



Caregiver Support

Chest
Heart &
Stroke

At NICHs we recognise that caring for a loved one can be a rewarding yet challenging responsibility. Life changes significantly for you, as well as for your family member. Not only are you adapting to life in the role as carer and the changes in the person you care for, you also have your own mental and physical health to consider.

Caregivers play a vital role in providing support and assistance to those who are unable to care for themselves due to illness or disability. Our caregivers services offer a range of support which is tailored to meet the unique needs of individuals providing care to someone with a chest, heart or stroke condition.

Services include;

- Family Support
- Attending the education sessions of PREP
- Taking Control
- Heart Strong Education Programme
- Breathing Better Education Programme
- Wellness Sessions
- Access to online videos

Our online videos provide information, advice and commonly asked questions from the following healthcare professionals;

- Stroke Nurse Specialist
- Cardiac Specialist Nurse
- Respiratory Specialist Nurse
- Speech & Language Therapist
- Physiotherapist
- Pharmacist

The videos also feature

- Caregivers sharing their own experience and tips
- 5 steps to wellbeing
- Restorative yoga
- Signposting videos for each condition

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To find out more information about our services, visit www.nichs.org.uk/support

If you would like a referral speak to your healthcare professional, or make a self referral. You can do this by visiting www.nichs.org.uk/referral or contact 028 90 320184.

Follow us:



Northern Ireland Chest Heart & Stroke

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