

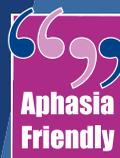
YOUR STROKE JOURNEY - PART 2

# RECOVERING AT HOME

Chest  
Heart &  
Stroke  
Scotland



NO LIFE  
HALF LIVED



ASJ2

# Rehabilitation

**Health professionals** will **work with you** to help you become as **independent** as possible.

This could take place in:



- an **out-patient** clinic



- a **day hospital**



- your **home**

# Your **recovery**

Your **recovery** will depend on:

- The type of stroke you had
- Your health before your stroke

It will also help if you:



- are **motivated**



- have **support**

Ask a **family** member or **friend to come** with you to **appointments.**

# Who will help you?

You may see some of the **following people**:



**GP**



**Hospital consultant**



**Stroke nurses**



**Physiotherapist**



**Occupational therapist**



**Speech and language therapist**



**Dietician**



**Psychologist**

# How to help yourself



- Be **patient** – recovery takes time



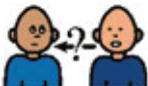
- **Do as much for yourself** as you can



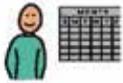
- **Pace yourself.** Do not try to do too much at once



- **Practise activities** your therapist has shown you



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



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



- Ask family or friends to **support** you to set up a daily routine



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



- Keep as **active** as possible



- Set aside time to **rest** when needed

# Where to find **information** and **help**

There are various sources of **help** available in the **community**.

Contact your local **social work department** for



- **personal care**



- **meals**



- **lunch clubs, day care, respite care**



- **equipment** and housing adaptations



- alternative **housing** options



- help with **money**

Contact the **council** for:



- Disabled **parking**
- **Travel** concessions

Contact your **chemist** for:



- A pick-up service for repeat prescriptions

**Home visits** can be arranged with your:



- **Dentist**



- **Optician**

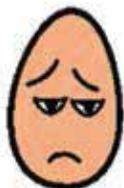


- **Hairdresser**



- **Chiropodist**

# Anxiety and Depression



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

You may **feel**:

- **sad**
- **irritable**
- **negative**
- **unsociable**
- **tired**



It is important you **tell your doctor** how you are feeling.

# Help from Chest Heart & Stroke Scotland (CHSS)

For free confidential advice contact our **Advice Line nurses**.

The **Advice Line nurses** can also tell you more about the support that may be available to you through **Chest Heart & Stroke Scotland**.



**Phone: 0808 801 0899**  
(**Free** from landlines and mobiles)



**Email: [advice@chss.org.uk](mailto:advice@chss.org.uk)**

**There are two parts to this series:**

Your Stroke Journey – Recovering in hospital

Your Stroke Journey – Recovering at home



CHSS Head Office, Rosebery House,  
9 Haymarket Terrace, Edinburgh, EH1 2 5EZ  
Tel: 0131 225 6963

To find out more about stroke visit our website at:

[www.chss.org.uk](http://www.chss.org.uk)

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