

This is a brief presentation about stroke recovery.

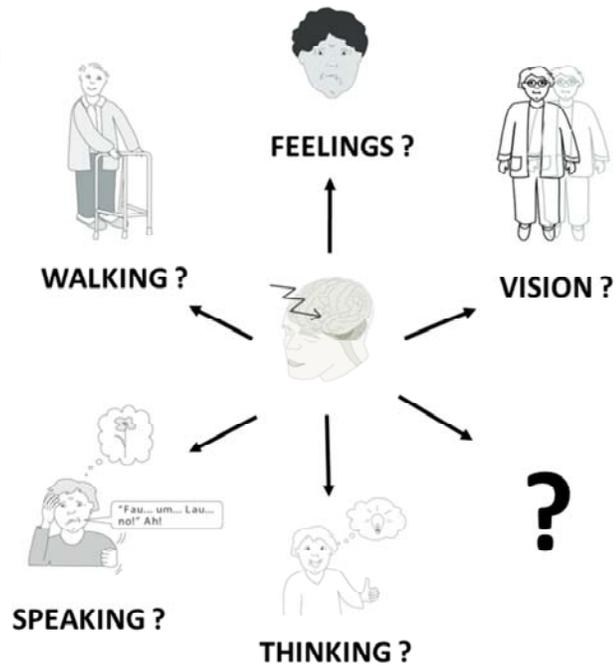
You probably have many questions about your stroke. You likely are feeling lots of different emotions – you might be scared or nervous about what’s happened to you. You might be wondering what happens next. This is normal. Stroke is a major life event for you and those close to you.

One of the most important things you can do is educate yourself about stroke . During your hospital stay, ask lots of questions and gather information to make sure you understand what has happened, what to expect and your role in recovery.

Recovery after a stroke

A stroke can **affect** you in **different ways**.

Every stroke is **different**.



This slide shows just some of the ways a stroke can affect a person.

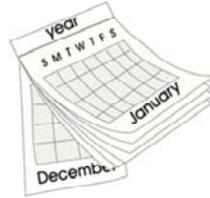
A stroke can affect you in many different ways.

Some people have difficulty with their thinking, maybe speaking and understanding has been affected. Walking might be difficult or maybe the ability to control emotions has changed or maybe its vision that is affected.

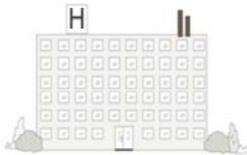
It is important to remember that every stroke is different – Your stroke is unique to you.

Recovery after a stroke

- Takes time



- Occurs in many **different places**



HOSPITAL



HOME



COMMUNITY

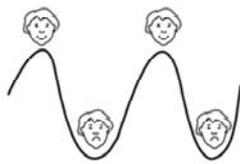
Recovery after stroke takes time. Progress can occur for many months and even years after stroke. There is no schedule for stroke recovery.

Stroke recovery occurs in many different places. Even after you leave the hospital your recovery continues. There are services and programs in the community which can provide support and help you continue your recovery. Therapists and other home care services may visit your house. You may attend programs at various places in the community. For example, you may go to a clinic for your therapy, join a stroke support group or attend an exercise class at a local recreation centre .

The team will work with you and your family to identify programs and services that you might require.

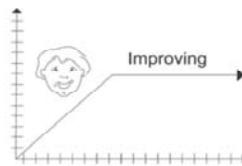
- Recovery is **different** for **each person**.

- Sometimes **recovery** can **feel like**:



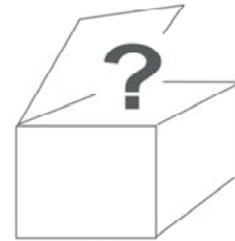
up and down

OR



slow and steady

OR



uncertainty

Recovery after stroke is different for each person. Your recovery will move at your own pace, based on your situation.

You may feel differently about your progress at different points in time in your recovery. Sometimes, your recovery might feel like it has its “up and down” or maybe it feels “slow and steady” or maybe it feels uncertain.

These feelings are normal.

- Do **not** get **discouraged**

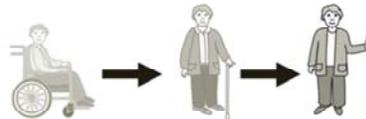


- Stay **positive**



HOPE

- **Recovery is possible!**



Sometimes you might feel like your recovery isn't happening fast enough or that it is slowing down.

It's important to stay positive and have hope. Keep working on your therapy. The brain has the ability to change and adapt so that you regain as much function and independence as possible. The more you practice your therapy and everyday tasks the easier they will become over time.

No matter where you are in your recovery journey - there is always hope. Being positive is the single most important step you can take in your recovery.

Remember, recovery after stroke is possible.

- Setting **goals** is important to **recovery**



- What **activities** are **important** to you?



Setting goals is an important part of your recovery after stroke.

