

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.

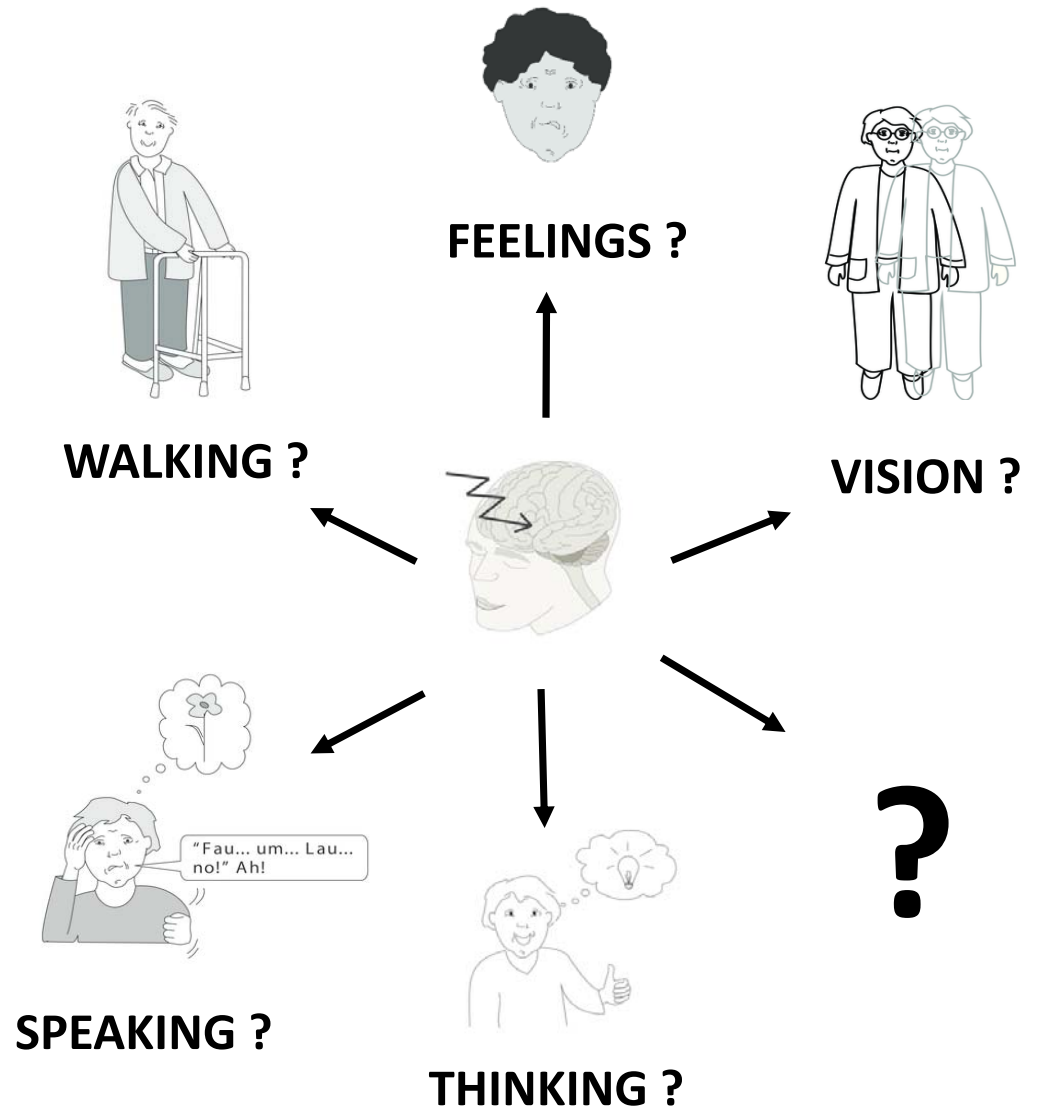


Journey to Recovery after Stroke

Recovery after a stroke

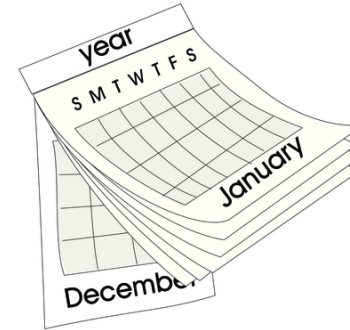
A stroke can **affect** you in **different ways**.

