

Stroke Recovery and Ongoing Home Care

Supporting recovery, safety, and daily function

Easy guide for families

Why this matters

Recovery after a stroke may include weakness, speech changes, swallowing trouble, fatigue, mood changes, or memory problems. Family caregivers help by supporting therapy goals, preventing complications, and watching for urgent warning signs.

What you may notice

- Weakness or numbness on one side
- Trouble speaking or understanding words
- Difficulty swallowing, chewing, or coughing with meals
- Fatigue, frustration, or mood changes
- Need for help with bathing, dressing, or walking

Daily care at home

1. Follow therapy exercises and positioning instructions carefully.
2. Keep the stronger side easy to use, but encourage safe practice with the weaker side.
3. Seat the person upright for meals and watch for coughing or pocketing food.
4. Allow extra time for speech, movement, and rest.
5. Use calendars, labels, and routines if memory or attention are affected.

When to call the doctor

- New swallowing trouble, coughing with meals, or choking
- Worsening weakness, pain, or spasticity
- Signs of depression or refusal to participate in care
- Redness on the skin from sitting or lying too long
- Any change from the usual recovery pattern

Call 911 now if...

- Sudden face droop, arm weakness, or speech trouble
- New vision loss, severe headache, or sudden confusion
- Chest pain or severe shortness of breath
- Loss of consciousness or seizure

Questions for the care team

- What exercises are safest for home practice?
- What diet texture or swallowing precautions do we need?
- What equipment should we use for bathing or transfers?
- What signs suggest another stroke or a complication?

Quick daily checklist

- Therapy plan followed today
- Meals taken upright
- Skin checked on pressure areas
- Walking or transfer help provided
- Mood and energy observed
- Emergency stroke signs reviewed

Safety first

Watch for shoulder pain, skin breakdown, constipation, dehydration, falls, and sadness or withdrawal. Recovery often improves with repetition, patience, and structured practice.

Caregiver reminder

Recovery can be uneven. Celebrate small gains, stay consistent, and ask for help early when progress stalls or safety changes.

