



Life after stroke care provision in England – a collaborative approach

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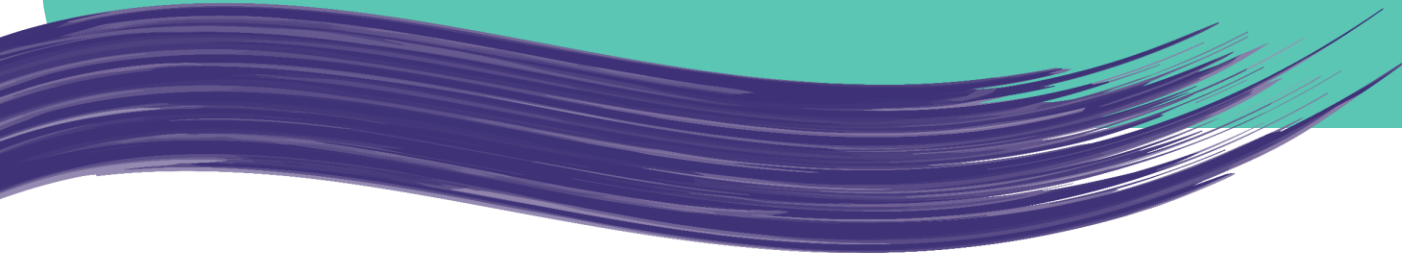
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There are no conflicts of interest to declare

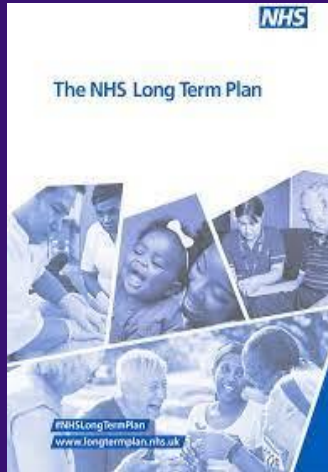


Planning for Life After Stroke Care

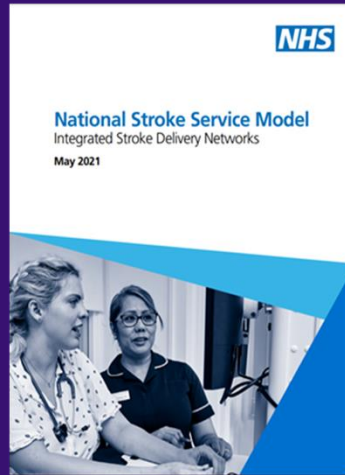


Policy context

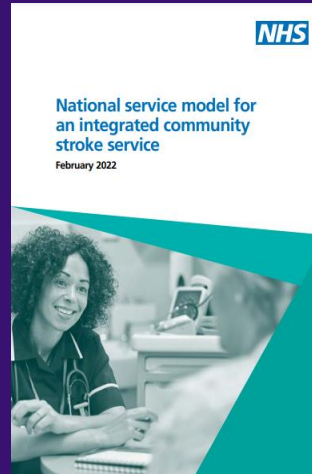
NHS Long Term Plan in 2019



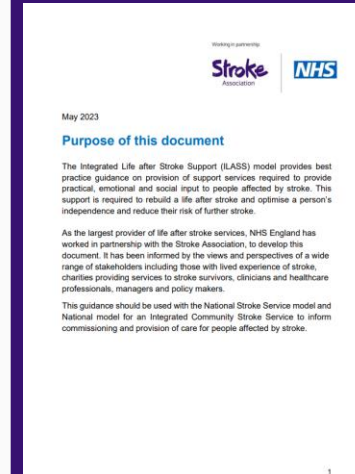
National Stroke Service Model (NSSM) in 2021



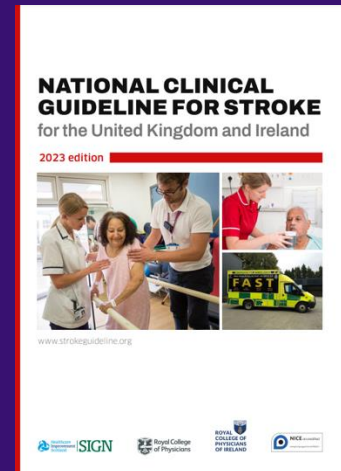
Integrated Community Stroke Service model (ICSS) in 2022



