

# STROKE REHAB Q&A

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## 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.

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## HOW CAN REHAB HELP?

Rehab can help with self-care, mobility, communication, cognitive and social skills.

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## WHERE DOES REHAB HAPPEN?

It can take place at inpatient facilities, skilled nursing facilities, outpatient facilities or at home.

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## DOES INSURANCE COVER REHAB?

Your hospital case manager can help you understand what is covered by your insurance.



LEARN MORE AT  
[StrokeAssociation.org/Recovery](http://StrokeAssociation.org/Recovery)

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# STROKE REHABILITATION PLANNING LIST

**Making good decisions begins  
with asking good questions.**



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## BREATHE A SIGH OF RELIEF.

You or your loved one survived a stroke. Now it's time for the next step: finding the stroke rehab program that best meets your needs. The questions and information here can help guide you and your family through the rehab 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 cause of the stroke?
- What steps should be taken to identify the cause and prevent another stroke?
- 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 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 one can receive?
- How intense will rehab services be?
- What medical services are available?

- 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?



### QUESTIONS FOR FAMILY MEMBERS TO ASK

- 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?



**“STROKE DOES NOT ERASE US. SURVIVORS ARE STRONGER THAN STROKE.”**

**RACHEL CASTRO, STROKE SURVIVOR**  
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