



Your Stroke Journey - Part 2

Recovering at Home



ESSENTIAL GUIDE

ASJ1

This booklet is about recovering at home after a stroke

It explains:

- What a stroke is.
- Leaving hospital.
- Help that is available.



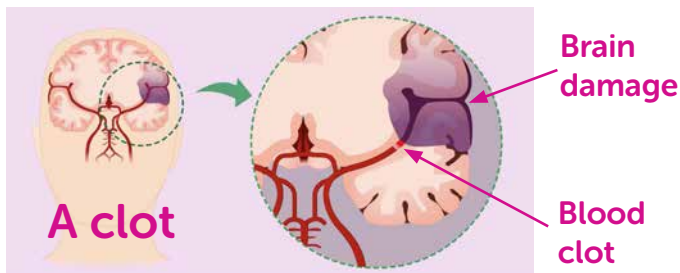
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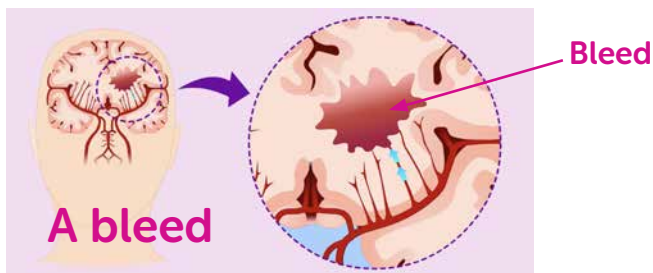
What is a stroke?

There are two types of stroke:

- A **clot** which **cuts off blood flow** in the brain.



- A **bleed inside your brain**.



Leaving hospital

Going home can be scary.

You are not alone in your recovery.

You will **work with healthcare professionals** to **become** as **independent** as possible.

This could take place in:



- An outpatient clinic.



- Hospital.



- Your home.

Your recovery

Recovery is impacted by:



- The **type of stroke you had.**



- Your **symptoms.**
- What **part of your brain** was **affected.**



- Your **age** and **health before** your stroke.

It will **help your recovery** if you:



- Are **motivated.**
- Have **support.**

Ask **family** or **friends** to **join** you at **appointments.**

Explaining what has happened to you

It can be difficult to talk about your stroke.

It might be **harder to speak or understand** conversations.



Friends and family can support you telling other people.



A speech and language therapist can help.



Our **Aphasia Booklet and Conversation Support Book** can help.

Who can help you



- Friends and family.
- Community groups.



- Speech and language therapist.



- Occupational therapist.



- Physiotherapist.
- Stroke nurses.



- Hospital consultant.
- Psychotherapist or counsellor.



- GP.
- Pharmacist.
- Psychologist.



- Chest Heart & Stroke Scotland.

How to help yourself



- **Be patient** – recovery takes time.



- **Recognise your feelings.**
- **Pace yourself.** Do not try to do too much at once.
- Do as much for yourself as possible.



- Set up a **daily routine.** List the things you need help with.



- **Spend time with family and friends.**



- **Ask for help** when you need it.

- **Keep active.**



- **Practice activities** from your therapist.

- **Set achievable goals.**



- **Set aside time to rest.**



- **Join a Chest Heart & Stroke Scotland Support Group.**

Where to find information and help

Every stroke journey is different.

We can help you find more information about:

- Personal care.



- Meals.
- Lunch clubs, day care, respite care.



- Equipment and housing adaptations.
- Alternative housing.



- Help with money.



- Travel.
- Arranging home visits.



Home visits can be arranged with your:



- Dentist.



- Optician.



- Hairdresser.



- Chiropodist.

Your feelings

Anxiety or **depression** after a stroke is very **common**.



You may **feel**:

- Sad
- Irritable
- Negative
- Unsociable
- Tired
- Anxious
- Scared



Tell your doctor how you are feeling.

It can help to **tell your family** and **friends**.

There are two parts to this series:

**Your Stroke Journey – Part 1
Recovering in Hospital**

**Your Stroke Journey – Part 2
Recovering at Home**



To find more resources, go to
www.chss.org.uk/resources-hub

Our booklets are free in Scotland.

Support our work by going to
www.chss.org.uk/supportus

Our Advice Line practitioners can
offer advice and support.

Call 0808 801 0899

(Mon-Fri 9am-4pm)

Text ADVICE to 66777

email: advice@chss.org.uk

To give feedback or request alternative formats,
email: health.information@chss.org.uk

**Chest
Heart &
Stroke
Scotland**



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**Scan here to see
all our resources!**

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