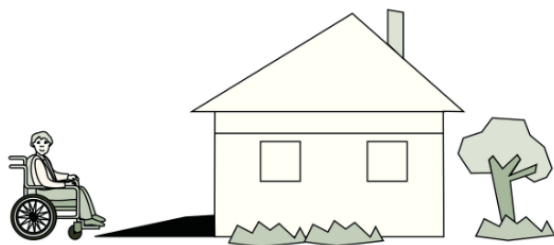


Weekend passes

This is a time to practice:

- ✓ using all the equipment we have recommended
- ✓ getting into and around your home
- ✓ taking your medications
- ✓ doing familiar activities in new ways

It is also a time for you to find out what you might have problems with at home. Tell your therapists about the tasks you find hard to do so your therapy sessions can focus on these tasks.



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

After Stroke BC
strokerecoverybc.ca

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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

Your Role in Your Rehabilitation After a Stroke



What is rehab?

It is rehabilitation happens all day, every day of your stay. It includes the following:

- actively taking part in your rehabilitation plan, every day
- learning skills and habits that will help you to continue your recovery after going home
- practicing the skills you have learned during therapy
- practicing those skills with staff as well as those family members or friends who have been trained

Your care team is here to support you and encourage you as you do tasks on your own.



What am I expected to do?

We ask you to do as much of your personal care as possible and safe for you to do. This might include the following:

- ✓ Clean your teeth, comb your hair, shave, and put on make-up. If safe, stand at the sink to do these tasks.
- ✓ Get up to use the toilet.
- ✓ Eat all your meals in the dining room.
- ✓ Attend all scheduled therapy sessions.

It is also best to be as active as possible each day.

- ✓ Get yourself to and from the dining room and therapy sessions.
- ✓ Spend most of your day out of bed, depending on your energy level.
- ✓ Each day, go for multiple walks in the hallway or laps in your wheelchair.
- ✓ Do your 'homework' tasks.
- ✓ Each day, spend time sitting up in your chair away from backrest support or sit at the edge of the bed (if safe).

How do I know what to practice?

Always talk to your therapists about your personal therapy goals.

Your therapists let you know what is safe to practice on your own and what you might still need some help with for safety reasons.

We adjust your homework tasks as you improve, or when you think you might want to try a new activity. The more your tasks are meaningful to you and your life:

- the more likely you are to practice them regularly
- the more likely your brain will respond to them in a positive way

What do I do on evenings and weekends?

Use your time in the evenings and weekends to do your homework tasks and schedule your activities. This is also a time to learn more about your condition and recovery, and practice communicating with others.