



## Why care for yourself after a stroke is important?

Martha recently had a stroke and noticed her hands felt weak when trying to open medication containers or chop food. As a result, Martha had a hard time following her medication schedule and eating healthy. Martha told her provider about her concerns, and signed up for Occupational and Physical Therapy. These resources helped her make changes to stay independent at home. Martha stopped smoking, is now cooking healthy meals for herself and her grandchildren and is taking her medications as scheduled. Knowing how to care for yourself after a stroke can help live daily life confidently and prevent a stroke in the future.

### What can you look for?

- Weakness on one side of the body
- Hard time speaking or understanding others
- Changes in memory, difficulty focusing or making decisions
- Loss of interest and/or pleasure
- Hard time controlling your emotions
- Hard swallowing
- Fatigue

Your brain controls your ability to move, feel, think, and behave. Brain injury from a stroke can have an effect on these. Several factors affect the ways people experience a stroke.

### Questions to ask yourself:

- Are you falling at home?
- Do you have difficulty remembering day-to-day tasks?
- Are you doing your normal daily routine?
- Do you feel weak?





## What can you do?

- Wear sturdy, nonslip footwear
- Practice healthy sleep habits
- Be physically active
- When possible, resist the urge to let others do things for you

## Where can you find support?

- **Behavioral Health Consultant** can assist with improving your sleep quality, mood, or screen for any memory changes after your stroke.
- **Integrated Pharmacist** can determine if medications need to be changed.
- **Physical** and **Occupational Therapy** can partner with you and your family to develop a plan and set goals.
- Your **Primary Care Team** can connect you to resources to help keep you safe and lower your risk of having another stroke.
- **Registered Dietitian** can suggest making healthy changes to your diet.
- **Tobacco Cessation** can provide support to quit tobacco use.

For more information, visit <https://www.southcentralfoundation.com/aging-well/>

## Alaska Native Health Campus Resources

### Anchorage

(907) 729-3300

### Matanuska-Susitna Borough

(907) 631-7880

- Exercise
- Health Education
- Occupational Therapy
- Physical Therapy
- Primary Care
  - Behavioral Health Consultant
  - Integrated Pharmacist
  - Integrated Physical Therapist
  - Registered Dietitian
  - Tobacco Cessation

