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Relationships and intimacy after stroke

Relationships and intimacy can be affected after stroke. It takes time to adjust and adapt to changes.

As you are supported to relearn other functions like mobility and self-care, you may also find you need support to relearn how to enjoy physical relationships again.

Your stroke is likely to be just as life-changing for your partner as it is for you, which can put your relationship under a lot of strain. Your roles may change quite significantly, especially if your partner is caring for you, and it can take a while to adapt to these changes.

It can be difficult for both of you to talk about how you feel, because you think you should 'stay strong' for the other. But if you don't, tension and resentment can build up between you.

Coping with the impact of stroke is not easy, but the best thing to do is to talk to each other about it. If you have communication problems, your speech and language therapist will be able to help you and your partner find ways to communicate your feelings to each other.

The first step in dealing with any problem is to talk about it. Although sex can be a difficult subject to bring up, it will help to be open about it. All the health professionals you work with should understand these issues and be able to discuss sex and relationships with you if you want to.



CONTACTS FOR ADVICE ON RELATIONSHIPS AND INTIMACY AFTER STROKE

Relate – www.relate.org.uk information and advice on website
Telephone 03001001234

Your GP can refer you to appropriate services

The Stroke Association- www.stroke.org.uk has fact sheets and advice
Telephone 0303 3033 100

College of Sexual and Relationship Therapists www.cosrt.org.uk
Excellent fact sheets and advice on website

Outsiders www.outsiders.org.uk offers support and expertise on disability, relationships and sexuality. Also offer online dating opportunities for people with a disability.

The Sex and Disability Helpline 07770 884 985 Email - sexdis@outsiders.org.uk
Open 11am – 5pm weekdays and run by sex therapists who specialise in disability.

Contact us [if not included elsewhere]

This factsheet has been produced by the service.

Your team is based at

Telephone:

Confidentiality

'The Trust's vision is to keep your information safe in our hands.'

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email Information.Governance@cumbria.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: PET@cumbria.nhs.uk Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call: **01228 603890**
E: communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications
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