



Section 14: Additional support

In this section:

This section gives **information** about other resources.

For example:

- **Connect** with other stroke survivors online.
- Ask for IT **help**.
- Continue **learning** about technology.
- Find out about more **aphasia software** and **apps**.



Stroke Association

The Stroke Association is a **charity** that helps people rebuild their lives after **stroke**.

Our **Stroke Helpline** can help with **practical** and **emotional support**.

The helpline can give **information about stroke**.

They can tell you about what **support** is in **your area**.

They can give you information about **stroke groups**.

You can **phone** 0303 3033 100.

The Helpline is open Monday to Saturday.

You can **email** the helpline helpline@stroke.org.uk

Contact details:

Helpline: **0303 3033 100**

Email: **helpline@stroke.org.uk**

My Stroke Guide is an **online** website. <https://mystrokeguide.com/>

It is for stroke survivors, family members, carers and professionals.

My Stroke Guide can **connect you** with others through our online community.

It is **free** to use.

My Stroke Guide can **help** you with:

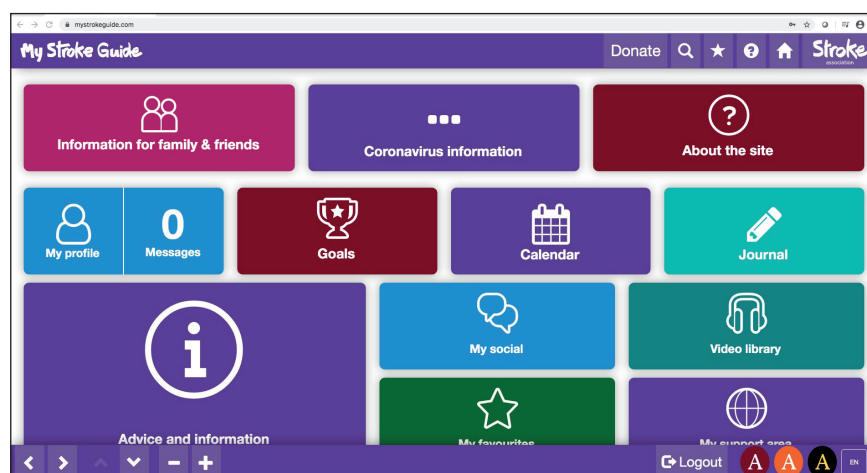
- Advice
- Information
- Videos
- Support

For **help** using My Stroke Guide visit <https://mystrokeguide.com/help>

There is a free **picture guide**.

Contact details:

Visit: mystrokeguide.com





AbilityNet

AbilityNet is a **charity** which helps disabled people to use **technology**.

They have a **free helpline** for **advice** and **information** on technology.

The **helpline** number is 0800 048 7642.

AbilityNet have a **website** www.abilitynet.org.uk

The website has **free online resources**.

They have an **online guide** called My Computer My Way.

This guide gives **advice** about how you adjust your technology to make it easier to use.

This advice is **helpful for people** who might have **visual, hearing, motor or cognitive difficulties**.

AbilityNet have trusted technology **volunteers** across the UK.

Volunteers **visit people** in their **own homes** to **offer support with technology**.

This support includes help with **computers, tablets** or **smartphones**.

To find out more phone or email.

Contact details:

Free phone advice and information line: **0800 048 7642**

Email: enquiries@abilitynet.org.uk

Visit: www.abilitynet.org.uk

To request help: <https://abilitynet.org.uk/at-home/request-free-it-support-home>



Learn My Way

Learn My Way is a website owned by the **charity** Good Things Foundation.

They offer **free online courses**.

The courses help to **develop digital skills**.

These courses **teach people** about:

- Using a computer
- Browsing the internet
- Sending an email
- Finding work online

To **watch** the **videos** you will need to **create an account**.

Section 7 shows you how to **create an account**.

Contact details:

Visit: <https://www.learnmyway.com/>



Aphasia Software Finder

Aphasia Software Finder is **free to use**.

It is **funded by The Tavistock Trust for Aphasia**.

The website has **information about apps and software programs** for people with aphasia.

The **website** is divided into different sections:



- **Aphasia Therapy Apps and Software.** All aphasia therapy apps and software in the **English language** are brought together onto one website. Each has been **analysed** by a highly trained **SLT specialist** and an **aphasia friendly summary** can be found, as well as a **detailed analysis for aphasia professionals**.
- **General** apps and software. These are **not designed for people with aphasia but may be useful**. It includes a **short description** of the apps and what **platforms they work on**.
- **Links** to useful **websites, resources** or organisations that can **help with using computers**.
- List of **published research** about computer therapy.

The website is for **people with aphasia** and **aphasia professionals**.

It is **not connected with any App or software provider**.

Contact details:

Visit: <https://www.aphasiasoftwarefinder.org/>

Phone: **01525 290 002**

A **stroke** happens **every five minutes** in the UK.

Stroke **changes lives**.

Recovery is tough.

But with the **right specialist support** the brain can **adapt**.

Our **specialist support, research and campaigning** are only possible with the support of the **stroke community**.

With more **donations** and **support** we can **rebuild** even more **lives**.

Contact us

We're here for you. Contact us for expert information and support by phone, email and online.

Stroke Helpline: **0303 3033 100**

From a textphone: **18001 0303 3033 100**

Email: **helpline@stroke.org.uk**

Website: **stroke.org.uk**

Rebuilding lives after stroke

Stroke
Association