

Jennifer's story

Jennifer had her stroke four years ago. At the time she was looking after her terminally ill husband and was working in a pub. She was discharged from hospital the same day and as a trained nurse, knew she wasn't ready to leave.

Jennifer couldn't dress or wash herself and was left in a situation drying off her husband whilst he was drying her off.

She received the services of a nurse counsellor which was good but not enough. Since her husband died she does not have the same confidence and finds mixing with people challenging because of her communication difficulties.

Jennifer says:

"I can no longer work which upsets me. Due to not working, my finances are grim; I still have my mortgage to pay which I struggle with.

I enjoy reading but find this difficult because of poor concentration.

Sometimes I can't understand written work or what people are saying and sometimes I forget things or become muddled."

Over the last three years, Jennifer has become greatly involved in the work of The Stroke Association in Scotland. She attends and speaks at events; she is a member of the Reference Group for People Affected by stroke and has been involved in a user involvement project funded by the Scottish Government.

Jennifer says:

"It is a lifeline to have the opportunity to go outside and meet with people. Mixing with people who understand my difficulties has greatly helped increase my confidence and I feel like I am giving something back to stroke."

She continues: “I know there are people worse off than I am and strongly believe all stroke survivors and carers should be getting the support they need when they need it.”