

# STROKE RECOVERY DISCUSSION GUIDE: HOSPITAL AND INPATIENT REHAB

Use these questions to help you have meaningful conversations with your loved one's care team during their time at the hospital and inpatient rehabilitation



## TALKING TO THE SPECIALIST (PHYSIATRIST, NEUROLOGIST)

- Do we know what caused the stroke? If so, what was it? \_\_\_\_\_  
\_\_\_\_\_
- How was the stroke treated? \_\_\_\_\_  
\_\_\_\_\_
- What kind of damage has the stroke caused? Are there any signs and symptoms we should look out for that could be caused by the stroke? \_\_\_\_\_  
\_\_\_\_\_
- What are some signs and symptoms of another stroke that I should look out for? What are we doing to prevent another stroke? \_\_\_\_\_  
\_\_\_\_\_
- Can you talk to me about muscle stiffness/tightness, or spasticity? How will spasticity be managed if/when it appears? \_\_\_\_\_  
\_\_\_\_\_
- What is the most suitable rehab setting for my loved one? \_\_\_\_\_  
\_\_\_\_\_
- What kinds of follow-up visits will be needed and with whom? \_\_\_\_\_  
\_\_\_\_\_





**TALKING ABOUT DISCHARGE (NURSE CASE MANAGER, MEDICAL/SOCIAL WORKER)**

- Is rehab care covered by my loved one's insurance? \_\_\_\_\_  
\_\_\_\_\_
- Should my loved one continue with their current medications after rehab? Are there any other medications they should be taking? \_\_\_\_\_  
\_\_\_\_\_
- How do I get a prescription for home healthcare? Is there any home healthcare equipment that we need? \_\_\_\_\_  
\_\_\_\_\_
- What other kinds of home-based support are available to caregivers? \_\_\_\_\_  
\_\_\_\_\_
- What kinds of rehab programs are appropriate for my loved one? \_\_\_\_\_  
\_\_\_\_\_
- When does rehab begin? How long will it take? \_\_\_\_\_  
\_\_\_\_\_
- What will my loved one do during inpatient rehab? \_\_\_\_\_  
\_\_\_\_\_



**TALKING TO THE THERAPIST (PT/OT,\* SPEECH)**

- How do you measure progress? How often do you evaluate it? \_\_\_\_\_  
\_\_\_\_\_
- How do you check for muscle spasms/cramping, or spasticity, during this time? How can I help keep an eye out for it? \_\_\_\_\_  
\_\_\_\_\_
- What kinds of exercises will we be doing here and at home? \_\_\_\_\_  
\_\_\_\_\_
- What can I do to get my loved one's home ready for them? \_\_\_\_\_  
\_\_\_\_\_
- Which exercises can I help my loved one do at home? \_\_\_\_\_  
\_\_\_\_\_

\*PT/OT = Physical Therapist/Occupational Therapist.

**GET SUPPORT** delivered straight to your inbox [Passport2Progress.com/Sign-Up](https://Passport2Progress.com/Sign-Up)



# STROKE RECOVERY DISCUSSION GUIDE: HOME, OUTPATIENT REHAB, AND BEYOND

Use these questions to help you have meaningful conversations with your loved one's care team during their time in outpatient rehab and throughout their ongoing journey toward recovery



## TALKING TO THE THERAPIST (PT/OT,\* SPEECH, VOCATIONAL)

- What types of recovery goals should we set for my loved one? How can we work together on this? \_\_\_\_\_
- What kinds of outpatient rehab services or programs will my loved one receive? How intense will they be? \_\_\_\_\_
- How many visits will be needed to help achieve the recovery goals? \_\_\_\_\_
- How do you measure progress toward the recovery goals? \_\_\_\_\_
- What should I look out for to help identify stiff and rigid muscles, or spasticity, at home? \_\_\_\_\_
- What should I do if I think my loved one may have spasticity? \_\_\_\_\_
- Can you tell me about support groups and educational materials that are available for caregivers like me? \_\_\_\_\_
- What exercises can I do with my loved one at home to help meet their recovery goals? \_\_\_\_\_
- How long might recovery take for my loved one? \_\_\_\_\_

\*PT/OT = Physical Therapist/Occupational Therapist.

 HOSPITAL

 INPATIENT REHAB

 HOME

 OUTPATIENT REHAB

 RECOVERY



**TALKING TO THE PRIMARY CARE PROVIDER**

- What is the expected course for recovery? \_\_\_\_\_
- How do we continue managing my loved one's health? \_\_\_\_\_
- Should we discuss my loved one's medications at every appointment? Do you need to know about over-the-counter products, like vitamins and herbal supplements? \_\_\_\_\_
- Besides medications, what else can we do to prevent another stroke? \_\_\_\_\_
- What are some warning signs of another stroke that I should look out for? \_\_\_\_\_
- How do you check for muscle stiffness/tightness, or spasticity, during this time? \_\_\_\_\_



**TALKING TO THE SPECIALIST (PHYSIATRIST, NEUROLOGIST)**

- What types of rehab services might improve my loved one's recovery? \_\_\_\_\_
- What is my loved one's ability to physically engage in various rehab services? \_\_\_\_\_
- How can I keep track of my loved one's recovery? What should I do if I think their progress is at a standstill or declining? \_\_\_\_\_
- If muscle spasms/cramping, or spasticity, show up how do you treat it? How can I help look out for it moving forward? \_\_\_\_\_
- Should I watch out for depression? \_\_\_\_\_
- Should we discuss my loved one's diet? Are there specific things regarding food and nutrition that we need to consider? \_\_\_\_\_
- Should I keep an eye on my loved one's sleep habits/patterns? \_\_\_\_\_
- Should we discuss my loved one's sexual/intimacy issues? What about any bowel/bladder issues? \_\_\_\_\_
- Can you tell me about support groups and educational materials that are available for caregivers like me? \_\_\_\_\_
- Will my loved one be able to return to work? When can they start driving again? \_\_\_\_\_

**FIND SPECIALISTS** nearby who can help [Passport2Progress.com/Specialist](https://Passport2Progress.com/Specialist)

