



# Coping after a stroke

Toronto Rehab

## For stroke rehab patients and family members

Coping after having a stroke can be difficult. It is normal to go through changes in emotions. Read this handout for ideas on how to manage.

### Stroke survivors may feel:

- Sad
- Angry or frustrated
- Worried
- Bored
- Embarrassed
- “Why me?”

...and more

### Caregivers may feel:

- Worried about what’s next
- Sad
- Frustrated
- Overwhelmed

....and more

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Author: Patient and Family Stroke Education Committee  
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## **How will I manage?**

### **Be patient**

Remember that recovery from stroke is a gradual process that happens in small stages. It helps if you:

- Try to set goals you can reach
- Break bigger goals into smaller ones

### **Talk to others**

If you are feeling sad, worried, angry or any other emotions that are troubling you, don't be afraid to talk about it. You are not alone.

- You can join a peer support or caregiver support group
- You can speak to your therapists, doctors, a social worker, or other counselling professionals

## **Who can I call?**

### **1. For support from other stroke survivors and caregivers, and help for caregivers, you can call:**

- Stroke Recovery Canada
- Phone: 1 888 540 6666

### **2. For individual, couple or family counseling, you can call:**

- Family Service Toronto
  - Phone: 416 595 9230
- Catholic Family Services Central
  - Phone: 416 921 1163
  - North Toronto
  - Phone: 416 222 0048
- Jewish Family and Child
  - Phone: 416 638 7800

### 3. For caregiver support, you can call:

- Family Service Toronto, Seniors and Caregivers Support Services,  
Phone: 416 595 9618

**Live outside of Toronto?** Talk to a social worker to help you find services near you.

## What things might help

### Take care of yourself

- Calm yourself with deep breathing, rest, or music
- Join activities in the community, such as day programs, and social events
- Exercise. Stay active without getting too tired
- Find new interests and take up old ones

### Get help from others

- Ask friends or family to help, or look for respite care (community services that give caregivers a break)
- Join a support group for other stroke survivors and caregivers
- Consider speaking to social workers or other professionals for counseling
- Ask your doctor if medication might be helpful in managing your emotions

### Take it one day at a time

- Keep a schedule and write things down
- Say “no” if you are doing too much. Say “yes” to help.
- Don’t try to be perfect. Do what you can.
- **Be positive!** You can still enjoy life after stroke.

University Health Network tries to keep patient education brochures up to date, but some information may change. Please contact any organizations listed to make sure the information is correct or to find out more about their services.