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 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
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 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)

**Stroke Nurses** provide support during the transition from hospital to home.

**CHSS Community Stroke Services** offers a range of **Communication Support Services** throughout Scotland for people with communication difficulties following stroke.

**CHSS Advice Line** is staffed by nurses and provides confidential, independent advice.

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

Email: adviceline@chss.org.uk
There are two parts to this series:

Your Stroke Journey – Recovering in hospital
Your Stroke Journey – Recovering at home

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To find out more about stroke visit our website at:

www.chss.org.uk

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