

"Quality of life is the goal of rehabilitation"



Starting The Recovery Process:

(Depending on the severity of the stroke, rehabilitation options can include:)

- A rehabilitation unit in the hospital with inpatient therapy
- A rehabilitation hospital with individualized inpatient therapy
- Home therapy
- Returning home with outpatient therapy
- A long-term care facility that provides therapy and skilled nursing care

How to help stroke victims recover:

- Encourage independence.
- Encourage participation.
- Emphasize exercise during stroke rehabilitation.
- Suggest leisure activities and family visits.

What to do for yourself (the family member):

- Build a support group of friends and family.
- Talk about your feelings.
- Eat, sleep, and exercise.
- If you find yourself getting angry, resentful, or depressed, talk to your doctor.

Refer to references #2

LEARN THE SIGNS OF STROKE

FACE is it drooping?
A RMS can you raise both?
S PEECH is it slurred or jumbled?
T IME to call 9-1-1 right away.

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Dealing with a stroke in the family?

Family members share genetics as well as environmental factors that can attribute to a higher risk of having a stroke

References:

1. American Stroke Association. (2016). Understanding the risks. American Heart Association. Retrieved from http://www.strokeassociation.org/STROKEORG/AboutStroke/UnderstandingRisk/Understanding-Stroke-Risk_UCM_308539_SubHomePage.jsp

2. American Stroke Association. (2016). Life after stroke. American Heart Association. Retrieved from http://www.strokeassociation.org/STROKEORG/LifeAfterStroke/Life-After-Stroke_UCM_308546_SubHomePage.jsp



Protect your self

STROKE RISK FACTORS:

"A stroke occurs when the blood supply to part of your brain is interrupted or severely reduced, depriving brain tissue of oxygen and nutrients. Within minutes, brain cells begin to die." *Refer to reference #1*

PREVENTABLE

- High Blood Pressure
- High Cholesterol
- Heart Disease
- Diabetes
- Tobacco use
- Alcohol

NON-PREVENTABLE

- Previous Stroke
- Sickle Cell Disease
- Age
- Sex
- CADASIL (genetic mutation)

Refer to reference #1

RISK FACTORS

High Blood Pressure

Diabetes

Obesity

Tobacco use

Alcohol Consumption

PREVENTIONS:

Eat less sodium and solid fats.

Eat more greens, nuts, & grains.

Increase Physical Activity.

Balance Caloric Intake & Output

Eat more greens, nuts, & grains.

Balance Caloric Intake & Output

Increase Physical Activity.

Stop smoking

Only 2 alcoholic drinks per day