

# CHATS

## Children Helped by Adults to Talk about Stroke

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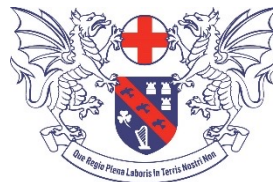
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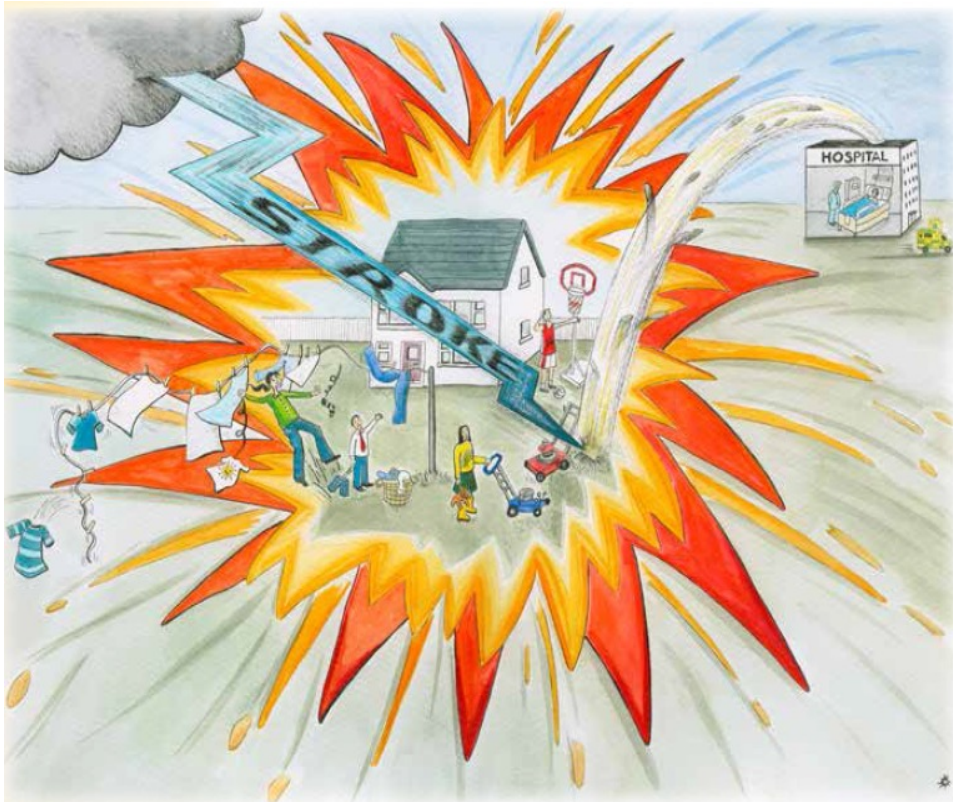
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# Why is it important to talk to and support children after stroke?



- Stroke impact ripples out to children, grandchildren, nephews, nieces, etc.
- Children and young people react differently
- Adults can underestimate impact
- Children and young people can remain hidden
- Good communication and support can prevent long-term problems and help family to adjust to the new normal

# Why develop this guide?



- Could not find anything similar in Ireland or internationally
- To give reliable information to stroke survivors and carers to support children's well-being
- To help the adults who are most familiar with their children and young people.
- Adult stroke services not meeting the needs

# What do children want?

- Information as early as possible
- To be able to ask questions
- Time to make sense of situation
- To know what feelings they may have
- Reassurance this is not their fault
- To know what they can do to help
- Staff to speak to them at their level