As you get better, you can adjust goals and set new ones. Your goals will change over time.

You are more likely to be successful in reaching your goals if you aim for something that is important to you. What are some of the daily activities that you want to be able to do again? What are some of activities or hobbies that you enjoy?

Having goals for your recovery, can help you to regain control over your health and well-being. Start with small, realistic and achievable goals. Talk to your team about your goals, they will work with you to develop a treatment plan to help you achieve them.

Journey to Recovery After Stroke



Handout

Education resource about stroke recovery

The Journey to Recovery after Stroke handout is an education resource. It helps to paint a picture of the stroke recovery journey.

If you haven't already rec'd a copy, please ask any member of your health care team for one.

Helps you to:

- **Talk to the team about your recovery**



- **Understand your personal recovery journey**



Use this handout to help you talk to the team about your own recovery. It can help you identify questions you may have such as:

- what has happened
- what to expect
- What you can do to help your recovery.

Helps you to:

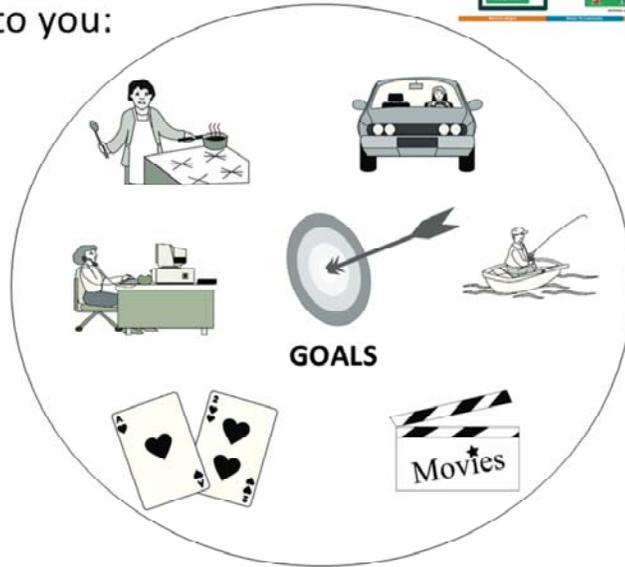
- Set goals that are important to you:

- **activities and hobbies**

- new
- old

- **life roles**

- work
- driving
- household chores



You can use the pictures on the Journey to Recovery handout help you to set your own recovery goals.

Your goals might be about leisure activities or hobbies that you enjoy or may be you would like to try something new.

Maybe you have goals about your daily activities or life roles such as work, driving or household chores.

Leisure activities, hobbies and life roles provide structure in your day, enjoyment and a sense of purpose. They have an important role in your overall recovery and your well-being.

Helps you to:

- **Identify** community **programs** or **services** needed



- **Examples:**



HOME CARE



TRANSPORTATION SERVICES



SUPPORT GROUPS

On the back of the handout is a list of community services and programs that can help you to continue your recovery once you return home. Not every service/program listed here is needed by each person and the availability of programs can vary by community.

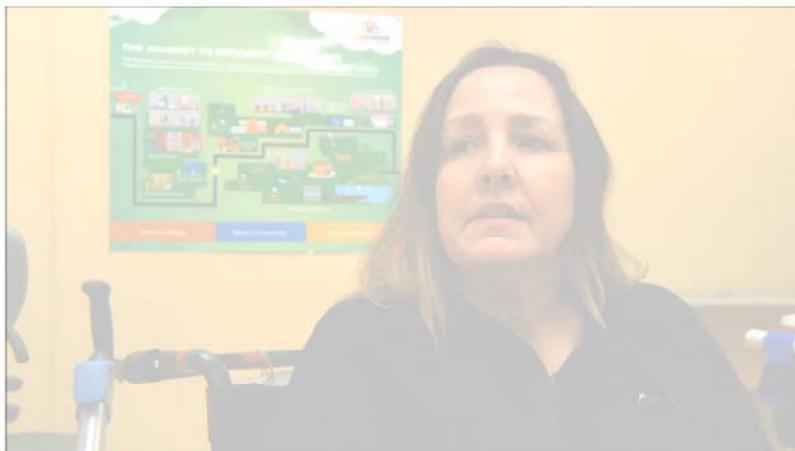
Your recovery needs may change over time, so the programs and services that you require may change as well.

A few examples are provided here:

- Home care
- Transportation services and
- Support groups

Kari's Experience

click on the picture to play the video



Let's hear from Kari how she used the Journey to Recovery after Stroke resource to help her set goals and understand her recovery journey.

Did you **receive a copy**?

Yes 

No  **ask your team** for a copy

Not sure? 

What are your **questions** about recovery after stroke ?



Did you receive a copy of the Journey to Recovery after Stroke resource?

If you did not, ask any member of the team for a copy.

What are your questions about recovery after stroke?

Speak with your health care team if you have questions about your recovery and the next steps in your journey.