Every stroke is **different**.

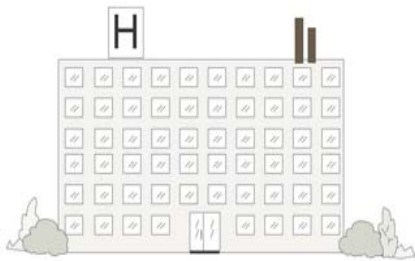


Recovery after a stroke

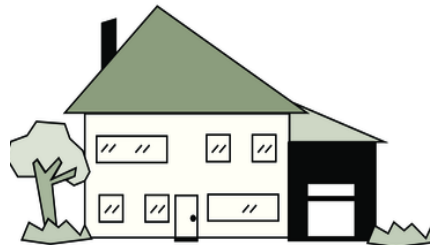
- Takes time



- Occurs in many **different places**



HOSPITAL



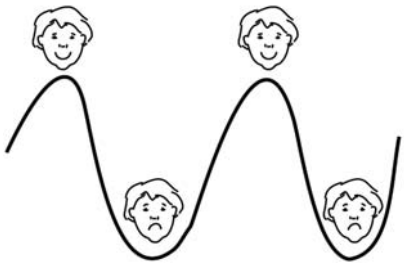
HOME



COMMUNITY

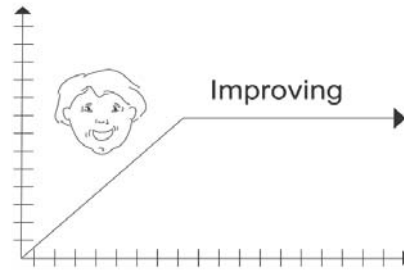
- Recovery is **different** for **each person**.

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



up and down

OR



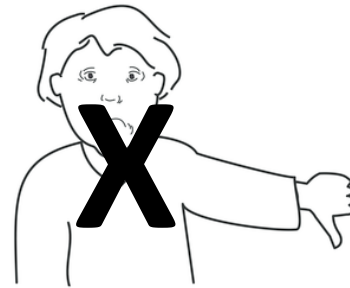
slow and steady

OR



uncertainty

- Do not get discouraged

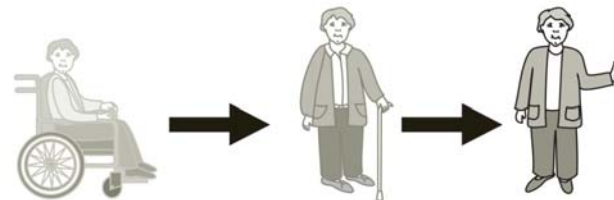


- Stay positive



HOPE

- Recovery is possible!



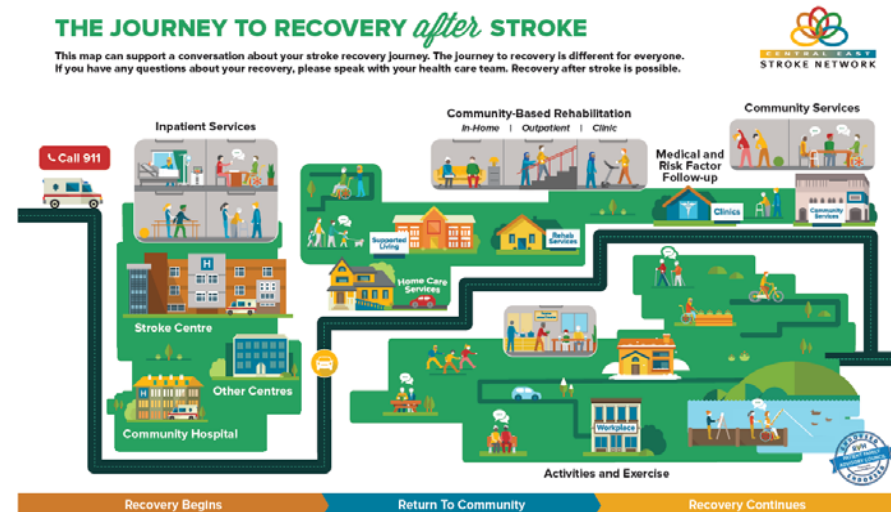
- Setting **goals** is important to **recovery**



