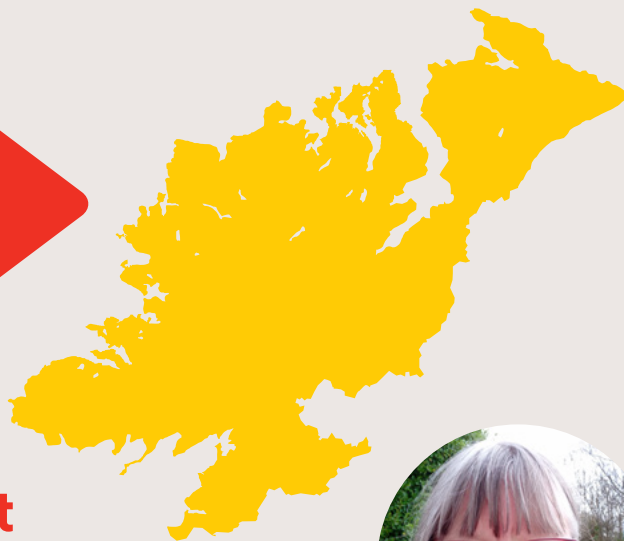


There are **19,000** heart patients and stroke survivors in County Donegal.



## Help us protect services that can give them a better life.



Every **seven minutes** in Ireland a heart or stroke patient is discharged from hospital and returns home to what is often a bleak and uncertain future.

In County Donegal alone **an estimated 19,000 people** are affected by a cardiovascular condition.

Among stroke survivors there is a widespread sense of **abandonment** caused by a lack of community rehabilitation and support services.

The quality of life of many heart failure patients is being seriously undermined by a **revolving door syndrome** of repeated readmission to hospital.

And heart attack or cardiac arrest survivors, people with conditions such as cardiomyopathy, and families affected by sudden cardiac death routinely face the future without access to professional support.

In response, the Irish Heart Foundation has developed **a pathway of practical, social and emotional support services** that begins almost literally at the hospital gates and continues for as long as we're needed.

Around a third of all stroke survivors returning home from hospital are being referred to these services, which also support thousands of heart patients annually.

“

**Nobody understands the highs and lows of the stroke recovery journey quite like the fellow stroke survivors in our Irish Heart Foundation group.**

S Beresford, Stroke Survivor, County Donegal

### Patients describe our services as their lifeline.

They reduce the need for admission to hospitals and nursing homes. A heart disease diagnosis or stroke often leads to post traumatic stress disorder. But the counselling we provide is the only

psychological support available to many patients.

Our services are endorsed by the HSE. **But only a fraction of our work is State-funded. Unless this changes, we cannot guarantee continued delivery of our services.**

SCAN ME



**We need politicians to help us protect our heart and stroke support services by signing the POLITICAL PLEDGE at [irishheart.ie/advocacy](http://irishheart.ie/advocacy) or by scanning the QR code.**

# In Ireland...



Around  
**600,000**

people are affected by heart disease and stroke



Every  
**7** minutes  
a heart or stroke patient is discharged from hospital



Every  
**50** minutes  
someone is diagnosed with heart failure



Every  
**90** minutes  
someone has a stroke



Every  
**90** minutes  
someone has a heart attack

# In County Donegal...



There are  
**19,000**  
people affected by heart disease and stroke.



## Our services in County Donegal include:

- Nurse-led need assessments
- Support calls from trained professionals
- Emotional & psychological supports
- Cognitive therapy
- Communication support
- Peer to peer programmes
- Social re-integration
- Nurse support helpline
- Family & carer supports
- Information, support and resources

We need politicians to help us protect our heart and stroke support services by signing the **POLITICAL PLEDGE** at [irishheart.ie/advocacy](http://irishheart.ie/advocacy) or by scanning the QR code.

SCAN ME



For further information please contact:

 [advocacy@irishheart.ie](mailto:advocacy@irishheart.ie)  
 01 668 5001



**Irish Heart  
Foundation**

The National Stroke & Heart Charity