

## STROKE

(Cerebral Vascular Accident or CVA)

A stroke, or cerebral vascular accident (CVA), occurs when a blood vessel (artery) that supplies blood to the brain bursts or is blocked by a blood clot. Within minutes, the nerve cells in that area of the brain are damaged, and they may die within a few hours. As a result, the part of the body controlled by the damaged section of the brain cannot function properly.

### Rehabilitation at Home

After a stroke, many people return home to continue their rehabilitation. The ability to walk and to perform activities of daily living (dressing, eating, bathing), previously taken for granted, may now present a challenge.

To the extent possible, a person living with the limitations of a stroke should be an active participant in their own care - they should do as much as they can for themselves. Doing this can be easier with the use of a wide range of assistive devices.

Rather than relying on a caregiver to get you dressed, for example, use a dressing stick or sock aid.

Talk to your physician, physical therapist and/or occupational therapist about the assistive devices that would benefit you and your caregiver the most.

Then visit Home Care Medical and try out those products. Our experienced personal care consultants will explain how they work and teach you how to use them.

For more information, please continue reading.



## Products to help stroke patients and those who care for them.

### Dressing

A stroke often affects movement and use of one side of the body. Getting dressed may be easier with the use of these aids for daily living:

- sock/stocking aid
- shoe horn
- elastic shoe laces
- dressing stick
- button aid/zipper pull

### Eating

A stroke often causes paralysis, weakness or trouble controlling movement. Feeding yourself may be easier with the use of these aids for daily living:

- scoop dish
- plate guard
- large grip utensils

### Personal Hygiene and Bathroom Safety

Bathing and maintaining personal hygiene can be made easier for you and those who assist with your care with these products:

- bath mat
- bath sponge
- grab bar
- hand-held shower
- commode
- bath transfer bench or chair
- raised toilet seat

Some people who have a stroke suffer loss of bladder control (urinary incontinence). A variety of incontinence products are available, including:

- briefs
- underpads
- waterproof sheeting

over

## Walking

To prevent falls, use of an ambulatory aid may be recommended.

Ambulatory aids include:

- standard walker
- 3- or 4-wheeled walker
- standard cane
- quad cane
- side stepper

## Seating & Mobility

When more assistance is needed than that provided by an ambulatory aid, these mobility devices may be recommended:

- transport chair
- manual or power wheelchair
- 3- or 4-wheeled scooter
- cushions or seating systems
- portable ramp

## Home Care Furniture

Home treatment and rehabilitation may require changing or adding to the furniture you have in your bedroom or other rooms of your house. These products include:

- hospital bed
- overbed table
- bedside commode
- hooyer lift
- trapeze bar
- tension safety pole
- lift chair

## Suggestions for a Successful Recovery

- be as active as you can in your care
- recognize and deal with depression - a common emotional response that can be treated
- participate in a stroke rehabilitation program as soon as possible
- receive support from those who love you - ask them to be patient, encouraging and to attend therapy with you



Visit Home Care Medical's  
Retail Store and  
try out these products.  
Our experienced personal  
care consultants will  
explain how they work  
and teach you  
how to use them.

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