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



Journey to Recovery After Stroke



Handout

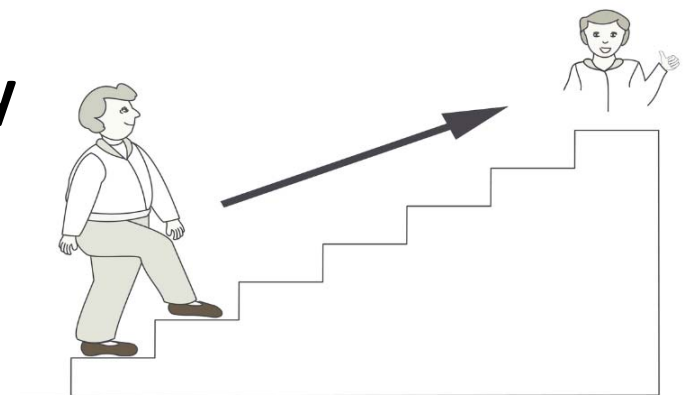
Education resource about **stroke recovery**

Helps you to:

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



- **Understand your personal recovery journey**



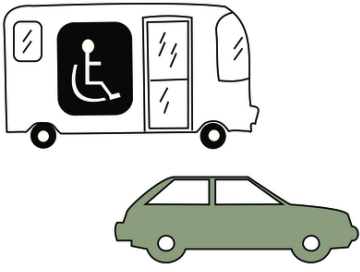
Helps you to:

- Identify community programs or services needed

- Examples:



HOME CARE



TRANSPORTATION SERVICES



SUPPORT GROUPS

THE JOURNEY TO RECOVERY after STROKE

The path may not be a straight line. 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
- Speech-Language Pathologist
- Nurse
- Social Worker
- Occupational Therapist
- Dietitian
- Physiotherapist
- Bereavement Therapist
- Rehabilitation Assistant

Stroke Centre services may include:

- Emergency care
- Outpatient clinic (OP)
- 24/7 interventional therapy or endovascular therapy
- Inpatient acute care
- Inpatient stroke rehabilitation

Community Hospital services may include:

- Emergency care
- 24/7 interventional therapy or endovascular therapy
- Inpatient acute care
- Inpatient rehabilitation

Other Outpatient services may include:

- Surgical Consult (Surgery)
- Stroke Rehabilitation
- Complex Continuing Care
- Convalescent Care

Transportation services may include:

- Family Friends
- Accessible Transportation
- Volunteer Drivers
- Taxi
- Volunteer Drivers

Community-Based Rehabilitation:

- In-Home Rehabilitation
- Outpatient Rehabilitation
- Clinic Rehabilitation

Home Care services may include:

- Nursing
- Personal Care
- Dietician
- Meal Delivery
- Rehabilitation Therapy
- Homelessness
- Occupational Therapy
- Employment Services
- Psychology
- Change Support
- Speech-Language Pathology
- Hospice
- Case Management

Medical and Risk Factor Follow-up may include:

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

Community Services may include:

