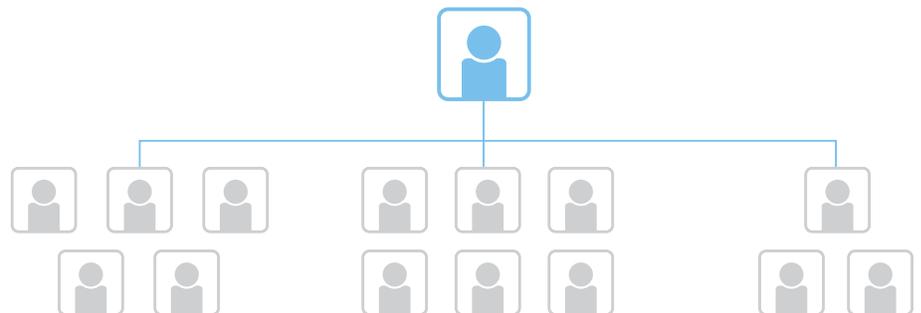


CHAPTER 2—SETTING UP YOUR CARE TEAM

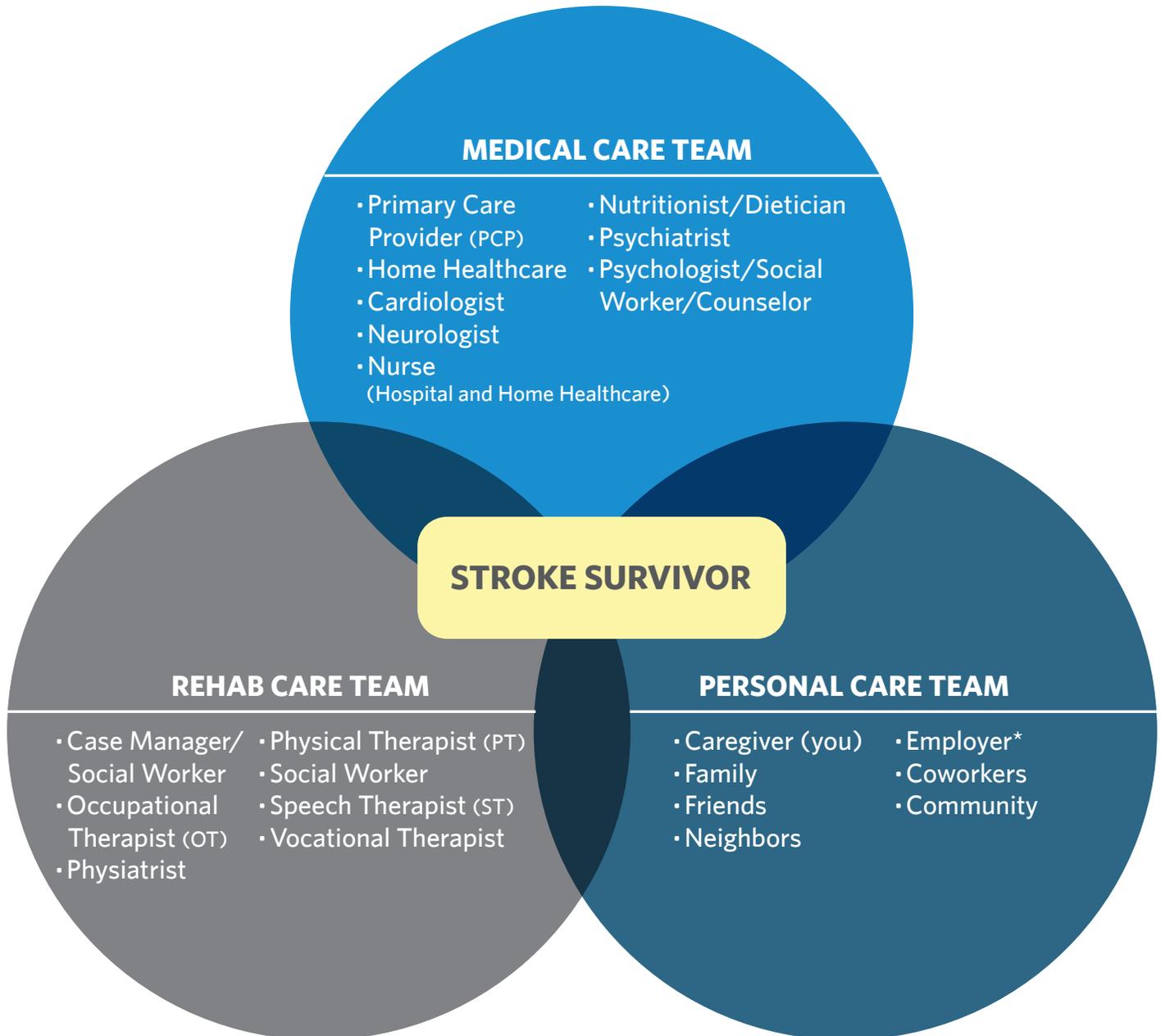
Whether the stroke survivor is still in the hospital, going to a rehabilitation (rehab) center, transitioning home or going to an assisted living facility, set up an organized team of support.

