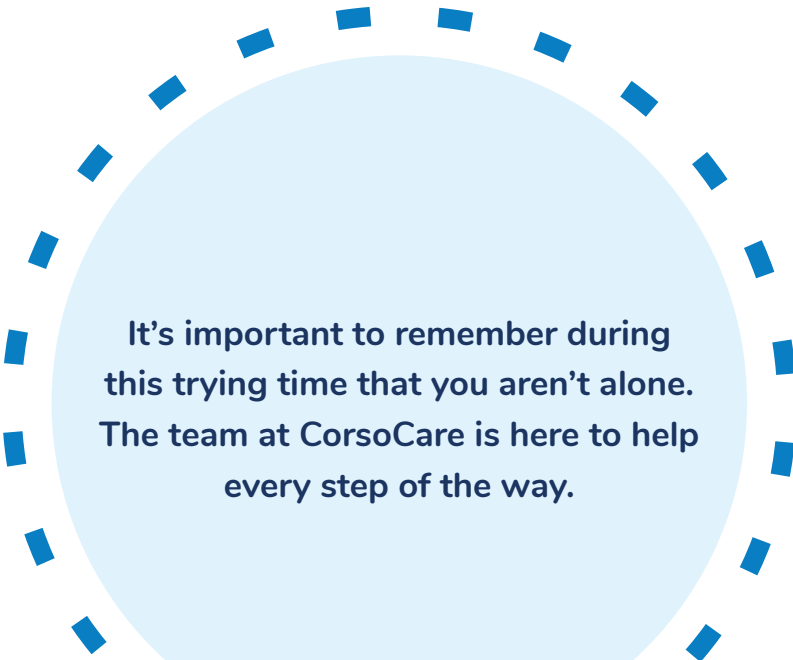




How to Cope After a Loved One Has a Stroke

After a loved one experiences a stroke, it's normal to be unsure about what to do and how you can help. Here are some essential tips for you and your loved one to cope with the situation:

- **Stay positive** – Over half of those who have a stroke experience depression within a year. Keeping an upbeat attitude as often as possible goes a long way in reducing this depression and helping with recovery.
- **Connect with health care providers** – Health care providers aren't just there for the patient. You can use them as a resource to get the help and support you need during the difficult stages of stroke recovery.
- **Surround yourself with a network of support**
 - Find local support groups for caregivers in your community to get the encouragement you need from people who understand what you're going through.
- **Encourage independence** – Caregivers will want to assist the patient with every little task. But by encouraging your loved ones to do what they can, you can help them recover quicker.
- **Be patient** – You need to accept that things your loved one used to be able to do easily will now take longer. But instead of doing them yourself, allowing them to take as much time they need when doing these tasks will help both of you in the long run.
- **Measure progress** – As your loved one goes through the rehabilitation process, track their overall progress. This will allow you to identify what things are working, celebrate little victories, and make the recovery process more manageable.
- **Take breaks** – Don't be afraid to temporarily bring in other people to assist in caring for your loved one. Taking time away to relax, exercise, and have a little "you" time can prevent you from feeling burnt out.



It's important to remember during this trying time that you aren't alone. The team at CorsoCare is here to help every step of the way.

For more information on dealing with a stroke and how CorsoCare can support you and your loved one, call us at 248-438-8535.