



How to help us on our stroke journey

KINGSTON STROKE SURVIVOR SUPPORT GROUP

During our in-patient experience



At discharge to home



Post discharge follow-up



Final Comments

- Though we all had a stroke, each survivor is different, treat us as individuals and not just another stroke survivor and/or caregiver. Treat us as a whole person, not our illness/disabilities. Our situations could be very different and some of us may be alone.
- Encourage and support independence, ask if we need help first don't just assume and do it for us.
- Use positive reinforcement.
- Use neutral language – e.g., it is the affected arm/leg it is not bad.
- Though it is not your first experience working with a stroke survivor/caregiver, it is our first and everything is new, we are anxious and scared. If we are having difficulty communicating, this adds to our stress. You many need to repeat information several times as we do not always retain what you have said.
- Remember not everyone shows the classic signs of a stroke.