Integrated Life after Stroke Support guidance (ILASS) in 2023

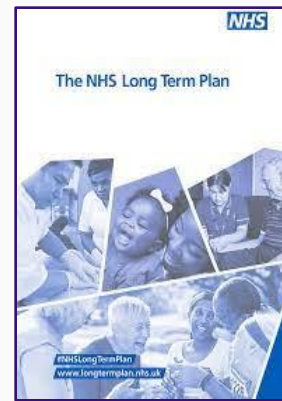


National Clinical Guideline for Stroke update 2023



Long term plan – 2019

- The NHS Long Term Plan, published in 2019 recognised Stroke as a clinical priority.
- It highlighted that we need **“more integrated and higher intensity rehabilitation for people recovering from stroke, delivered in partnership with voluntary organisations, to support improved outcomes to six months and beyond.”**



National Stroke Service Model 2021

- “They provide support for **long-term needs** through **timely** access to **information & community-based support**, & ensure **people are enabled** to manage their condition(s) as **independently** as possible & improve their health & wellbeing”.
- “Life after stroke provides the **ongoing personalised care** and support that people need to **rebuild their lives** and **minimise their risk** of future cardiovascular events.”



Integrated Community Stroke Service Model (ICSS) 2022

- “The ICSS should work with the voluntary sector to develop appropriate life after stroke and support services.
- Talks about effective **support, information** and **self-management**.
- Support for **wellbeing, stroke education** and **secondary prevention**, community **leisure & exercise** activities, **peer-led** support groups and social prescribing.



National Clinical Guideline for Stroke 2023

- Follow up review and longer-term support
 - physical, psychological & social needs to adjust to life after stroke
- Further rehabilitation
 - Interventions, referrals, key worker, self-management
- Social integration and participation
 - Social & leisure activities, referrals, psychosocial support



The importance of collaboration

- **Influencing** role as a Stroke Support Organisation.
- **LAS recognised** in national policy for some time – this took time to collectively get to this point.
- SA and NHSE has established good working **relationships** with mutual respect.
- Existing policy and **trust** gave a platform for us to work together to develop LAS guidance and establish what was needed beyond specialist rehabilitation.

Integrated Life After Stroke Guidance

Working in partnership

Stroke
Association

NHS

- Created in **collaboration**.
- Outlines the key components of integrated life after stroke support and can be used as a framework for people **commissioning** or **providing** LAS.
- Links with the Integrated Community Stroke Service Model with the **Key Worker** being a link.
- Focuses holistically, rather than on singular issues.
- Importance of provider neutrality.

Integrated Life After Stroke Service Guidance – Features



Stroke Key Worker



Integration and partnerships



Outcomes



Needs-based support



Accessibility

Guidance

It provides details of **the types of LAS support** that should be provided, including:

