

Pathways to Recovery: Best Practices in Stroke Care



PROMOTING COMFORT, SAFETY, AND QUALITY OF LIFE - SEATING & POSITIONING

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WHY POSITIONING MATTERS?

- Good positioning helps improve comfort and reduce pain
- Supports balance and safety
- May reduce risk of pressure injuries and skin breakdown
- Helps with breathing, swallowing, and alertness
- Encourages use of the weaker side after stroke
- Can improve participation in meals, activities, and therapy
- Poor positioning may lead to sliding, leaning, fatigue, and discomfort

RESOURCE LINKS: Click for more



SMART TIPS for STROKE CARE: [A healthcare provider's guide to caring for a person with stroke](#)

The Brain Body and You - VIDEO: [Seating & Positioning - Click to watch](#)

SMART TIPS for STROKE CARE - VIDEO: [Positioning in a Chair/Wheelchair After Stroke - click to watch](#)

SMART TIPS - ALWAYS FOLLOW THE CARE PLAN

• BEFORE YOU START -

- 1) Make sure the resident is wearing safe footwear that will not slip off
- 2) Confirm you have the needed equipment (e.g. lap tray, seat belt, head rest, footrests)
- 3) Make sure that all components of the chair/wheelchair is in good working order (e.g. brakes are on, footrests attached as indicated)

• ONCE IN THE CHAIR/WHEELCHAIR -

- 1) Be sure the hips are all the way back in the centre of the chair, trunk/torso centred
- 2) Knees and hips are level
- 3) Check that feet are flat and safely supported on the floor or footrest
- 4) Support the affected arm, away from side, palm down (e.g. use of pillows or lap tray)
- 5) Frequent checks help to ensure the resident is well supported and safe



Smart Tips
for Stroke Care

EDUCATION/TRAINING RESOURCE -

FIELD EXPERIENCE PROGRAM - Need a boost in stroke care knowledge? We will connect your home with a local stroke care champion who can deliver on-site training tailored to your staff's learning needs. It's easy, it's hands-on, and we will organize everything for you.

QUESTIONS? CONTACT: Sandra Liu, Regional Community and Long-Term Care Coordinator -
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