

# Your Stroke Journey: Chapter 7

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 7 – Everyday Tasks: Your New Normal**

A stroke can take a toll on you and those around you. Having a good support system once you come home is important for your recovery.

### **In this chapter you will:**

- » Look at tools that can help with your daily activities
- » Learn how to do tasks safely and more easily
- » Find out what you need to drive again
- » Know who can help you with your daily tasks

*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  
stroke@hsf.nb.ca

# Your Stroke Journey: Chapter 7

You'll find helpful resources in **Chapter 7 - Everyday Tasks: Your New Normal**. 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)

## Assistive devices can help

- » [Parsons ADL Health Care Products](#)
- » Department of Social Development
  - [Health Services Mobility and Adaptive Equipment Loan Program](#)
- » Heart & Stroke Foundation of Canada Website [Personal Care](#)

## Driving

- » Horizon Health Network Website [Assistive Technology Services](#)



Funded by:



1-800-663-3600  
[stroke@hsf.nb.ca](mailto:stroke@hsf.nb.ca)