Personalised
care and support
planning

Post Stroke (6
month) review

Emotional
support

Secondary
prevention

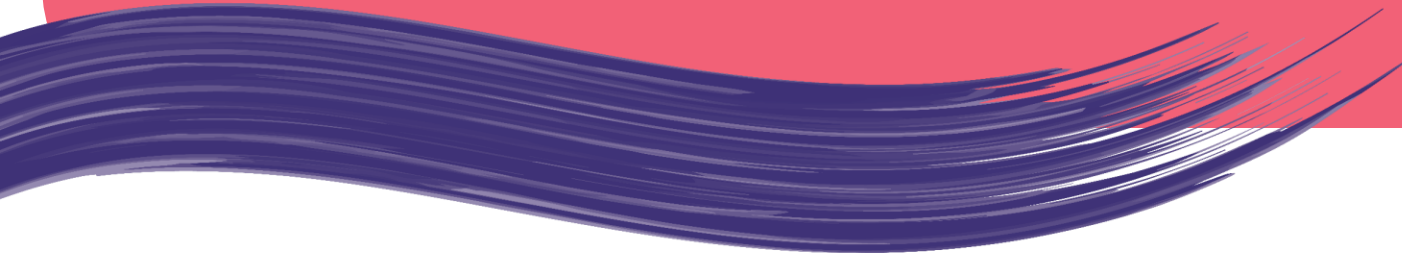
Communication
support

Vocational
rehabilitation

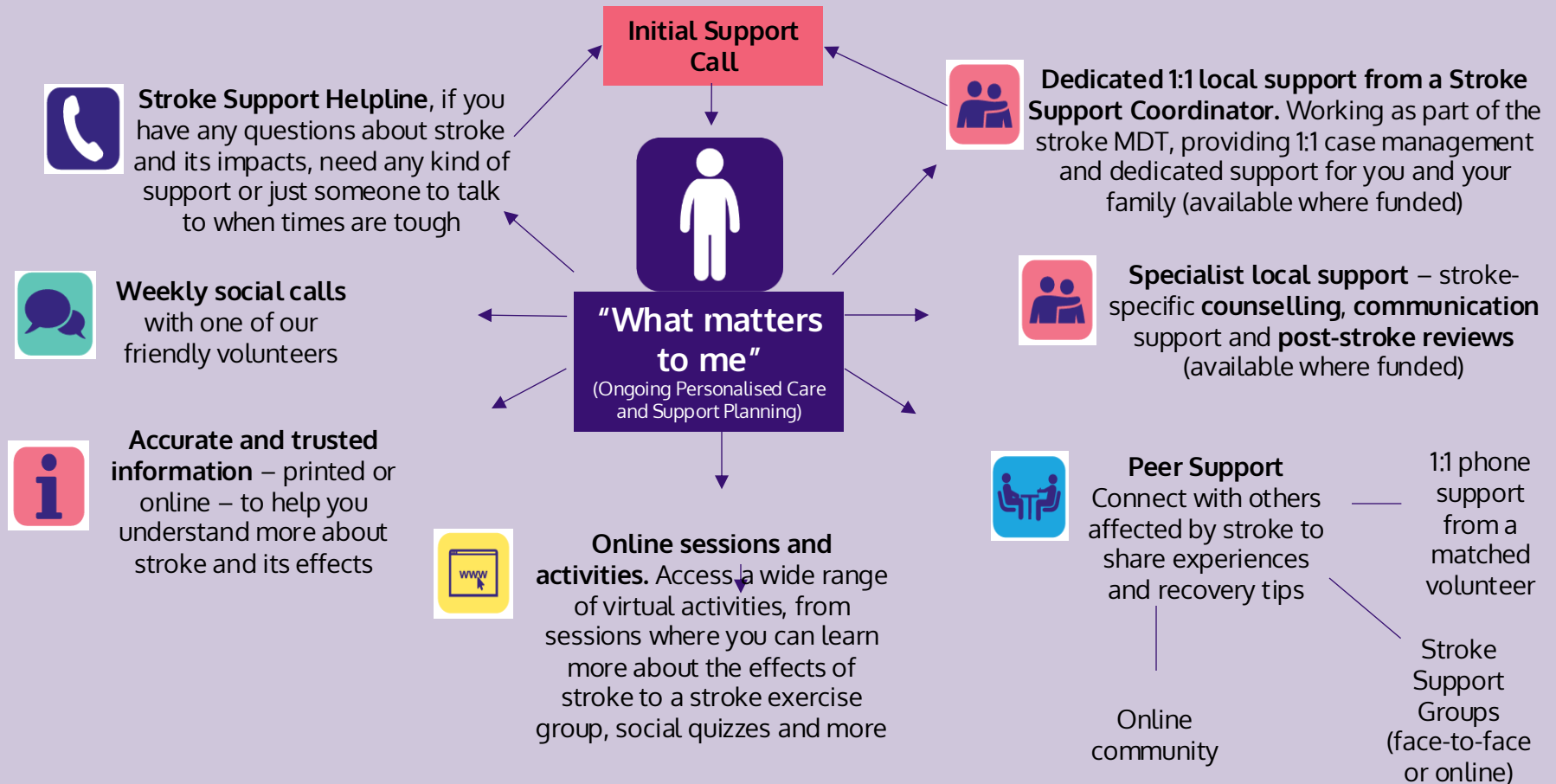
Peer support

Carer support

Service models

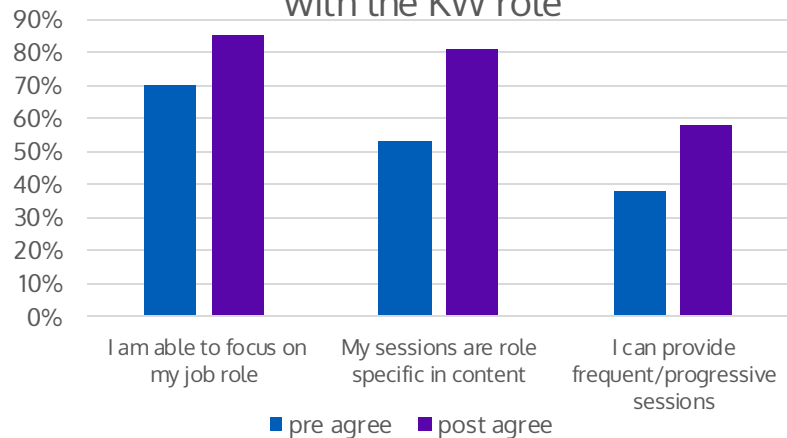


Stroke Association support model

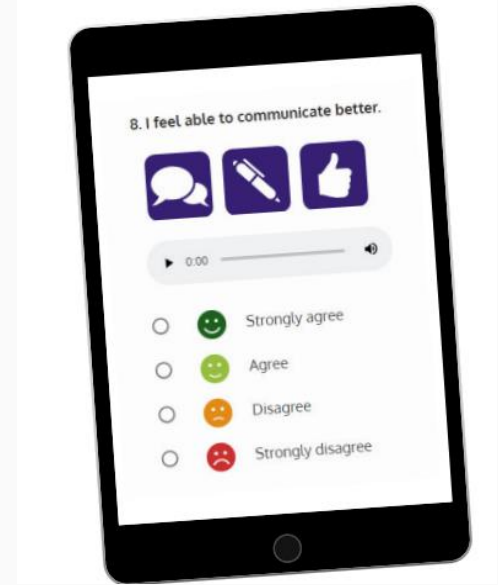


Stroke Quality Improvement for Rehabilitation in Stroke (SQuIRe)

Percentage of agreement from staff in relation to the quality of the care they can provide at baseline and with the KW role



Our approach to evaluation & improvement



Patient reported outcomes (Ask and Act)

I feel reassured **93%**

I understand more about supporting someone after stroke **92%** carers

I feel better able to cope with the impact of stroke **90%**

I feel more able to look after my health **90%**

I understand more about stroke and the changes it brings **95%**

