

# Your Stroke Journey: Chapter 2

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 2 – Stroke Care

Being in hospital can be difficult. It can help to know the members of your team, and take charge of your recovery.

### In this chapter you will:

- » Find out the members of your healthcare team
- » Know what questions to ask
- » Learn how keeping a recovery journal can be helpful
- » Understand why rehab is important

*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.*



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1-800-663-3600  
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You'll find helpful resources in **Chapter 2 - Stroke Care**. Here are a few more that might be useful for you.

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

## Virtual Care: Stroke care from a distance

- » [Canadian Stroke Best Practices Website - Patient and Caregiver Resources](#)
  - *Infographic Virtual Healthcare Checklist*

## Starting Rehabilitation (rehab)

- » [Canadian Stroke Best Practices Website - Patient and Caregiver Resources](#)
  - *Infographic Rehabilitation and Recovery*
  - *Enabling self-management after stroke: a checklist for patients, families, and caregivers*
- » Sinai Health YouTube Video
  - [Recovery After Stroke](#)



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