

## Exercise classes

There are many exercise classes offered in the community that you might find helpful to attend.

Examples:

- ‘Get up and Go’
- ‘Together in Movement and Exercise’ (TIME™)
- Walking program in malls

Some of these exercise programs charge a fee.

## Community programs

Check your local recreation centre for other activities that might be of interest to you.

Examples:

- ‘Living with Stroke’ support groups, offered by the Heart and Stroke Foundation
- Horse riding and/or sailing for the disabled
- Tai Chi
- Art program
- Gardening

If you have further questions, please ask your healthcare provider.

Some useful information sites:

**Fraser Health** [fraserhealth.ca](http://fraserhealth.ca)

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

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OT – Occupational Therapy  
PT – Physiotherapy  
SLP – Speech Language Pathology  
SW – Social Work

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

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

Catalogue #265826 (May 2018)  
To order: [patienteduc.fraserhealth.ca](mailto:patienteduc.fraserhealth.ca)

# Transitioning Home

## After a Stroke

High Intensity Rehab



## The dreaded word 'Discharge'

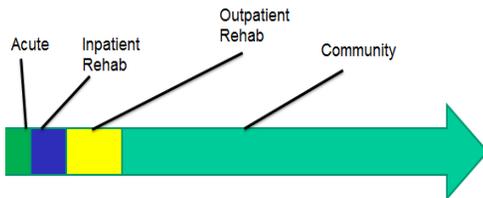
Patients are often nervous when a 'discharge date' goes up in their room on the first week of their stay. However, going home is part of your rehab journey, and we are here to help you transition to home.

## When does recovery happen?

Although most changes are often seen early after a stroke, recovery can happen for months and years afterwards. Recovery looks different for every person.

Stroke recovery is **LIFE-LONG!**

## The timeline of your Journey of Recovery



## Stress and Low Energy (Fatigue)

Stress and low energy are common after stroke.

- Make sure you use your support network.
- Eat healthily, exercise, and sleep.
- Use relaxation techniques.
- Keep a positive attitude.
- Continue to do things that you enjoy, or use the opportunity to find a new hobby or passion.
- Pace yourself. Spread out your activities. Take regular breaks or naps, if needed.

## Weekend passes

One of the ways that you can learn how to transition home successfully is by going on a 'pass'. 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 needed
- practice getting in and out of a car

We give you a Therapeutic Pass sheet to fill out. This includes keeping track of how well the weekend pass went, and what problems you had. This helps us know what you might need to work on back in the unit.

## Outpatient therapy

After leaving here, we might refer you for outpatient therapy at one of our hospitals that offer OT, PT, SLP, SW, and Recreational Therapy.

If you prefer, you can pay to go to a private therapist. If you have extended health benefits, this might cover some of the cost. We can give you some 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, walkers etc.).
- You might be able to arrange for HandyDART to get to and from appointments.
- You might be able to get help with personal care through Home Health, if needed.
- Grocery or meal delivery might be an option for you.