



Stroke rehabilitation: my care

This summary is for healthcare professionals to use together with people who have had a stroke to help start or inform conversations about all aspects of their care, and give them details on what care and support they should expect.

What checks or reviews might I have?

After a stroke you may have checks for:

- cognitive impairment
- swallowing problems
- incontinence
- communication problems
- mental health issues
- impact on mood
- difficulties with movement or balance
- muscle weakness
- vision & hearing issues
- fatigue



You may also have reviews at 6 months, and then annually, but this can vary.

What therapy or treatment might I have?

You may have therapy and treatment to help you:

- communicate
- eat and drink
- clean your teeth
- walk
- with memory issues
- with vision issues
- move your arms
- improve balance

Rehabilitation should be based on your needs, and offered for at least 3 hours a day, at least 5 days a week. Help for other problems like spasticity may also be offered.



Who might be involved in my care?



- If you are in a stroke unit in hospital, you will be cared for by a **multidisciplinary team (MDT)**.
- If you have more complex rehabilitation needs, you may be cared for by specialists in a dedicated neurorehabilitation unit.
- Once you leave hospital you will be cared for by a specialist stroke team in the community. This may include healthcare professionals who are part of an early supported discharge team.

What help can I get for day-to-day living?

You may be offered help and support such as:

- new ways to accomplish everyday tasks
- training for family members and carers, including in use of equipment like hoists
- managing long-term stroke health problems
- help to return to work and community life.



You may also have discussed your social care needs, and possible assessments, with care staff during your hospital stay.



Stroke rehabilitation: the multidisciplinary team (MDT)



Who are the multidisciplinary team?

The multidisciplinary team, often shortened to MDT, are a group of health and social care staff who work together to deliver your care. The MDT usually includes people in the roles below, but the people on the MDT who work with you may differ depending on your needs. You or your care team can write or type the names of your MDT members in the boxes below.

Consultant physicians specialising in stroke or rehabilitation medicine

Nurses

Physiotherapists

Occupational therapists

Speech and language therapists

Dietitians

Clinical psychologists or clinical neuropsychologists

Eye specialists (orthoptists)

Rehabilitation assistants

Social workers