Chest Heart & Stroke Scotland

CONVERSATION SUPPORT BOOK

Think FAST & save a life CALL 999

Heart &

Stroke

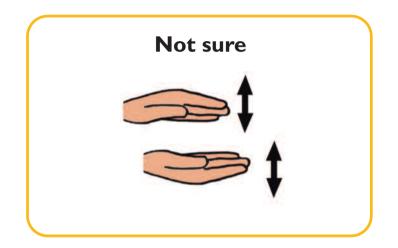
Scotland



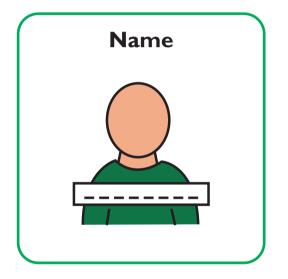




NOT SURE



PERSONAL DETAILS

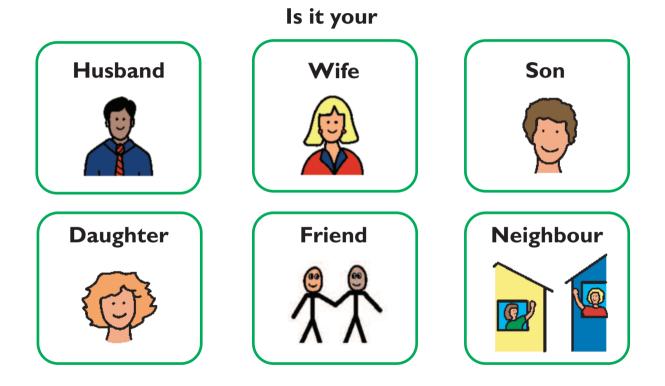




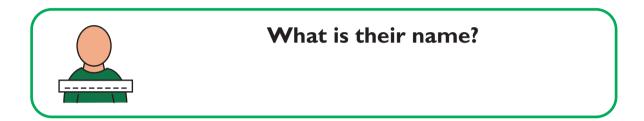




EMERGENCY CONTACT?

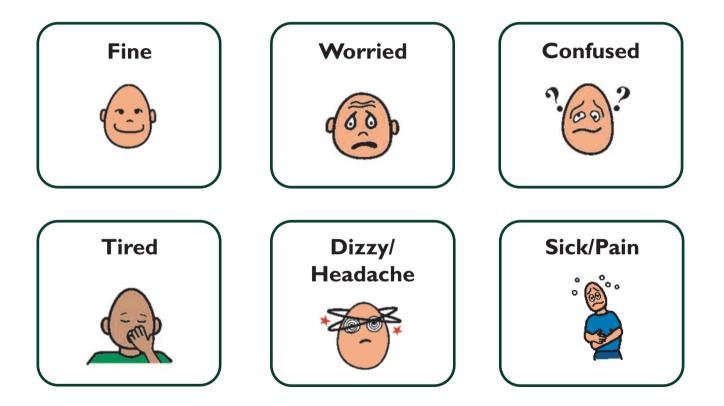


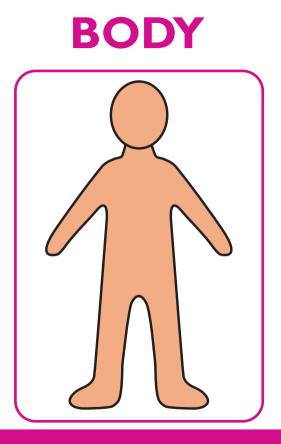




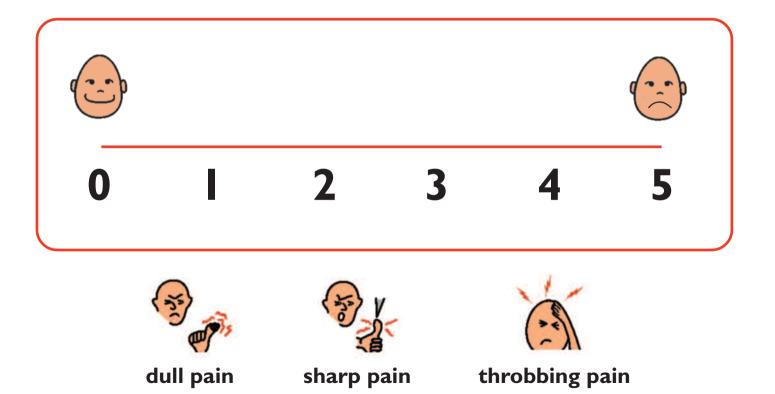


HOW DOYOU FEEL?