WHAT IS A CARE TEAM?

A care team is a group of people assembled by the stroke survivor, caregiver(s) and/or family of the stroke survivor. The care team may consist of family members, friends, neighbors, employers, coworkers and healthcare professionals. This Guide splits the care team into three parts: the **medical care team**, **rehab care team** and **personal care team**. These teams can share the workload and allow you, the “main” caregiver, the time to focus on the stroke survivor, his/her recovery and daily needs and your own self-care.



CAREGIVING IS A BIG JOB, SO IF SOMEONE OFFERS TO HELP, LET THEM.



*It can be helpful to inform your employer of your new situation and caregiving responsibilities. This will let them know about the new challenges and pressures you are facing. Many companies have plans in place for caregiving and family emergencies. Ask your company's human resource department. You may be eligible for the Family and Medical Leave Act (FMLA).

MEDICAL CARE TEAM

The medical care team includes the neurologist, primary care provider (PCP), home healthcare worker(s) and other specialists involved in the stroke survivor's medical tests and procedures.

PCP Oversees coordination of care through referrals, prescriptions and testing.

Home Healthcare Often certified nursing assistants (CNAs) are prescribed to provide additional support. Visit Care Partner Resource's Hiring a Caregiver Guide for tips and questions to ask agencies at www.carepartnersresource.com.

Cardiologist Involved in diagnosis, management of symptoms post-stroke and referrals for post-hospital care related to disorders of the heart.

Neurologist Involved in diagnosis, management of symptoms post-stroke and referrals for post-hospital care as it pertains to neurological involvement.

Nurse (Hospital and Home Healthcare) Assists with immediate health needs and managing health problems that affect stroke.

Nutritionist/Dietician Provides guidance to help manage healthy eating and special diets.

Psychiatrist Provides prescriptions for antidepressant medications.

Psychologist/Social Worker/Counselor Provides mental health therapy.

REHAB CARE TEAM

The rehab care team is involved in facilitating the stroke survivor's post-stroke recovery therapy. These experienced professionals specialize in rehab.

Case Manager/Social Worker Involved in discharge planning, coordination of services and connecting stroke survivors with local resources.

Occupational Therapist (OT) Works with stroke survivors to regain skills for daily living activities and increased independence.

Physiatrist Specializes in rehab therapy and helps determine appropriate treatment plans to manage pain and disabilities involving muscles, nerves and bones.

Physical Therapist (PT) Engages stroke survivors in exercise techniques to increase mobility, reduce pain, prevent disability and restore independent functioning.

Social Worker May be involved in discharge planning, continuing care and connecting stroke survivors with resources.

Speech Therapist (ST) Works with stroke survivors with aphasia and apraxia issues to regain and improve language skills.

Vocational Therapist Assists stroke survivors who want to return to work, volunteering and other social activities.

PERSONAL CARE TEAM

The personal care team can be made up of friends, family, neighbors, coworkers, employers and other members of the community who want to help with the stroke survivor's care.

Schedule a meeting with the personal care team members to address immediate concerns and assign responsibilities in managing:

- Child care—Car-pooling, homework, play-dates, etc.
- Cleaning the house.
- Meal preparation—Hospital food can be repetitive and eating out can be expensive.
- Grocery shopping.
- Laundry.
- Lawn care.
- Pet care.

It is also beneficial for you or the stroke survivor to educate the personal care team members about stroke and the rehab process, as well as the stroke survivor's needs and goals.

Your stroke survivor's care team will be unique to your and the stroke survivor's particular wants and needs.