INFORMATION
REHABILITATION
PREVENTION
SELF ADVOCACY
RECOVERY

HOPE

A Stroke Recovery Guide

RELATIONSHIPS
MOVEMENT
RESOURCES
RELATIONSHIPS
EXERCISE

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Dear Friend,

Recovery from stroke is a lifelong process. For many people recovery begins with formal rehabilitation. It is important for you and your family to know that no matter where you are in your recovery journey – there is always hope. Learn as much as you can about stroke and recovery, and the resources that are available.

National Stroke Association has designed this publication to provide you with valuable information and help you on your road to recovery.

HOPE: The Stroke Recovery Guide is divided into four sections:

Helpful information: a collection of important post-stroke issues and suggestions for how to address these concerns.

Opportunity through self-advocacy: find out how to be an active participant in your recovery and why it is so important.

Preventing another stroke: life-saving information about stroke awareness, symptom recognition, and how to decrease your chances of having another stroke.

Exercises and recommendations: two illustrated exercise programs to help you gain strength and range of motion.

National Stroke Association is a leading nonprofit organization focusing 100 percent of its resources and attention to reduce the incidence and impact of stroke. Please contact us at 1-800-STROKES (1-800-787-6537) or visit www.stroke.org on the Internet if you need further information or support. We look forward to helping you in any way we can.

Best wishes,

Jim Baranski
Executive Director/CEO

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