

Stroke Recovery

stroke rehab: the basics



These fundamental therapies cover the needs of most stroke survivors.

- MOTOR SKILLS:** training to improve mobility and ability to do daily tasks
- STRENGTH & COORDINATION:** developing a post-stroke exercise program
- COGNITIVE:** access to cognitive/engagement activities (books, games, computer)
- SPEECH:** speech therapy if stroke caused difficulty speaking or swallowing
- VISION:** eye exercises if stroke caused a loss of vision
- BALANCE:** vestibular rehab for those with a high fall risk or poor balance
- ADAPTING:** strategies to help survivors function within a "new normal"

Life After Stroke

Navigating life after stroke can be an intimidating and difficult process. However, there are a lot of resources to help you along the way. Here are some ways to make Stroke Recovery easier:

- Fully engaging in Stroke Rehab (described to the left)
- Understanding Stroke Recovery takes time and that it is a journey, and no two people have the same journey.
- Know where to find resources for information. The following resources have scan codes down below:
 - Life After Stroke Guides with the American Stroke Foundation (americanstroke.org/after-stroke/)
 - Life After Stroke Guide from American Stroke Association (https://www.stroke.org/-/media/Stroke-Files/life-after-stroke/Life-After-Stroke-Guide_7819.pdf)
- Stroke Survivor and Caregiver Support Groups- can find a list on American Stroke Association's website (<https://www.stroke.org/en/help-and-support/support-group-leader-resources/finding-support-groups>)



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**Life After Stroke
American Stroke
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**Support Group
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