



HEART &
STROKE
FOUNDATION

Finding answers. For life.

For more information about times, dates, and registration for Living with Stroke, contact:

Heart & Stroke LIVING with STROKE

Participating in recovery and adaptation after stroke



A workshop program for
stroke survivors and caregivers

Or contact the Heart and Stroke Foundation:
1-888-HSFO-INFO
1-888-473-4636



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www.heartandstroke.ca

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PARTICIPATING IN YOUR RECOVERY

Living with Stroke has been developed for people who have had a stroke and for the individuals who care for them. *Living with Stroke* is an interactive program. It consists of eight group learning sessions. They will include discussion, videos and activities to help you learn more about dealing with stroke. Workshops will be held once a week. Each workshop is 2 hours in length.

During the workshops, you will be able to:

- Share your experiences, ask questions, and hear other people's stories
- Learn to deal better with the effects of stroke on your life.

ADAPTING TO LIFE AFTER STROKE

Living with Stroke can provide you with tools and support to:

- Improve your quality of life
- Reduce the risk of another stroke
- Participate in your recovery
- Find the help you need to adjust to life after stroke.

LEARNING ABOUT LIVING WITH STROKE

The eight weekly sessions that make up *Living with Stroke* cover the following topics:

- Learning about stroke and dealing with its impact on your life
- Dealing with physical changes and maintaining activities
- Understanding the importance of nutrition to your recovery and living with diet restrictions
- Dealing with communication and mental function issues
- Understanding and dealing with emotions after stroke
- Maintaining important activities and relationships
- Learning how you can reduce your risk of stroke
- Using your knowledge to continue with your recovery and your life.

If you are trying to adjust to life after a stroke, then *Living with Stroke* may be the right program for you.

Your caregiver, a family member or friend should attend the program with you, as both of you may have questions or concerns that *Living with Stroke* can address. Learning and working together can help you both deal with the challenges of living with stroke.

