

Transitions in Care for Stroke Patients

Experiencing a stroke can be frightening and complicated. Your stroke recovery journey will be different from everyone else's.

You will be in our stroke unit for about 5 to 7 days. To prepare you for discharge, please review these list of services and resources that may be helpful to you as you continue to recover from your stroke after you leave the hospital. If you have any questions, please feel free to ask a member of your healthcare team. We wish you a speedy recovery!

Rehabilitation after a Stroke

Rehabilitation (rehab) can help you regain any functions that the stroke may have affected. It can also prepare you to get back to your life at home and in the community.

Before you leave the hospital, our therapists will assess you to determine if you need rehab. There are 2 options for rehab – **inpatient** or **outpatient**. Both these programs are offered at partner hospitals in the GTA. In both, you will work with an inter-professional team, who will tailor your rehab treatment to meet your needs and goals.



For more information on rehab options after your leave the hospital, please speak with the Occupational Therapist and/or Physiotherapist on your unit.

INPATIENT STROKE REHABILITATION

For inpatient stroke rehab, you will move to a rehab hospital after you leave Humber River Health. During your stay there, you will work with a rehab team 7 days a week, using a range of treatments to help restore your function and mobility.

Depending on your rehab needs and goals, your rehab team will determine the type of program that will benefit you the most:

- An intensive, but short-term program (**High Tolerance Short Duration** (HTSD) rehab), or
- A less intense and slower-paced program (**Low Tolerance Long Duration** (LTLTD) rehab)

During your stay, you will receive focused, individualized care to help maximize your physical health and well-being. When you are ready for discharge, the rehab team will also support your transition home, working closely with Home and Community Care to make sure you have the right supports in place to return home safely.

OUTPATIENT STROKE REHABILITATION

For outpatient stroke rehab, you will either attend appointments at a rehab clinic every day or several times a week or have therapists provide services in your home.

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You may meet on a 1:1 basis, in groups, and/or online, when needed. To help you re-engage into the community, your rehab team can also assess, consult, or teach you and your family on:

- Caregiver support (coping, access to resources)
- Communication (the ability to express needs, take part in social interactions)
- Environment (changes to home, alternate housing)
- Managing finances (the ability to manage financial affairs, access to funding sources)
- Managing health (nutrition, prescriptions, mood)
- Life roles (return to work, school, volunteering)
- Mobility (aids and equipment, return to driving)
- Social networking (relationships with family, friends, contacts with agencies).

Humber River Health's Stroke Prevention Clinic

The Stroke Prevention Clinic is for people who are at high risk or have recently had a stroke or transient ischemic attack (TIA or mini-stroke).

At the clinic, you and your family/caregiver will meet (either in person or by phone) with a nurse practitioner and neurologist, who will review the causes of stroke with you and do tests. They will review your risk factors and help you manage them through healthy lifestyle changes and medicines, if needed. They can also refer you to other specialists and services in the community.

Your healthcare team may refer you to attend this clinic after you leave the hospital. Your family doctor or specialist can also refer you to this clinic. The clinic is on level 4 in the Medical Surgical Clinics.

Resources in the Community

A stroke can leave you with changes in the way you move and carry out day-to-day functions. Like other chronic health conditions, you will need to continue to work on your recovery every day to be able to live optimally and prevent future strokes. The following community resources can support you and your family and help you live well after a stroke.

Toronto Stroke Networks: Guide for Stroke Recovery: a guide to daily living after stroke
<http://strokerecovery.guide/>

March of Dimes: After Stroke

Access a personalized stroke recovery program that can help navigate the path forward after a stroke
<https://www.afterstroke.ca/>

Heart & Stroke

Find national and provincial organizations that support survivors of stroke and their caregivers
<https://www.heartandstroke.ca/services-and-resources>

Home & Community Care Support Services

Find home care supports and answers to questions about Long-Term Care planning
<http://healthcareathome.ca/central/en/Getting-care>

The Healthline

Find health and community services in Ontario
<https://www.thehealthline.ca/>

For additional supports in the community, speak with the Social Worker and/or Home & Community Care Coordinator on the unit.

Humber River Health's Patient and Family Resource Centre also has free handouts on stroke and community resources. Visit them on level 0 or email them at pfrc@hrh.ca.