I feel able to communicate better **93%**

I am more able to get other support **86%**

I feel more confident in myself **94%**

System outcomes

Reduced delayed discharge and improved care transitions

Reduced or delayed need for residential care or home care workers

Enabling people to stay well and reduced secondary stroke risk

Reduced pressure on NHS therapeutic services

Making best possible physical recovery

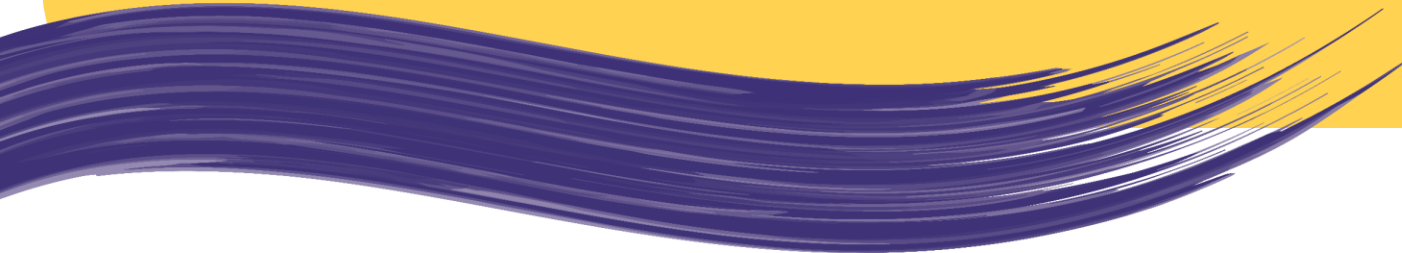
Return to work or meaningful activity

Having access to services needed

Improved confidence, self esteem and emotional wellbeing

Reduced social isolation and loneliness

What we've learned



Take Aways

- Life after stroke starts at day 1 and continues.....
- Life after stroke support should have parity of esteem with other parts of the stroke pathway
- Guidelines are just the start, we need to:
 - Collaborate - partner not provider relationship
 - Invest in workforce
 - Address inequalities