

Dear

## Did you know the sooner you start therapy, the better your chances for recovery?

Research shows that beginning rehab soon after a stroke helps the brain heal. Therapy can help you get strong and adjust to changes.

Someone from the outpatient therapy program will call you in about a week after your discharge home to talk to you about next steps. If you do not hear after that time, please contact the service or admissions coordinator.

 call \_\_\_\_\_ or

 email \_\_\_\_\_

You will attend outpatient therapy at:

## Why is therapy important?

Therapy will help you:

- ✓ improve your strength and coordination to do daily tasks
- ✓ Improve speaking, understanding, or swallowing
- ✓ Learn strategies to help with memory, attention and staying safe
- ✓ Learn strategies to cope with changes after your stroke
- ✓ Address return to work and/or return to driving
- ✓ Help you achieve your goals
- ✓ Link to services and supports in your community



How therapy is organized:

- You will visit an outpatient therapy clinic several times a week, while living at home.
- Sessions may be in-person or virtual (by video).
- The amount of therapy you get will depend on the program and/or your recovery goals and needs.

You will work with a team, which could include:

- a physiotherapist
- a social worker
- a psychiatrist (doctor specializing in rehabilitation), others.
- an occupational therapist
- a dietitian
- a nurse
- a speech-language pathologist

## What to bring with you

- Health card
- Copy of your discharge summary if available (on your first visit)
- Wear comfortable clothing and shoes to exercise in
- Water bottle, healthy snack or meal, if staying over lunchtime
- Bring any assistive devices you may need, (for example glasses, hearing aids, wheelchair, walker, brace)
- Come with an open mind and willingness to learn. Progress is made one step at a time.



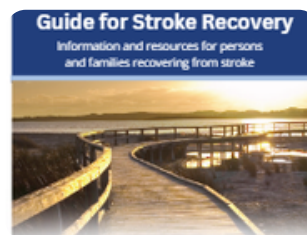
## Your role in your recovery

A positive attitude and active participation in therapy are powerful tools for progress. Believe in your ability to improve, you are more capable than you think. Here's how you can help yourself:

- Commit to your therapy**  
Attend all appointments and practice any at-home exercises or activities recommended by your therapists.



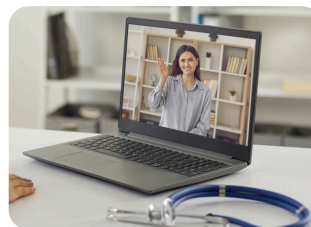
- Stay informed**  
Refer to the Guide for Stroke Recovery for information and resources on stroke and recovery. Ask a team member for a copy.



- Bring someone to help if needed**  
If you need help with toileting and/or getting around the building.



- Be ready for virtual sessions if applicable**  
Make sure your computer/tablet is set up and working.



- Think about your goals**  
Discuss them with your therapists.



- Track your progress**  
Keep track of any changes in your recovery. Reflect on what is important to you and your quality of life (for example: walking your dog). Talk to your healthcare team about concerns.



- Get support**  
Lean on family and friends for support and encouragement.



- Take care of yourself**  
Eat well, stay hydrated, rest, and get emotional support if needed.



## Next steps



### Arrange transportation

- Plan ahead on how you will get to your appointments (e.g., family, friends, or accessible transportation services). Give yourself extra time to get to the clinic
- If you need transportation, ask your team for options. If you are applying for accessible transit (e.g. Wheel Trans), approval may take a few weeks. You may need to use another service in the meantime.