_ 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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Who can HELP?
Physical Medicine & Rehab

Vision / Eyes

Concentration

Mood

Arm or Leg Weakness

Driving
Intimacy

Communication
Pain
Fatigue / Tired
Physical Changes

Who can HELP?
Physical Medicine & Rehab

Working, Volunteering, and Leisure Time Activities

Job Accommodation
Technology
Family Time
Volunteer

Who can HELP?
Vocational Rehab Team
Physical Medicine & Rehab

Mood

Intimacy
COMMUNICATING

Talking

Listening

Reading

Who can HELP?
Speech Language Pathologist (SLP)

ADJUSTING TO COGNITIVE CHANGES

Organization

Memory

Problem Solving

Mood

Adjusting to Cognitive Changes

Communication

Who can HELP?
Speech Language Pathologist

Physical Medicine & Rehab
ADJUSTING TO CHANGES IN SWALLOWING, DRINKING, AND EATING

Eating

Drinking

Food Textures

Who can HELP?
Speech Language Pathologist

Managing Finances

Money

Who can HELP?
Trusted Other

Online / Autopay

Physical Medicine & Rehab
Managing Medications

Who can HELP?
- Pharmacist / Nurse
- Trusted Other

Medicine List
- Aspirin
- Blood Pressure
- Cholesterol
- Blood Thinner

Pill Box

Cooking

Who can HELP?
- Pharmacist / Nurse
- Trusted Other

Shopping

Groceries

Prepared Meals
Managing a Household

Washing
Laundry
Yard Work
Fatigue / Tired
Ironing
Cleaning

Who can HELP?
Trusted Other
Physical Medicine & Rehab

Schedules

<table>
<thead>
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<th>Time</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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</table>

Working Toward Independent Living

Trusted Other
Physical Medicine & Rehab
WORKING TOWARD INDEPENDENT LIVING

Transportation and Getting Around

- Walking
- Exercise
- Ride Share App
- For Hire
- Public Bus

Who can HELP?
- Social Worker
- Trusted Other

Asking for Help

- Ask Family
- Cleaning Help
- Ask Support Groups
- Ask Friends
- Who can HELP?
- Trusted Other
Access to the full guideline and additional resources are available at:
https://www.healthquality.va.gov/guidelines/Rehab/stroke/