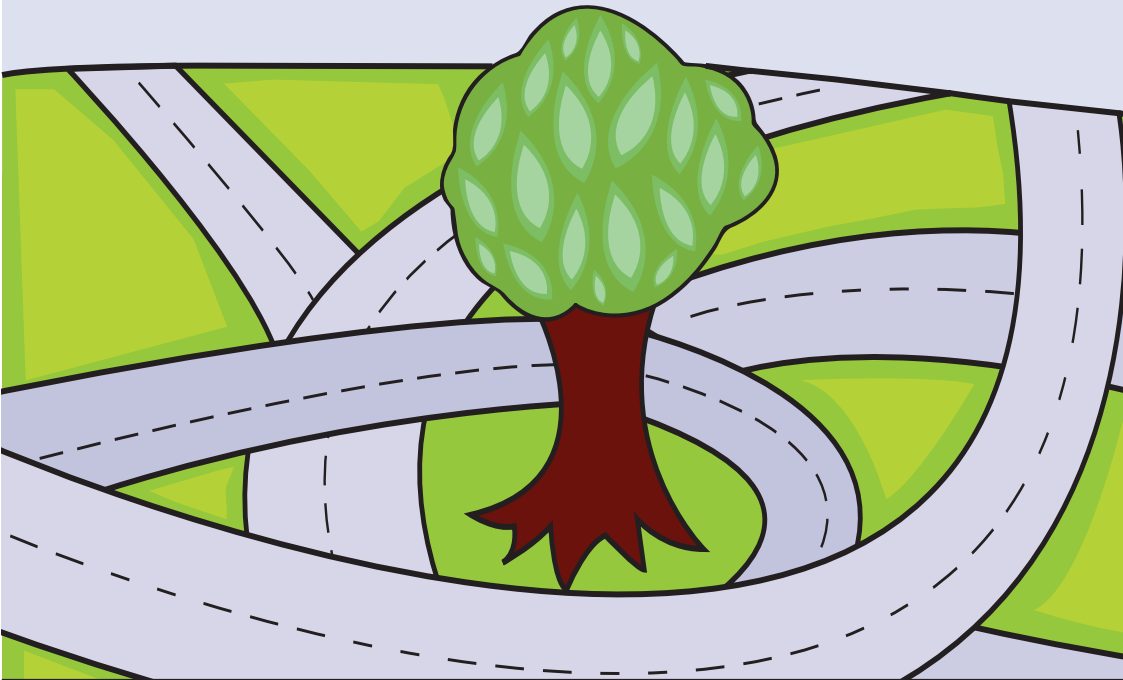


Your Stroke Journey

Part 2



Rehabilitation

The aim of Recovery

The aim of recovery is to become as **independent as possible** within the limitations of the stroke.

This is also known as **rehabilitation**.

Rehabilitation can be carried out in various ways:



Stroke Rehabilitation Unit



Out Patient Clinic



Day Hospital



Community Therapist visiting at home

Team Approach



Rehabilitation after a stroke is best achieved by a **team approach**.

The **Multi Disciplinary Team** meet regularly to give everyone the opportunity to **discuss progress**.

Successful rehabilitation depends on:

- amount of damage to the brain
- skill of the rehabilitation team
- support of family and friends
- timing of rehabilitation



Ask a family member or friend for support speaking with the health professionals.

It is **possible** that **all** or **some** of the **following people** will be part of the team:



Family Doctor



Hospital Consultant



Nursing Staff



Physiotherapist



Occupational Therapist



Speech and Language Therapist



Dietitian



Clinical Psychologist



**Be patient -
recovery takes time**

Do as much for yourself as you can.

Therapy can be exhausting.

Doing a **little and often** is more **effective** than trying to do too much at one time.

Don't overdo it on a good day. You will feel **twice as tired** the next day.

Practise what you have learned.



Fight depression

Suffering from depression after a stroke is very common.

Depression can make you feel:

- sad
- irritable
- pessimistic
- worthless
- like avoiding people
- tired and lethargic

Motivation is very important to your recovery.

Depression can make this harder.

Your doctor can help.

You are not alone.

CHSS Volunteer Stroke Service (VSS)

provides a **range of services** in the community designed to meet **communication needs** of each individual. Services available throughout most regions of Scotland.

CHSS Stroke Nurses provide **support during the transition** from **hospital to home** and after. Services are available in Fife, Lothian, Grampian, Highlands, Dumfries & Galloway and Lanarkshire.

CHSS Advice line is staffed by **nurses** and provides **confidential, independent advice**. You can phone, fax, text or email.



Phone: 0845 077 6000



Fax: 0131 220 6313



Email: admin@chss.org.uk



Text "CHSS" followed by message to 07766 40 41 42

This symbol-based education resource has been created using Boardmaker and other images such as clip art.

It is designed for people who have had a stroke and have aphasia.

There are three parts to the series:

Part 1 - Early Days

Part 2 - Rehabilitation

Part 3 - Moving On

Also available from CHSS is the Conversation Support Book.

CHSS would appreciate any comments about using this resource in order to improve it further. Please direct comments to Lorna McTernan Health Information Manager.



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www.chss.org.uk