- Peer Support Groups
- Mental Health Support / Counselling Services
- Self-Help Programs
- Home Maintenance Services
- Support Programs
- Adult Day Programs
- Assistive Technology Services
- Drop-In Programs
- Return to Work Services
- Return to Driving Programs
- Behavior Management Supports
- Cultural Competence Programs
- Employment Services
- Financial Assistance Programs
- Spiritual Support

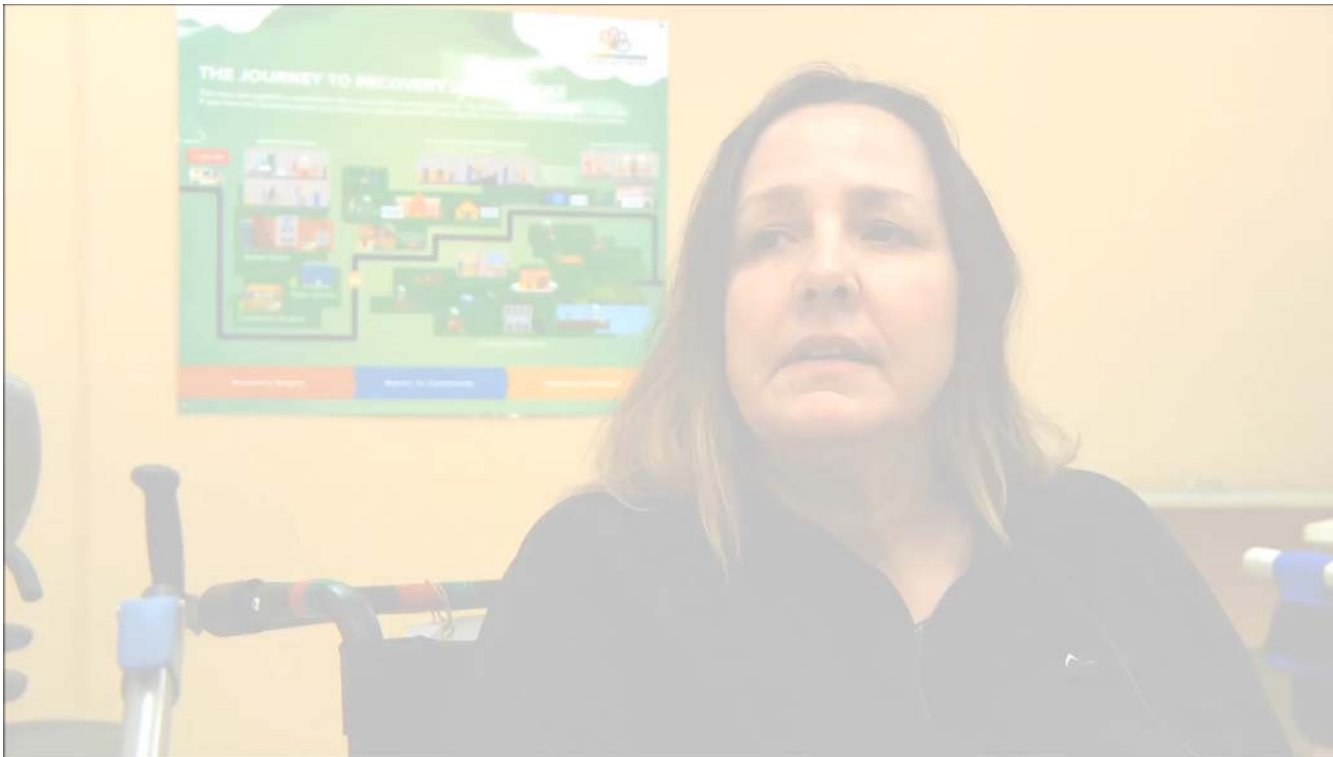
Activities and Events may include:

- Exercise Programs
- Volunteering
- Recreation Programs
- Social Groups

Contact Information:

Kari's Experience

click on the picture to play the video



Did you receive a copy?

Yes 

No  **ask your team** for a copy

Not sure?



What are your questions about recovery after stroke ?

