

Stroke Recovery Scorecard



National Stroke Association

Use this scorecard as a guide to talk to your doctor about your stroke recovery journey and how you can make it easier to manage. Please read each area and use the scale to rate how much difficulty you have with it.

The person filling this form out is (check one);

- Stroke survivor Caregiver /Family member

How much time has passed since your last stroke? _____

Stroke Rehab status:

- In initial therapy Finished therapy and on home exercise program
 Have returned to therapy Am not in therapy

Difficulty Scale:

- 1 = None
 2 = A little
 3 = Somewhat
 4 = A lot
 5 = Severe

Changes in Activities and Participation

1 2 3 4 5

Communication – ability to talk with other people, write, understand what you read and what people say, and use body language. Includes aphasia, or the loss of ability to communicate normally, which may affect your ability to talk, understand, read, write or deal with numbers.

Movement – ability and strength to walk, balance, lift and carry objects, pick up or grasp something, use public transportation, drive, move around on your own or with the help of equipment (eg, wheelchair, walker, cane) at home or in the community.

Activity in Social, Community and Civic Life – ability and comfort level to be active in the social, community and civic events that you enjoy.

Energy Level – fatigue or low energy, feeling worn down and exhausted. This is different from weakness, sleepiness or being over stimulated.

Sexuality – the quality of your sexual relationship after stroke compared to how it was before the stroke. This differs from person to person.

Support and Relationships – the ability to maintain interest in people and recreational activities, remain connected, relate with strangers, and cope with changes in how or with whom you spend time or deal with the attitudes of friends and family.

Managing Daily Activities – managing the details of daily life, including things like looking after your health, bathing, washing hands, brushing teeth, shaving, grooming and bathing.

Quality of Life – the ability to participate in things that are meaningful and that provide you purpose in life.

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<p>As part of its "Ask Your Doctor" Campaign, NSA encourages stroke survivors to ask their doctors: "Where am I on my stroke recovery journey?"</p>	<p>Difficulty Scale: 1 = None 2 = A little 3 = Somewhat 4 = A lot 5 = Severe</p>				
<p>Changes in Body Function</p>	1	2	3	4	5
<p>Pain – any increase in how often you feel pain, how severe the pain is, or any new pain (compared to a "chronic" pain that has continued for a long time). Pain felt after stroke commonly includes headaches as well as pain in the back, shoulder, hip, abdomen, arm and neck.</p>					
<p>Control of Bowel and Bladder – the ability to control bowel and bladder functions (often referred to as incontinence), wetting or soiling clothing or bedding, constipation, the need to go to the bathroom often, or strong and sudden urges to go to the bathroom.</p>					
<p>Sleep – trouble falling asleep or not being able to sleep through the night, causing you to feel tired the next day. This is different from a low energy level or fatigue.</p>					
<p>Eating – changes or problems with appetite, weight gain or loss, swallowing issues, consuming enough food or fluids, and sense of taste and smell.</p>					
<p>Changes in Personality, Behavior and Thinking</p>					
<p>Emotions and Coping – changes in how you feel, your mood, and your emotions. This can include sad feelings, depression, anxiety, mood swings; crying, laughter or anger when there is no reason for it or when it is normally inappropriate.</p>					
<p>Thinking – concentration, attention span, memory, understanding what people say, and finding solutions to everyday problems.</p>					
<p>Personality or Behavior Changes – problems being impulsive, angry, or being genuinely unaware that your memories are inaccurate.</p>					

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