



Stroke

Role play cards: **Stroke**

What's happening?

A brother and sister are out with their grandma. They have walked down to the shops to get some supplies and are now having a snack at a cafe and catching up.

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Ideas for staging

- Use chairs and tables to create a café scene.

Roles

- Below are a range of roles - in small groups, each choose a character to play. Ensure each person in the group has a chance to play the role of each character. Or, read through the scenario as a story.
- Spend time getting in and out of role.

Debrief

- Afterwards, spend some time discussing the story. You could think about:
 - What happened to the person who is having a stroke? What signs of a stroke did they show?
 - How did the helper help them?
 - What did the bystander do? What could they do in future to become a helper?

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The person having a stroke - Grandparent

This person is out for the afternoon with their grandchildren and have stopped for a snack at a café.

They have a sudden, severe headache. They start to lose control of the left side of their body and the left side of their mouth begins to droop.

Their vision goes all blurry. They are really confused but they can't seem to express themselves. They cannot speak well and they can only lift their right arm.

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Helper - young person

This person is spending the afternoon with their grandparent and sibling. They've stopped for a sit down in a café, when they notice their grandparent looking unwell.

Their grandparent has slumped to their left and their face is sagging. They seem confused and unable to clearly answer their questions. They remember FAST. They check the face, and see it is drooping. They ask them to raise their arms but they can only raise the right arm. They ask them to tell them their name and where they are, but they can't speak well. They get their phone and call 999.

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Bystander - young person

This person is spending the afternoon with their grandma and sibling. They've stopped for a sit down in a café. Their sibling notices that their grandparent looks unwell.

