

Caregiver Quick Guide

Supporting a loved one through stroke recovery.

Be patient

Recovery takes time and looks different for everyone. Celebrate progress, however small.

Communicate clearly

Speak slowly, give time to respond, and use simple sentences for those with aphasia.

Encourage independence

Offer help, but let your loved one do what they can. It builds confidence and strength.

Care for yourself

You can't pour from an empty cup. Take breaks and seek support when you need it.

Know the signs

Keep the F.A.S.T. warning signs handy in case of another emergency.