

# Your Stroke Journey: Chapter 4

As you read through the “**Your Stroke Journey**” book, you can use this guide to help you understand what each chapter is about and why it is important.

## Chapter 4 – Living with Physical Changes

A stroke can change how you talk, move, and do everyday things. You can learn about ways to improve and find people who can help you.

### In this chapter you will:

- » Understand how strokes can make it harder to talk and learn ways to communicate
- » Learn how strokes can affect your muscles and moving around
- » Find out about tools that can help you move better
- » Learn about problems with swallowing and how to eat safely
- » Learn about problems with going to the bathroom and ways to manage them
- » Find out who can help you with these physical challenges

*Information received from a Stroke Navigator is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Ask a physician or qualified health care provider about questions you may have regarding a medical condition or making a lifestyle change.*



Funded by:



1-800-663-3600  
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You'll find helpful resources in **Chapter 4 – Living with Physical Changes**. Here are a few more that might be useful for you.

Find these resources and more online at: [heartandstrokenb.ca/stroke-resources](https://heartandstrokenb.ca/stroke-resources)

## Communication

- » Heart and Stroke Foundation of Canada Practical Post-Stroke Tutorials on YouTube
  - [Introduction: Communicating with someone with aphasia](#)
  - [Tutorial 1: Using key words to aid in communication](#)
  - [Tutorial 2: How to use a wallet as a communication aid](#)
  - [Tutorial 3: How to create a communication aid reference binder or life story book](#)
- » Canadian Partnership for Stroke Recovery YouTube Video
  - [Practical Communication Skills After Stroke](#)

## Challenges with Arms and Legs & Mobility:

- » Canadian Red Cross Website [Health Equipment Loans](#)
- » [Ability New Brunswick Website](#)
- » [New Brunswick Physiotherapy Association Website](#)
- » [New Brunswick Association of Occupational Therapists Website](#)

## Swallowing Problems

- » [New Brunswick Association of Speech-Language Pathologists and Audiologists Website](#)
- » [Dieticians Association of New Brunswick Website](#)
- » Sinai Health Video on YouTube
  - [Swallowing and Communication After Stroke](#)
- » [Canadian Stroke Best Practices Website - Patient and Caregiver Resources](#)
  - *Enabling self-management after stroke: a checklist for patients, families, and caregivers*
- » Sinai Health YouTube Video
  - [Recovery After Stroke](#)



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