

# AGING WELL

## Life After Stroke

### 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, she 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 continue to live independently. Martha stopped smoking, now cooks healthy meals for herself and grandchildren, and is taking her medications as scheduled. Knowing how to care for yourself after a stroke can allow you to navigate daily life confidently and prevent a stroke in the future.

### What are some considerations for life after stroke?

- 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 experience weakness?



For more information visit:

[www.southcentralfoundation.com/aging-well](http://www.southcentralfoundation.com/aging-well)

Or scan the QR code



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## 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?

Contact your primary care team directly or call

**Benteh Nuutah Valley Native Primary Care Center** .....(907) 631-7800

NB

### ☒ Behavioral Health Consultants

Behavioral health consultants can assist with improving your sleep quality, mood, or screen for any memory changes after your stroke.

### ☒ Integrated Pharmacists

Integrated pharmacists can determine if medications need to be changed.

### ☒ Your Primary Care Team

Your primary care team can connect you to resources to help keep you safe and lower your risk of having another stroke.

### ☒ Registered Dietitians

Registered dietitians can suggest making healthy changes to your diet.

### ☐ Physical Therapy ..... (907) 631-7640

### ☐ Occupational Therapy ..... (907) 729-6683

Physical therapy and occupational therapy can partner with you and your family to develop a plan and set goals.

### ☐ Tobacco Cessation ..... (907) 631-7640

Tobacco cessation can provide support to quit tobacco use.

#### Key


NB Non-Beneficiary

☒ Support available to Non-Beneficiary

 Referral needed

 Travel by plane required

 Travel by car required

 Available over the phone or virtual visit