

The **No Life Half Lived Rehabilitation Support Service** provides advice, information and practical help and support to people and their families in Scotland who are affected by chest, heart and stroke conditions.

Dealing with the reality of a long-term health condition can be difficult. As well as affecting your physical health, it can also affect your mental health, your home and work life, family life and finances. Every day activities such as picking up a knife and fork, leaving the house and returning to work can all feel like a massive challenge.

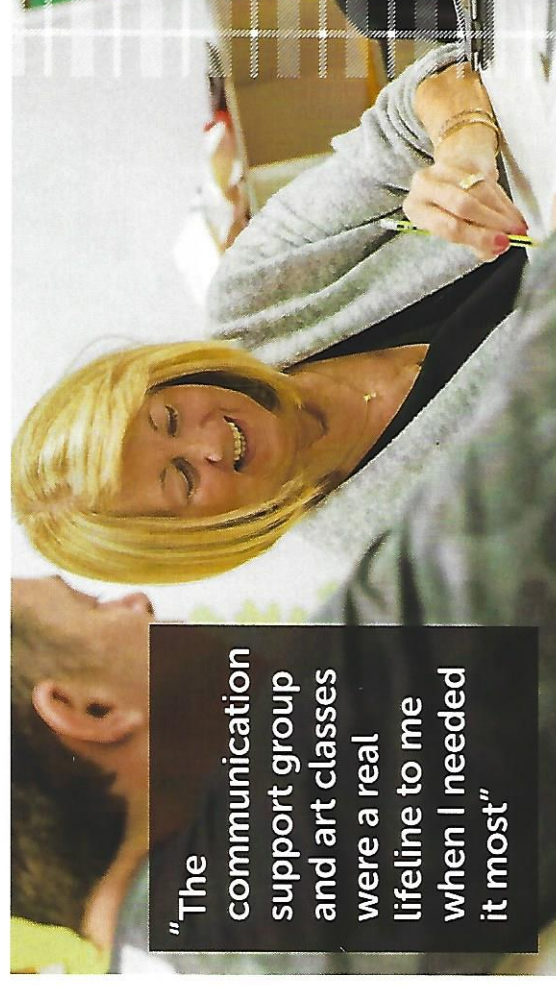


"I didn't feel so alone. It was really helpful to know there were other people in the same boat as me"

From hospital to home, our **Rehabilitation Support Service** will help you on the road to recovery. Our **fully trained staff and volunteers** will spend time with you, making sure you get the specific support you need. Our aim is provide a bridge for people so that they can **return home and resume independent, active lives** in the communities they live in. We do this through **one-to-one and group support** in the community.

Our focus is on providing the specific help you and your family need. This might range from;

- Support either in hospital, at home or in the community
- A friendly chat with a Rehabilitation Support Co-ordinator in a relaxed setting to find out **what matters to you**
- Help to **communicate again** with the support of a **trained communication partner** using your individual support strategies and technologies
- Help to build your **confidence** and overcome anxiety
- Support to **regain skills** or learn new ones
- Help to return to or find and try **new activities or hobbies**
- Join **groups** to make new friendships, find support, and **share experiences and information**
- Support to get **out and about** again or **return to work**
- Support to improve your **physical and mental health**



"The communication support group and art classes were a real lifeline to me when I needed it most"

We are there to listen to you and to make sure you get the support you need to live life to the full.