Moving Forward After A Stroke
For Persons with Aphasia

- Driving?
- Intimacy?
- Work?
- Volunteer?
- Leisure activities?
- Communicating?
- Normalcy?
- Eating and drinking?
- Independence?
- Home?
- Finances?
- Medications?
- Shopping, preparing meals and cooking?
- Getting around town and to my appointments?
- Asking for help?
Goals

Goal setting is a key part of stroke rehabilitation and is highly recommended. Work with your healthcare providers to set both short term and long term goals to help facilitate the rehabilitation progress.

☐ ____________________________________________________________________

☐ ____________________________________________________________________

☐ ____________________________________________________________________

☐ ____________________________________________________________________

☐ ____________________________________________________________________

☐ ____________________________________________________________________

☐ ____________________________________________________________________

☐ ____________________________________________________________________

☐ ____________________________________________________________________

☐ ____________________________________________________________________

☐ ____________________________________________________________________

☐ ____________________________________________________________________

☐ ____________________________________________________________________

☐ ____________________________________________________________________

☐ ____________________________________________________________________

☐ ____________________________________________________________________

☐ ____________________________________________________________________

☐ ____________________________________________________________________

☐ ____________________________________________________________________

☐ ____________________________________________________________________

☐ ____________________________________________________________________

☐ ____________________________________________________________________

☐ ____________________________________________________________________

Who can HELP?
Physical Medicine & Rehab
Communicating

Talking

Listening

Reading

Who can HELP?
Speech Language Pathologist (SLP)

ADJUSTING TO COGNITIVE CHANGES

Organization

Memory

Problem Solving

Mood

Who can HELP?
Speech Language Pathologist

Physical Medicine & Rehab

Communication

Adjusting to Cognitive Changes
ADJUSTING TO CHANGES IN SWALLOWING, DRINKING, AND EATING

Eating

Drinking

Money

Online / Autopay

Managing Finances

Who can HELP?

Speech Language Pathologist

Trusted Other

Physical Medicine & Rehab

Food Textures

Adjusting to Changes in Swallowing, Drinking, and Eating

WORKING TOWARD INDEPENDENT LIVING

Managing Finances
Managing Medications

Who can HELP?
Pharmacist / Nurse  Trusted Other

Managing Shopping and Meals

Who can HELP?
Trusted Other

Groceries
Managing a Household

- Washing
- Laundry
- Yard Work
- Fatigue / Tired
- Gardening
- Schedules

Who can HELP?

- Trusted Other
- Physical Medicine & Rehab

<table>
<thead>
<tr>
<th></th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 am</td>
<td>🌸</td>
<td>🌸</td>
<td>🌸</td>
</tr>
<tr>
<td>10 am</td>
<td>🌿</td>
<td>🌿</td>
<td>🌿</td>
</tr>
<tr>
<td>11 am</td>
<td>🍯</td>
<td>🍯</td>
<td>🍯</td>
</tr>
</tbody>
</table>
Transportation and Getting Around

Walking  Exercise  Ride Share App

Ask Friends  For Hire  Public Bus

Ask Family  Cleaning Help

Ask Support Groups  Ask Friends

Who can HELP?

Social Worker  Trusted Other

Who can HELP?

Trusted Other
Scan the QR Code with your smartphone for additional resources

Stroke Rehab Clinical Practice Guideline
Moving Forward After A Stroke Booklet
Stroke Rehab Clinical Practice Guideline Patient Summary

Access to the full guideline and additional resources are available at: https://www.healthquality.va.gov/guidelines/Rehab/stroke/