



'Outstanding' Stroke Care at Home



Trinity
Homecare
Supporting life's journeys

What is a stroke?

A stroke is a serious condition in which the blood supply to the brain cuts off due to a burst vessel or blood clot. All strokes are a medical emergency and the sooner the individual receives treatment, the less damage is likely to happen.

Prior to a stroke, a blood vessel is either blocked by a blood clot or the vessel ruptures. This causes blood to be cut off from areas of the brain.

Consequently, as the brain cannot get the blood it needs, the brain loses oxygen, causing brain cells to die.

What are the signs of a stroke?

Stroke's can take three primary forms; an ischaemic stroke – the most common form of stroke, a haemorrhagic stroke – caused by a ruptured blood vessel and a transient ischaemic attack (TIA) – also known as a mini-stroke.

All three, however, can be identified early by remembering the acronym FAST (Face-Arms-Speech-Time).

- **Face** – Has their face fallen on one side? Can they smile?
- **Arms** – Can they raise both arms and keep them there?
- **Speech** – Is their speech slurred?
- **Time** – Time to call 999 for emergency help if you see any single one of these signs

Additional warning signs that someone may be suffering a stroke or about to include:

- **Numbness** - this may be felt in the face, arm, leg or possibly around the mouth. Most commonly the weakness occurs on one side of the body
- **Speech problems** - speech may be slurred, and the affected individual may be unable to speak at all
- **Confusion** - you may become confused and have trouble understanding what people are saying to you
- **Vision problems** - double vision may be experienced or difficult to see out of one eye or both eyes
- **Dizziness** - feeling dizzy and difficulty with coordination and balance may be experienced
- **Head pain** - a severe headache may suddenly come and possibly vomiting.

If you suspect anyone of having a stroke you should call the emergency services on **999** as soon as possible.

Talk to us today

At Trinity Homecare, our ultimate goal is to enrich your lifestyle in the comfort and familiarity of your own home. This allows you to live the independent lifestyle that you love without the daunting thought of moving into a care home. We are here to support you with various different forms of live-in care.

Call us now on **0207 183 4884** in confidence for a free no obligation quotation.

How long does it take to recover from a stroke?

All stroke cases are unique as it depends on which part of the brain was damaged and to what extent. Early rehabilitation and treatment can improve the recovery rate, however, in severe cases, a stroke can cause permanent damage, a loss of function or even death.

Although some people can recover quickly, many individuals who suffer from a stroke require a long period of time to fully rest and recover. The process of rehabilitation depends on the symptoms and their severity, so each individual case is different. Certain individuals may require stroke assistance to regain full independence.

Sleep supports neuroplasticity (the brain's ability to create new connections between nerves in healthy parts of the brain). This allows stroke survivors to make progress with movements and functions.

The following can also support in their recovery:

- **Aspirin** – a painkiller and antiplatelet that reduces the chance of more clots forming
- **Thrombolysis** – injections of a clot-busting medicine called Alteplase dissolves blood clots and increases blood flow to the brain
- **Thrombectomy** – an emergency procedure that restores blood flow to the brain. Most effective straight after a stroke has taken place
- **Blood pressure medicines** – medicines can be taken in order to reduce blood pressure, further reducing the risk of another stroke
- **Anticoagulants** – prevent the risk of blood clots by changing the chemical composition of the blood
- **Statins** – reduces the level of cholesterol in the blood
- **Carotid endarterectomy** – a form of surgery that unblocks the carotid artery before removing the fatty plaque deposits

What is the best care following a stroke?

Following a stroke, if the patient wishes to remain in their home around safe, comfortable and familiar surroundings – home care is the best option. Home care offers flexible and personal stroke care without the daunting thought of moving into a care home.

How does live-in care help?

- Full-time care in the comfort of your home
- ‘Outstanding’ rated care, so you know you’re in safe hands
- One-to-one support with your daily routine
- Support with personal care such as washing, dressing and any continence care (if required)
- Someone to prepare your favourite nutritious meals
- Confidence that medication is taken at the right times of day
- Someone to accompany you to medical appointments or social outings
- Companionship, friendship and reassurance
- Someone to enjoy your hobbies, activities and crafts with
- Someone to take care of the housekeeping and ensure your home is clean and comfortable
- Safety – live-in care results in fewer falls and less dangerous injuries and hospital admissions than a care home
- Better value for money than a care home
- Our private carers help you stay at home with your partner and loved ones
- Support, peace of mind and advice for you and your loved ones
- A new lease of life

Support from Trinity Homecare

At Trinity Homecare, we have been providing our high-quality live-in care service trusted by families across England for over 25 years.

Our multi award-winning care is focused on enabling independence and enriching lives, so that people can stay safely and happily in the comfort of their own home and avoid a disruptive move into a care home.

Families benefit from reassurance and peace of mind that their loved one is receiving the very best care provided by a dedicated team of carers.

Here are a few reasons as to why our clients choose Trinity Homecare:

Live-in care rated 'Outstanding'



Our established service is regulated by the Care Quality Commission (CQC) in England and has achieved the highest 'Outstanding' rating for the quality of care we provide. Only 4% of home care companies in England have achieved this rating.

This means that you can be assured that you are receiving the very highest standards of care at home.

A responsive and flexible service



We appreciate that circumstances may mean you need to put care in place quickly. Our expert care team can set up live-in care in as little as 24 hours, sometimes sooner.

We will work with you and your family to ensure you have the right care team in place exactly when you need it.

A trusted homecare service



We know how important trust is when choosing a live in care provider.

Many of our families, who trust us to provide high quality care to their loved ones, have happily shared their experiences of our service on the rate and review websites like homecare.co.uk, giving us a 5 star rating.

Continuity of care



We have a dedicated team of carers some of whom have been working for Trinity for many years. This means they are committed to us, as we are to them which means they stay with us longer.

For families this means that you get continuity and consistency of carers supporting your loved one, minimising disruption to daily life.

Visibility of the care you receive



Our digital platform TrinityConnect enables us to proactively monitor and manage the care we provide. Families can see the care plan, care notes and all records relating to the care provided. These are regularly reviewed and updated by carers and care managers via an app, enabling effective monitoring and control. These insights provide families with a much needed and reassuring window into the care their loved one receives.

Local care teams close to you



Whilst we operate throughout England, our live-in care service is delivered locally to you. Our care management team support carers and families on a regional basis, ensuring the highest levels of monitoring and support, whilst ensuring a personalised approach to care delivery.

A fully managed service



With our fully managed service, you can enjoy peace of mind and a hassle-free care experience. Our dedicated team of carers is supported by experienced Care Managers around the clock, ensuring that you receive the highest quality of care. This means you won't have to worry about managing the carer and arrangements yourself.

Our fully managed service takes this burden away, allowing you to spend quality time with your loved one.



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