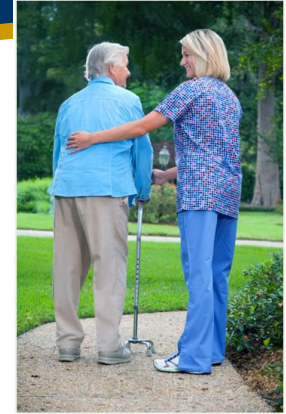


# Managing the Effects after a Stroke



## Health Management

### Coping with the Effects of a Stroke

Home Companions Senior Care provides an in-home care solution through our team of Care Managers, Certified Nursing Assistants and Home Health Aides by simplifying tasks and assisting with daily living activities such as bathing, dressing, assistance with medications and our most valued and trusted service of providing companionship to combat one of the most preventable debilitating effects ...depression.

Home Companions Senior Care can provide one-on-one assistance with the following activities to support declining functional limitations while accommodating abilities:

### Stroke

- Assist with taking blood pressure/pulse/respirations and recording them on the shift report and weekly progress note. Report any unusual readings to the RN Case Manager.
- Assist with prescribed therapies such as range of motion.
- Assist with ADL's when appropriate.
- Assist with prescribed diet and prepare meals to accommodate eating i.e. cut up meats, open beverage containers etc.
- Remind or assist with self-administered medication as authorized by an unlicensed trained person.

You're not alone! You can modify your routine to your best ability and continue to participate in the community. Joining a support group can offer resources to help prevent another stroke and educate you how to adjust and overcome limitations you may be facing.

### Encouragement through Abilities:

- Reduce stress
- Eating healthy foods
- Taking medication
- Communicate Learn more... [www.stroke.org](http://www.stroke.org)

To find out more about in-home care solutions call our office today to speak with our friendly home care staff.