STROKE REHAB Q&A

WHAT IS STROKE REHAB?
Rehabilitation or rehab is designed to help a stroke survivor relearn abilities affected by stroke or make adjustments to improve quality of life. Rehab is key to recovery after stroke.

HOW CAN REHAB HELP?
Rehab can help with self-care, mobility, communication, cognitive and social skills.

WHERE DOES REHAB HAPPEN?
It can take place at inpatient facilities, skilled nursing facilities, outpatient facilities or at home.

DOES INSURANCE COVER REHAB?
Your hospital case manager can help you understand what is covered by your insurance.

LEARN MORE AT StrokeAssociation.org/Recovery

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Patients and family members should both be involved in choosing a stroke rehab facility/provider that meets their needs. The questions and information offered here can help guide the decision-making process.

**QUESTIONS TO ASK AT THE HOSPITAL**

- What types of rehab care will my insurance cover?
- Do you have a stroke rehab program? If so, how many patients are in it?
- How do you assure high-quality care?
- What do you look for in terms of progress and how often do you evaluate it?
- Where does rehab occur?
- What therapy programs are available?
- What is done to help prevent falls?
- Do you have a program that addresses balance issues?
- How do you help family caregivers?

**QUESTIONS TO ASK BEFORE DISCHARGE**

- What is the extent of the stroke damage?
- What areas of the brain have been affected?
- What is the prognosis and expected course for recovery?
- What types of services are likely to improve the outcome?
- Does this depend on the areas of the brain where the stroke caused damage?
- To what extent will I/my loved one be able to engage in various rehab activities?
- How would you describe the medical/health situation and complexity, and what other medical services will be required?

**QUESTIONS FOR REHAB PROVIDERS**

- Is the rehab facility certified to care for people with a stroke?
- What is the maximum amount of rehab services I/my loved one can receive?
- How intense will rehab services be?
- What medical services are available?

**QUESTIONS FOR FAMILY MEMBERS TO ASK**

- What special clinical training do the nurses, social workers and dieticians have?
- How is functional recovery measured, and what outcomes are typical for stroke patients?
- Will we be involved in patient care plan discussions?
- Will you ask my loved one what he/she wants?
- Will you consider my loved one’s wishes and goals in putting together the rehab program?