



**Irish Heart  
Foundation**

## **Phone Check-In Service for Stroke Survivors**

Returning home after stroke is difficult at any time, but never more so than during the COVID-19 pandemic. So, stroke patients being discharged from hospital now are likely to need extra support.

To deliver this, the Irish Heart Foundation is working with the HSE to establish a dedicated phone service providing regular calls to stroke survivors after they leave hospital.

We are the only organisation providing practical and emotional support to stroke and cardiac patients in communities across Ireland. Thousands of people use these services.

The purpose of the phone check-in service is to assist you to live as well as possible at home with the effects of your stroke and to provide you with practical support.





We want every stroke survivor to know we are here for you. We will provide any information or advice you require, answer your questions about recovery from stroke, and help ensure you have everything you need to keep yourself safe.

Our phone support team is made up of nurses and professionals who deliver specialist support to stroke survivors every day. It also includes stroke survivors and carers who have first-hand experience of the impact of stroke.

All our dedicated callers know what you're going through and they can help. They are also accustomed to talking with people who have communication difficulties. They will not rush you and will give you plenty of time to talk.

**Your stroke nurse will ask you if you would like to use this service. We will only contact you if you give your consent.**

In addition to this service, our support line is manned by nurses who can answer your questions as they arise, by phone at 01-668 5001, or email at [support@irishheart.ie](mailto:support@irishheart.ie)

Our Facebook page <https://www.facebook.com/groups/IHFLifeAfterStroke/> hosts a peer support network that will enable you to meet and talk to fellow stroke survivors.

These services have been shaped by stroke survivors telling us what help they need. Many have described them as their lifeline. Any time you need help to cope, we are just a phone call, or a mouse click away.