**Co-created  
with stroke  
survivors**



**Irish Heart  
Foundation**

No-one ever asked if  
I had children

I cried reading it, I wish  
I'd had this booklet  
when I had my stroke

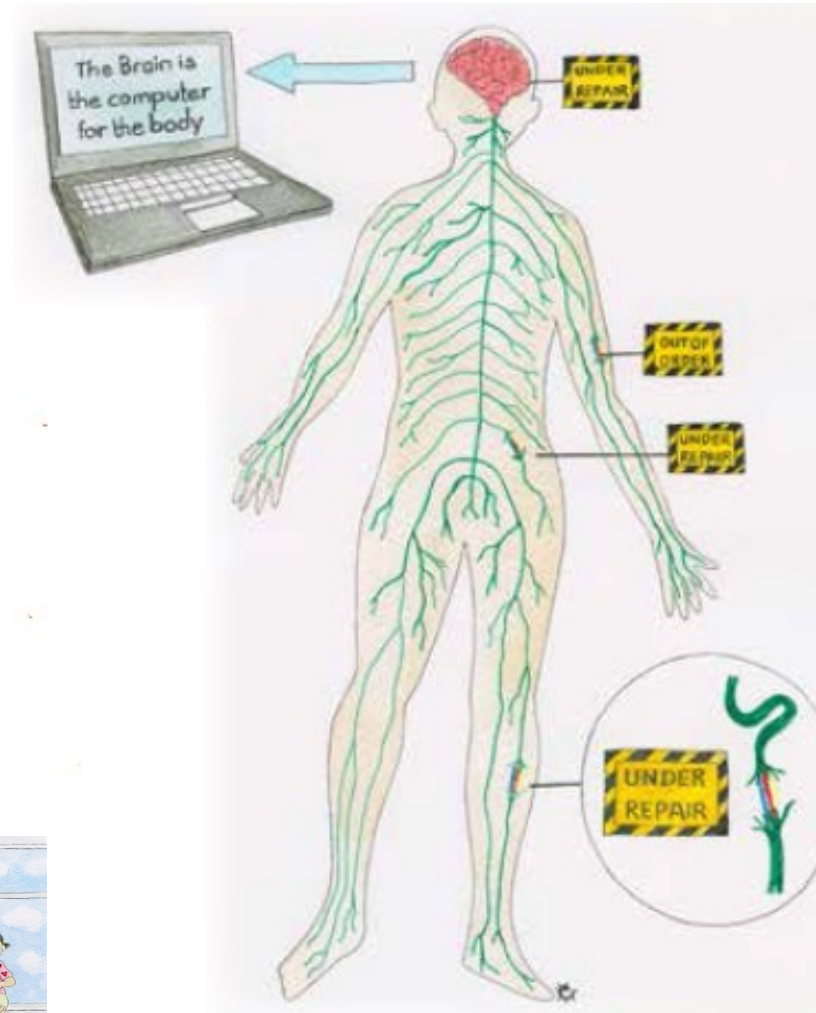
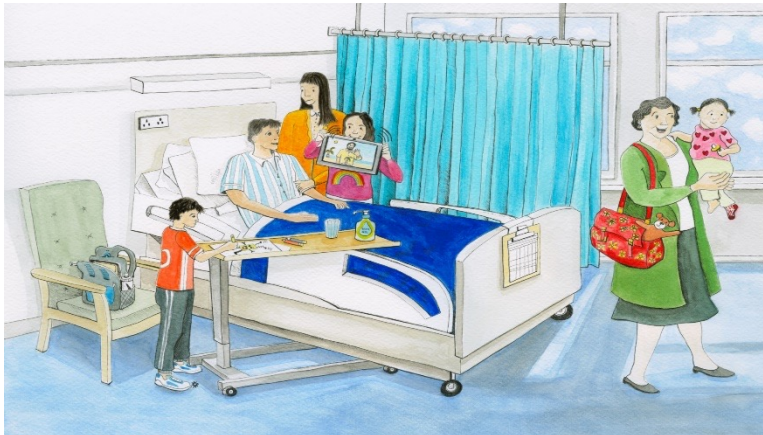
The person who is sick gets  
a lot of support but there is  
no support for the child



**Tallaght  
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# What is in the guide?

- Tips to look after yourself
- Why it is important to talk to children?
- Preparing to talk to children
- Ideas about how to explain stroke
- Suggestions to support children
- Ideas for keeping in touch and preparing for visits





- Raises awareness
- Clear accessible information
- Targeted for hospital
- Easily translatable
- Hard copy or online

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# Thank you

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