



A Companion Booklet

# Moving Forward After A Stroke For Persons with Aphasia



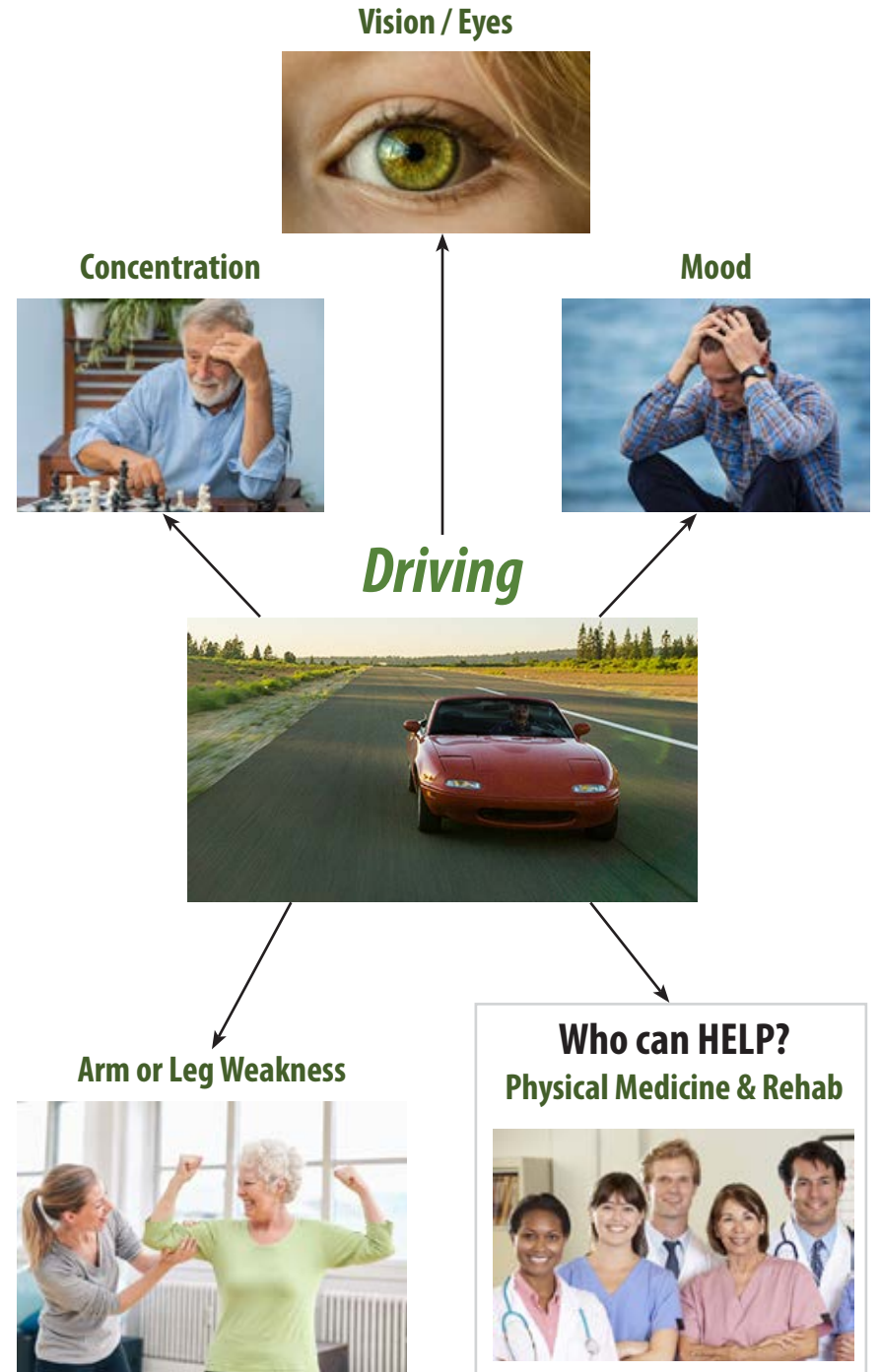
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- Driving?
  - Intimacy?
  - Work?
  - Volunteer?
  - Leisure activities?
  - Communicating?
  - Normalcy?
  - Eating and drinking?
  - Independence?
  - Home?
  - Finances?
  - Medications?
  - Shopping, preparing meals and cooking?
  - Getting around 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 health care providers to set both short term and long term goals to help facilitate the rehabilitation progress.