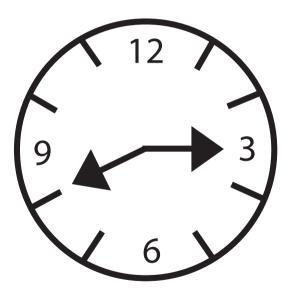








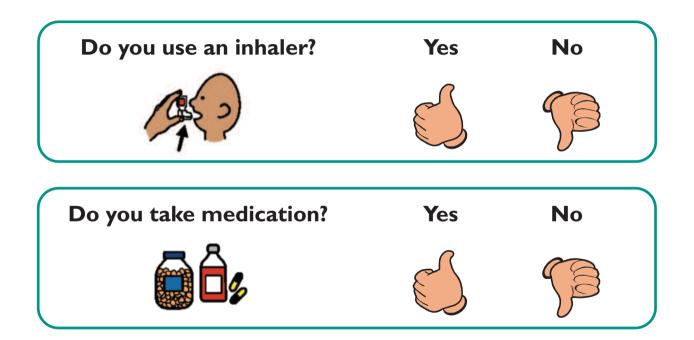
HOW LONG HAVE YOU FELT LIKE THIS?



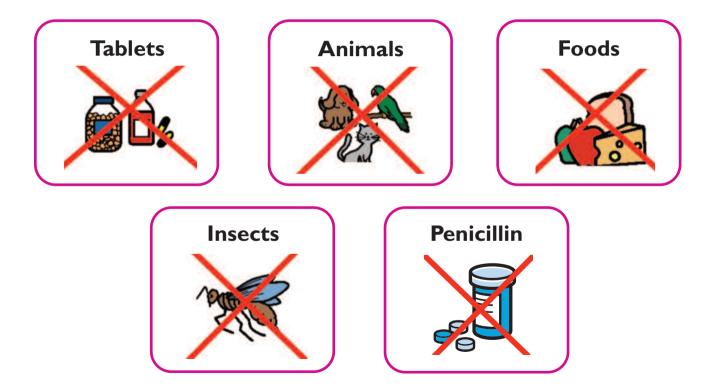


I 2 3 4 5 6 7 8 9 IO IO 20 30 40 50 60 70 80 90 IOO

MEDICINES?



ALLERGIES?

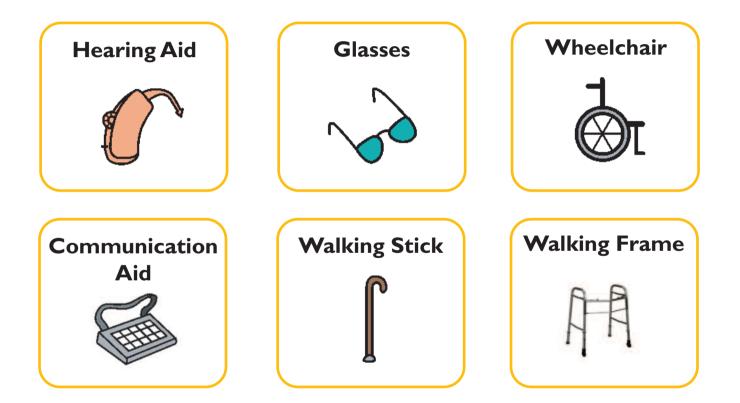


TOILET?





DOYOU USE?



NIL BY MOUTH





HOME SECURITY



LETTERS





Monday **Tuesday** Wednesday **Thursday Friday Saturday Sunday**

MONTHS

January **February** March April May June

August

July

September

October

November

December

From hospital to home, our **Rehabilitation Support Service** will help you on your road to recovery. Our trained **staff** and **volunteers** will work with you to make sure you get the **support you** need. This support will allow you to **return home** and resume an independent, active life.

Our Stroke Nurse and Therapist Service provides support for stroke patients and their families during their return home from hospital. Support continues for up to 1 year after discharge.

Our **Advice Line** is staffed by specialist **nurses**. The nurses provide confidential, independent **advice** on all aspects of **stroke**.

Head Office, Rosebery House, 9 Haymarket Terrace, Edinburgh EH12 5EZ Tel: 0131 225 6963

Advice Line Nurses:



Freephone: 0808 801 0899

adviceline@chss.org.uk

NO LIFE HALF LIVED

Chest Heart & Stroke Scotland

Registered with and regulated by the Office of the Scottish Charity Regulator (no SC018761), Chest Heart & Stroke Scotland is a wholly Scottish charity. It also operates as CHSS and is registered in Scotland as a company limited by guarantee, no SC129114.