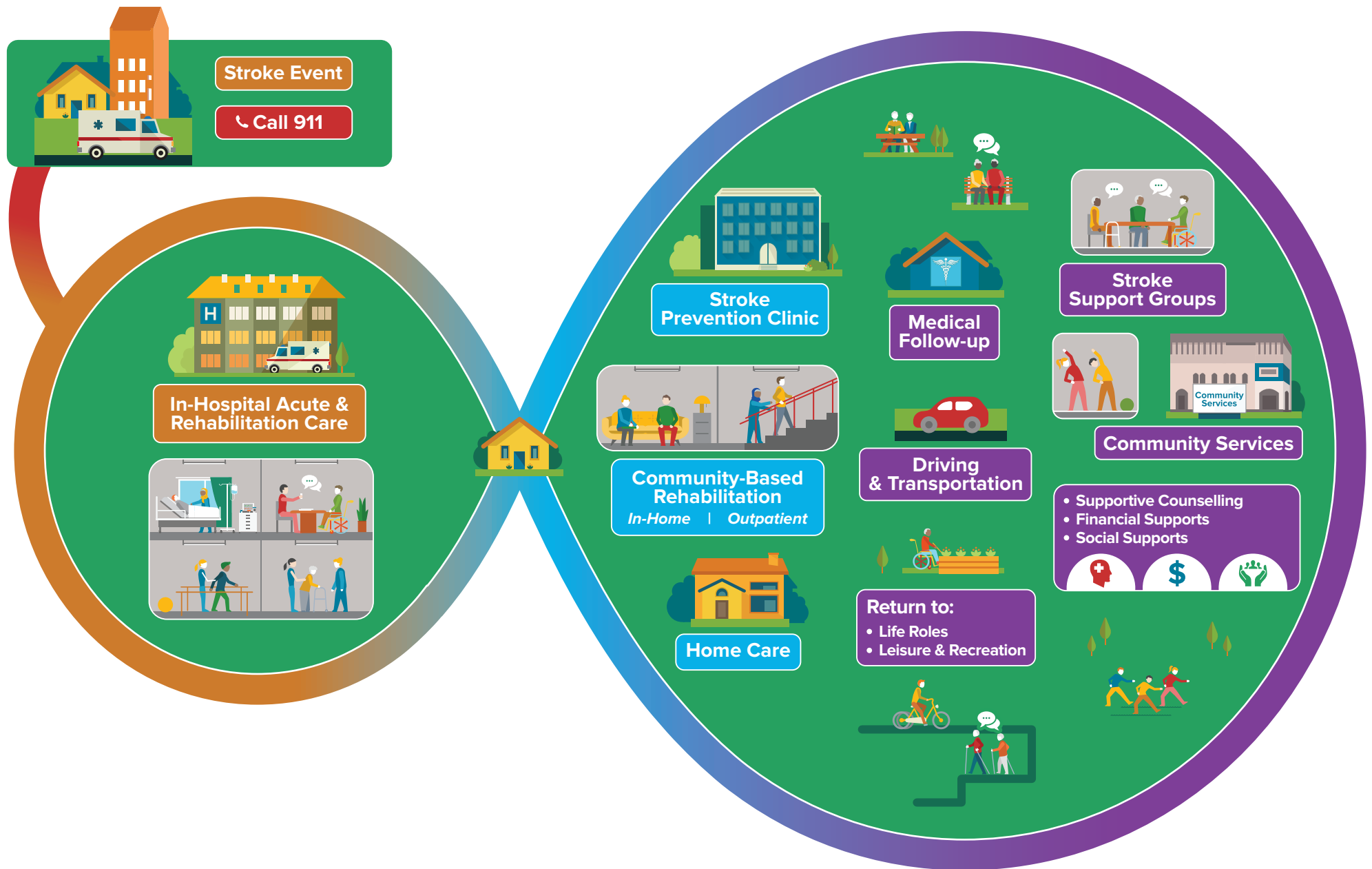


# YOUR RECOVERY JOURNEY AFTER STROKE

STROKE NETWORK  
of Southeastern Ontario



Recovery Begins

Transitioning to Community

Recovery Continues

# YOUR RECOVERY JOURNEY AFTER STROKE

As you recover, you may require support from some of the healthcare and community services listed below. These may change over time. Speak to any member of your healthcare team if you have questions or call **310-2222**. It is important to remember that everyone's recovery will be different.

## Recovery Begins



### In-Hospital Acute & Rehabilitation Care

- Emergency care
- Acute Stroke Unit care
- Inpatient rehabilitation
- Integrated Stroke Unit
- Complex Continuing Care
- Other \_\_\_\_\_



### Your Healthcare Team may include:

- Communicative Disorders Assistant
- Dietitian
- Doctor
- Nurse
- Nurse Practitioner
- Occupational Therapist
- Occupational Therapy Assistant
- Patient Care Assistant
- Peer Visitor
- Personal Support Worker (PSW)
- Physiotherapist
- Physiotherapy Assistant
- Recreation Therapist
- Social Worker
- Speech-Language Pathologist
- Other \_\_\_\_\_

Notes \_\_\_\_\_  
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## Transitioning to Community



### Stroke Prevention Clinic

- Stroke specialist doctor
- Stroke specialist nurse
- Dietitian
- Other \_\_\_\_\_



### Community-Based Rehabilitation

- Outpatient Rehabilitation
  - Physiotherapist
  - Occupational Therapist
  - Speech-Language Pathologist
  - Other \_\_\_\_\_
- In-Home Rehabilitation
  - Rapid Response Nurse
  - Occupational Therapist
  - Physiotherapist
  - Speech-Language Pathologist
  - Social Work
  - Other \_\_\_\_\_



### Home Care

- Care Coordinator
- Nurse
- Personal Support Worker (PSW)
- Dietitian
- Meal Delivery
- Equipment
- Respite
- Caregiver Support
- Other \_\_\_\_\_

## Recovery Continues



### Stroke Support Groups

- Stroke Survivor & Caregiver Groups
- Aphasia Programs
- Living with Stroke Programs



### Community Services

- Supportive Counselling
- Financial Supports
- Social Supports
- Adult Day Programs
- Spiritual Supports
- Cultural Centres & Supports
- Other \_\_\_\_\_



### Medical Follow-Up

- Family doctor
- Nurse Practitioner
- Specialist doctor
- Nurse
- Physician Assistant
- Smoking cessation
- Diabetes Education
- Other \_\_\_\_\_



### Transportation

- Return to Driving Programs
- Accessible Transportation Supports



### Return to:

- Life Roles
- Work/School Services
- Volunteering
- Other \_\_\_\_\_
- Leisure & Recreation
- Stroke Specific Exercise Programs
- Community Exercise Programs
- Recreation Programs
- Hobbies