

THE JOURNEY TO RECOVERY *after* STROKE

This map can support a conversation about your stroke recovery journey. The journey to recovery is different for everyone. If you have any questions about your recovery, please speak with your health care team. Recovery after stroke is possible.



Inpatient Services



Community-Based Rehabilitation

In-Home | Outpatient | Clinic



Community Services



Medical and Risk Factor Follow-up



Call 911



Stroke Centre



Other Centres



Community Hospital



Supported Living



Rehab Services



Home Care Services



Workplace



Activities and Exercise



Recovery Begins

Return To Community

Recovery Continues

THE JOURNEY TO RECOVERY *after* STROKE

Everyone's journey after stroke is different. As you recover, you may require support from some of the healthcare and community services listed below. Your recovery needs may change over time. Speak with your health care team if you have questions about your recovery and the next steps in your journey.



Recovery Begins

Your Healthcare Team may include:

- Doctor
- Nurse
- Occupational Therapist
- Physiotherapist
- Speech-Language Pathologist
- Social Worker
- Dietitian
- Recreation Therapist
- Rehabilitation Assistant



Stroke Centre services may include:

- Emergency care
 - clot busting drug (tPA)
 - EVT (endovascular therapy or clot removal therapy)
- Inpatient acute care
- Inpatient stroke rehabilitation



Community Hospital services may include:

- Emergency care
 - transfer of care to stroke centre
- Inpatient acute care
- Inpatient rehabilitation



Other Centres' services may include:

- Surgical Consult / Surgery
- Stroke Rehabilitation
- Complex Continuing Care
- Convalescent Care

Return To Community



Transportation services may include:

- Family / Friends
- Accessible Transportation
- City Bus
- Taxi
- Volunteer Drivers



Community-Based Rehabilitation:

- In-Home Rehabilitation _____
- Outpatient Rehabilitation _____
- Clinic Rehabilitation _____
- _____



Home Care Services

Home Care services may include:

- Nursing
- Social Worker
- Dietitian
- Rehabilitation Therapy
 - Occupational Therapy
 - Physiotherapy
 - Speech-Language Pathology
- Personal Care
- Meal Delivery
- Homemaking
- Equipment Vendors
- Respite
- Caregiver Support
- Case Management



Medical and Risk Factor Follow-up may include:

- Family Doctor
- Nurse Practitioner
- Stroke Prevention Clinic
- Specialist Doctor _____
- Diabetes Education
- Blood Pressure Clinic
- Tobacco Cessation

Recovery Continues



Community Services may include:

- Peer Support Groups
- Caregiver Support Groups
- Self-Management Programs
- Communication Programs
- Exercise Programs
- Adult Day Programs
- Acquired Brain Injury Services
- Group Dining Programs
- Return to Work Services
- Return to Driving Programs
- Behaviour Management Supports
- Cultural Centres and Supports
- Employment Services
- Financial Assistance Programs
- Spiritual Support
- Mental Health Support / Counselling Services
- Home Maintenance Services



Activities and Exercise may include:

- Exercise Programs
- Volunteering
- Hobbies
- Recreation Programs
- Social Groups

Contact Information:
