

## Exercise classes

There are many exercise classes offered in the community that you might find helpful. Here is a list of some of them:

- Get up and Go
- Together in Movement and Exercise (TIME™)
- Fitness and Mobility Exercise program (FAME)
- Walking programs in malls
- Online exercise programs

Some of these exercise programs charge a fee.

## Community programs

There are many community programs to help you stay connected and participate in activities you enjoy. Here are some examples:

- After Stroke Program
- Programs offered by your local recreation centers
- Adapted sports
- Aquafit
- Spiritual care

If you have questions, please ask your health care provider.

To find more information go to:

The Heart and Stroke  
Foundation of Canada  
[Heartandstroke.ca](https://heartandstroke.ca)

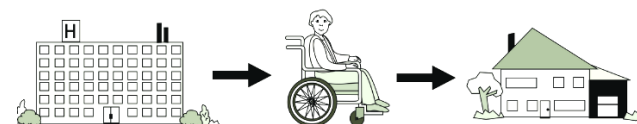
After Stroke BC  
[strokerecoverybc.ca](https://strokerecoverybc.ca)

[www.fraserhealth.ca](https://www.fraserhealth.ca)

This information does not replace the advice given to you by your healthcare provider.

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For more copies: [patienteduc@fraserhealth.ca](mailto:patienteduc@fraserhealth.ca)

## Going Home After a Stroke



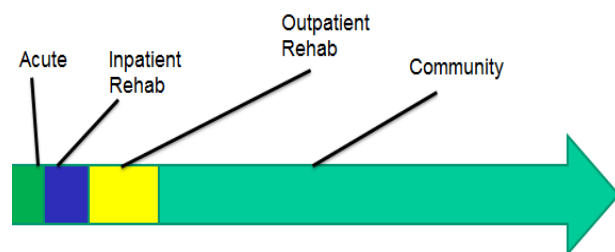
## Going home

Patients are often nervous when we write a date for going home in their room in the first week of their stay. However, going home is part of your rehab journey, and we are here to help you return home.

## Continuing to recover

Most changes happen early after a stroke, but recovery can go on for months and years. Recovery looks different for every person.

**The timeline of your journey of recovery**



## Stress and low energy

Stress and low energy are common after a stroke.

- ✓ Make sure you use your support network.
- ✓ Eat healthily, exercise, and sleep.
- ✓ Use techniques to relax.
- ✓ Keep a positive attitude.
- ✓ Do things that you enjoy, or try a new hobby.
- ✓ Pace yourself. Spread out your activities. Take regular breaks or naps if needed.

## Weekend passes

Weekend passes help you prepare to go home. This might involve a day pass, one overnight pass, or a full weekend pass home.

Before you go on a pass, we help you:

- Get the equipment you might need.
- Practice stairs, if you need to.
- Practice getting in and out of a car.

We give you a weekend goal sheet and a feedback form to fill out. This information lets the team know how well the weekend pass went, and if there are any challenges the team can continue help you to solve.

## Outpatient therapy

After leaving here, we might refer you for outpatient therapy. The type of therapy you get depends on your needs. You will have the therapy at the closest hospital with those services.

If you want, you can pay to go to a private therapist. Extended health benefits might cover some of the cost. We can give you names of local therapists that specialize in brain and stroke therapy.

## Services in the community

- We give you a list of places where you can rent or buy the equipment we prescribe for you (such as bathroom equipment or walkers)
- You might be able to use HandyDART to get to and from appointments.
- You might be able to get help with personal care through Home Health if needed.
- You might want to try grocery or meal delivery.