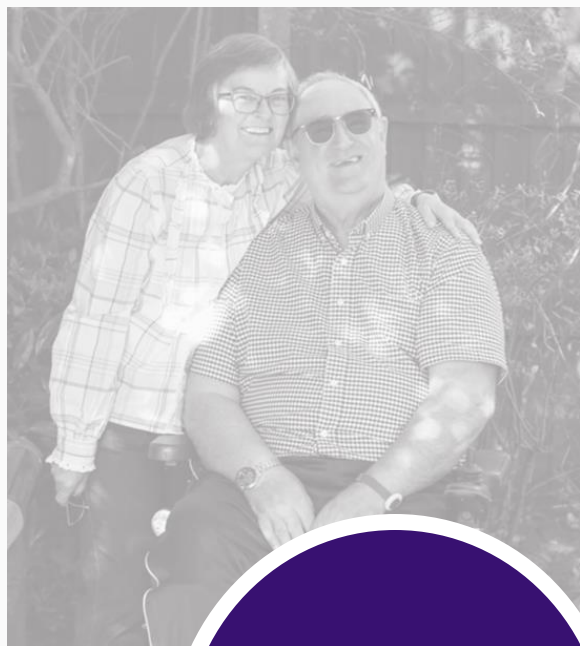
“Do you mind if I ask about sex and intimacy?”

“What does intimacy mean to you?”

“What do you think might help?”

“I don’t know, I’ll find out more for you.”

Challenges



Communication

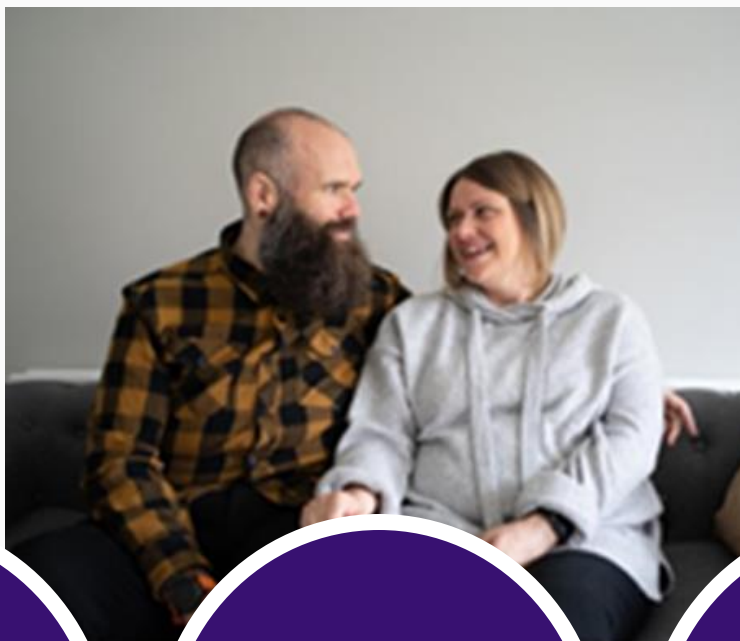


Timing



**Technical
questions**

Next steps



**You don't
have to have
all the
answers**

**Build your
bank of
knowledge**

Keep talking

Further information

Sex and intimate relationships after stroke

Stroke Helpline: 0303 3033 100
or email: helpline@stroke.org.uk

Introducing Dr. Giles Yeates - Our S...

Watch later Share

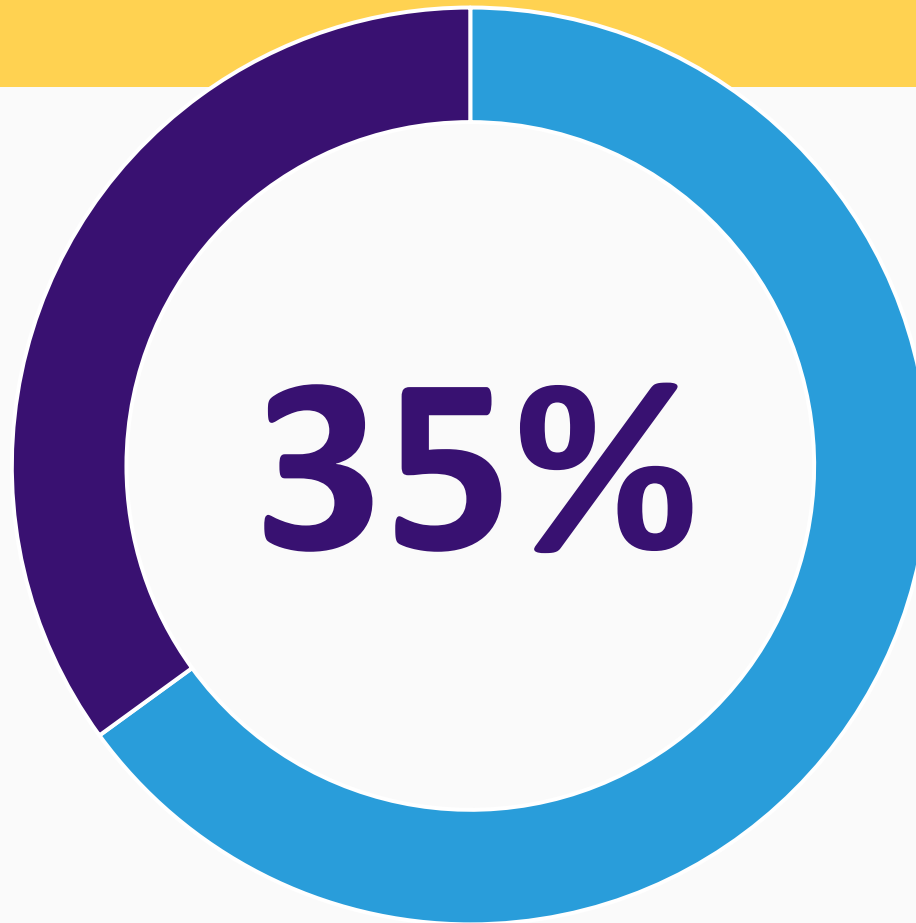


relate
the relationship people



**THE
SEXUAL
RESPECT
TOOL
KIT**

“Our relationship has become stronger...”





Rebuilding lives
after stroke