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Communication



Pain



Job Accommodation



Technology



Fatigue / Tired



Physical Changes



Family Time



Volunteer



*Intimacy*



*Working,  
Volunteering,  
and Leisure  
Time Activities*



Mood



**Who can HELP?**  
Physical Medicine & Rehab



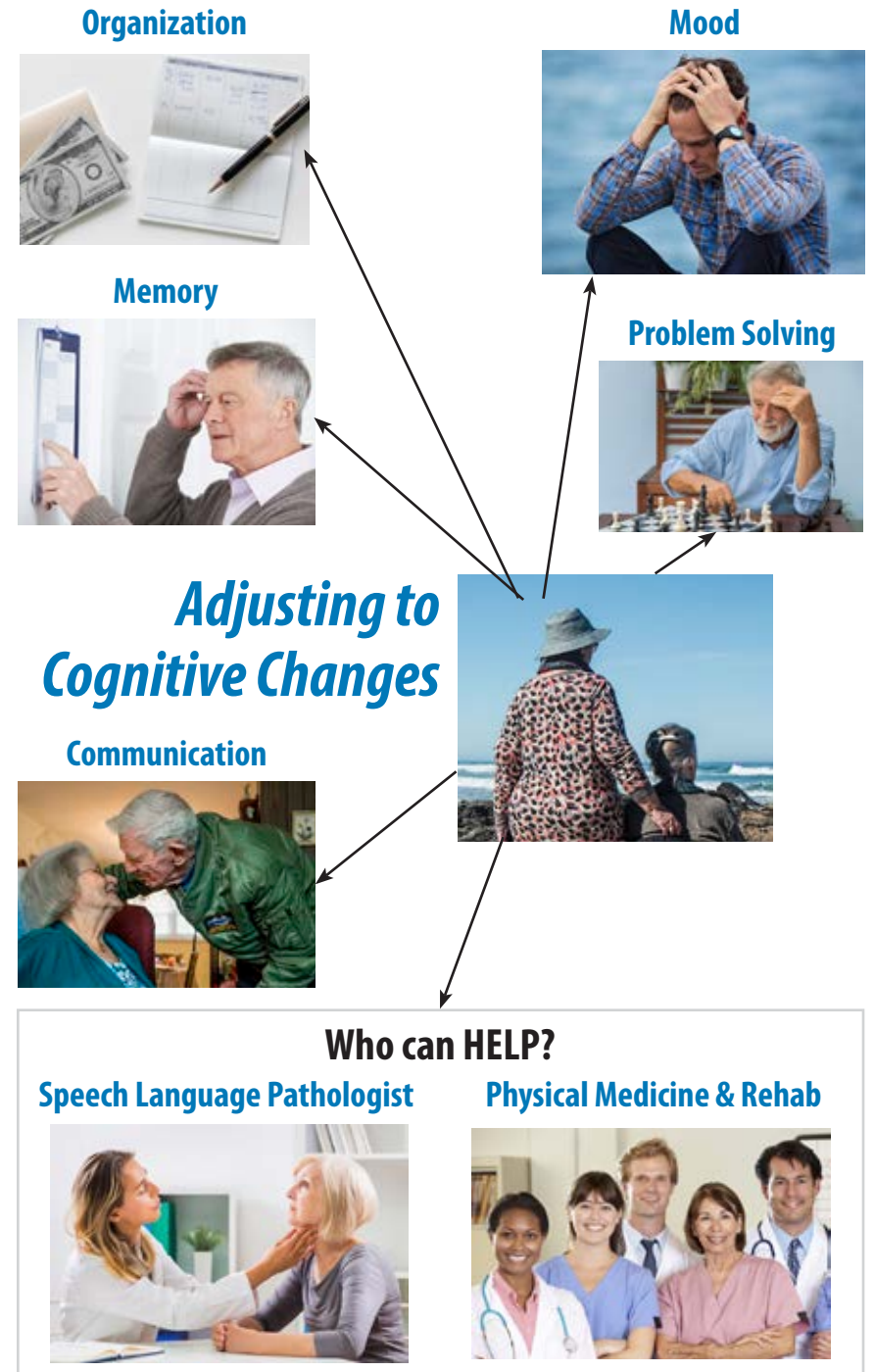
**Who can HELP?**

Vocational Rehab Team



Physical Medicine & Rehab





Eating



Drinking



Money



Online / Autopay



**Adjusting to Changes in Swallowing, Drinking, and Eating**



**Managing Finances**



Food Textures



**Who can HELP?**  
Speech Language Pathologist



**Who can HELP?**

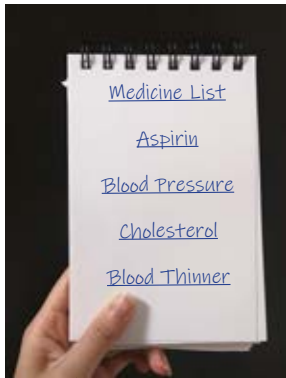
Trusted Other



Physical Medicine & Rehab



Medicine List



Pill Box



Cooking



Shopping



Managing Medications



Managing Shopping and Meals

Groceries



Prepared Meals



Who can HELP?

Pharmacist / Nurse



Trusted Other



Who can HELP?

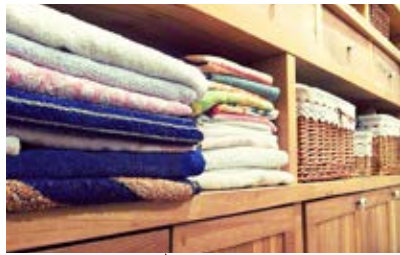
Trusted Other



Washing



Laundry



Yard Work



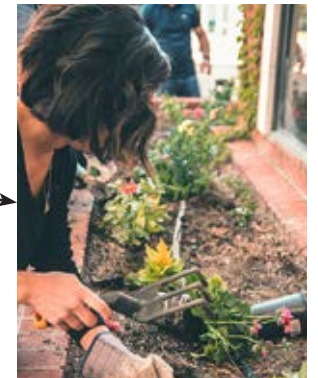
Fatigue / Tired



*Managing a Household*



Gardening



Ironing



Schedules

	Sunday	Monday	Tuesday
9 am			
10 am			
11 am			

Cleaning



Who can HELP?

Trusted Other



Physical Medicine & Rehab



Walking



Exercise



Ride Share App



Ask Family



Cleaning Help



Ask Friends



# Transportation and Getting Around

For Hire



Public Bus



## Who can HELP?

Social Worker



Trusted Other



# Asking for Help



Ask Support Groups



Ask Friends



## 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/>**