



strokefoundation

My stroke care plan

Going home after having a stroke can be a difficult time. Knowing what is happening next, who to contact and who will support you can help make this big step a little easier.

This care plan has been developed to help you actively plan your ongoing recovery from stroke. As things change over time, this plan can be used both when you leave hospital and when you are at home. It should be used alongside My Stroke Journey, which will be provided by your stroke team.

Together with a member of your stroke team, complete and discuss the following sections. Make sure you ask questions and discuss any concerns.

General information

My name: _____

Discharge date: _____

Where from (name of discharge site): _____

Service	Contact name	Phone number	What for?
StrokeLine - National Stroke Foundation		1800 STROKE (1800 787 653)	
State Stroke Association			
Stroke Support Group			

Follow up appointments

This section is for you to fill in with your stroke team, and other people you may see after you go home. You can list all the follow up appointments organised for you by the hospital. When at home you can also add here other appointments and contacts, e.g. Centrelink, home and community care, driving assessment, support groups etc.

Whenever new services are arranged, you can add them to your list.

Services / Appointments	What for?	Contact details	Commencement date
		Name: Address:	Date: Time:
		Name: Address:	Date: Time:
		Name: Address:	Date: Time:
		Name: Address:	Date: Time:
		Name: Address:	Date: Time:
		Name: Address:	Date: Time:

My Action Plan

When you get home there will be a number of different areas you will need to keep working on, such as walking, doing more exercise, feeling more positive, lowering blood pressure, seeing friends or driving.

Some improvements don't take long to achieve, others take much longer. It can be useful to set some goals to keep you motivated and to track your progress. A stroke team member can help you set goals and plan actions to keep improving.

Write down the things you would like to work on over the next 12 months. It's important to work out what's important to you and what you want to achieve by when. You might also like to discuss these goals with your carer/family so they can support you and help keep you motivated.

Areas I would like to focus on	Who can help me?	What will I do



Remember you can call StrokeLine
on **1800 STROKE** (787 653)

Do I need any equipment, if so what?	Is this a long term goal or a short term goal?	Has this goal been achieved?

How do I know if I am having another stroke?

Many stroke survivors are very concerned that they will have another stroke. Knowing the signs of a stroke will mean that you can act quickly if this occurs.

The FAST test is an easy way to remember and recognise the common signs of stroke.





Remember stroke is a medical emergency.

It is very important to seek medical assistance by calling 000. The operator will help you work out what to do next.

F.A.S.T. stands for **F**ace, **A**rms, **S**peech, **T**ime to act fast.

*How do you know if someone's having a **stroke**? Think...*

F.A.S.T.

F

FACE
Check their FACE.
Has their mouth drooped?

A

ARMS
Can they lift both ARMS?

S

SPEECH
Is their SPEECH slurred?
Do they understand you?

T

TIME
TIME is critical. If you see any
of these signs, call 000 now!

Think F.A.S.T. Act FAST! CALL 000

Concerns and questions

Use this section to write down any concerns you have. Discuss them with your care team. We've included some suggested questions.

<input type="checkbox"/> Have your rehab needs been assessed and discussed with you?	<input type="checkbox"/> Do you know when your follow up support services are starting?
<input type="checkbox"/> Do you have your list of medications; understand when to take them and what they are for?	<input type="checkbox"/> Do you know what problems to watch for and what to do if things go wrong?
<input type="checkbox"/> Do you have equipment to take home with you? Do you know what it is for?	<input type="checkbox"/> Do you have any concerns about resuming sexual activity when you get home?
<input type="checkbox"/> Does your family feel confident to look after you when leave hospital?	

How do I reduce my risk of having another stroke?

Complete the following risk factors and lifestyle changes with a member of the stroke team to help you reduce your risk.

Lifestyle Changes

Risk factors (circle if it applies to you)	How it affects my stroke risk	What can I do to reduce my stroke risk?	Who can help?	Key message
Smoking				
Being overweight / obese				
Poor diet and inactivity				
Excessive alcohol				
High blood cholesterol				
High blood pressure				
Diabetes				
Atrial fibrillation (AF)				



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National Office**

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We have offices in Brisbane, Sydney, Hobart and Perth.

For a complete list of fact sheets, visit
www.strokefoundation.com.au

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