STROKE

Risk Factors
- Diet high in saturated, trans-fat, cholesterol, high-sodium, & high calorie diet
- Tobacco use, smoking
- Excessive alcohol use
- Physical Inactivity
- Sedentary Lifestyle

Left Brain Effects
- Paralysis of the right side of the body
- Aphasia (affects ability to use or understand words)
- Apraxia of speech (difficulty in executing voluntary movement necessary for speech)
- Slow cautious behavior

Right Brain Effects
- Paralysis on left side of the body
- Left side neglect
- Quick impulsive behaviors

Resources:
Communication Advice from Experts: Individuals with Aphasia
http://www.strokeassociation.org/STROKEORG/LifeAfterStroke/RegainingIndependence/CommunicationChallenges/Types-of-Aphasia_UCM_310096_Article.jsp#.W8d_6mhKjd

Caregiver Packet
EFFECTS OF STROKE & HEALTH PROMOTION

Emotional & Behavioral Effects
- Anxiety
- Depression
- Pseudobulbar Affect (PBA) (crying or laughing at unexpected, sometimes inappropriate times)

Physical Effects
- Fatigue
- Seizures
- Spasticity
- Foot Drop, Claw Toe, & Hammertoe
- Balance Issues & Vision Problems

Sleep
- 50% of stroke survivors have some type of sleep problem
- Promotes neuroplasticity (ability of brain to create new neural connections)
- Deprivation leads to depression, memory problems, & night-time falls

Exercise
- Increases good cholesterol
- Controls blood pressure & blood sugar
- Combats obesity

How much should I exercise?
- 5 of the 7 days per week, for at least 30 minutes each day

Resources:
Effects of Stroke
http://www.strokeassociation.org/STROKEORG/AboutStroke/EffectsofStroke/Effects-of-Stroke_UCM_308534_SubHomePage.jsp

Life After Stroke
http://www.strokeassociation.org/STROKEORG/LifeAfterStroke/Life-After-Stroke_UCM_308546_SubHomePage.jsp
**Common Medications**
- Anticoagulants (Lovenox, Eliquis, Coumadin)
- Antiplatelets (Plavix, Aspirin, Aggrenox)
- Anticonvulsants (Keppra, Tegretol)
- Angiotensin II Receptor Blocker (ARBs) (Cozaar)

**Management**
- Organization via pill boxes
  - Alarm reminders
  - Educate loved one on purpose of medication

**Information to have on hand**
- Past illnesses and/or diseases
- Medications
- Family history
- Allergies
- Previous surgeries

**Emergency Kit**
- List of key contacts (physicians, family members, pharmacies)
- List of medications, including doses & frequencies
- Copy of your loved one’s health insurance card

**Resources:**

Medication Assistance Programs
- https://www.needymeds.org/
- https://www.rxassist.org/
- https://www.medicare.gov/
SAFETY AND HOME MANAGEMENT

**Home Adaptions to Prevent Falls**
- Clutter free environment
- Open walkways
- Adequate lighting
- Allergies
- Previous surgeries

**Adaptive Tools**
- Grab rails in the shower
- Shower transfer bench
- Slip resistant mats/shower shoes
- Rounded knives for one-handed cutting
- One-handed cutting boards to make cooking easier

**Addressing One-Sided Neglect**
- Improving awareness by placing objects (e.g., water, TV remote, phone, glasses) on the neglected side encourages you to scan your environment

**Resources:**

**Tips for Daily Living**

**Physical Challenges**
http://www.strokeassociation.org/STROKEORG/LifeAfterStroke/RegainingIndependence/PhysicalChallenges/Physical-Challenges-After-Stroke_UCM_308548_SubHomePage.jsp
STRESS MANAGEMENT

Time for Yourself
• Incorporating time for an enjoyed hobby once a week
• Eating a balanced nutritious diet
• Consistent exercise routines
• Start a journal to relieve stress and organize thoughts
• Spend time with family and friends

Seek Active Support
• Define exactly what you need
  • Write down what is most difficult to accomplish
• Seek the appropriate person to help with tasks
• Consider seeking professional health services
  • Long-term care
• Home health care providers
• Seek respite care

Find Support from Others
• Reach out to family and friends
• Build a network with other stroke survivors & caregivers
• Seek professional health
  • Mental health professionals
  • Pastoral counselors

Resources:

Rx for Caregivers
http://scmag-digi.strokeassociation.org/strokeconnection/2013fall?sub_id=Hxp7yoJknwSy&pg=14#pg14

Mindfulness Meditation for Caregivers
http://scmag-digi.strokeassociation.org/strokeconnection/2013fall?sub_id=Hxp7yoJknwSy&pg=14#pg14

Respite Support
https://archrespite.org/index.php

Caregiver Packet