

Tips for Recovering from Strokes

Strokes are one of the most sudden, catastrophic causes of long-term disability and the fifth leading cause of death in America. According to the [National Stroke Association](#)[®], around 795,000 people in the United States are affected by a stroke each year and yet few people know what a stroke is or how to know one is occurring.

Strokes, if not treated immediately, can cause long-term effects depending on the severity. Brain cells may be permanently killed or temporarily damaged, which can cause a number of negative effects from physical hardships to emotional distress to cognitive challenges, making it imperative to treat seniors quickly in order to keep them as independent as possible.

Rehabilitation and Recovery After a Stroke

After dealing with a stroke, seniors will be given a wide array of information to help them recover as quickly as possible. According to the [National Stroke Association](#)[®], because there's so much we don't know about the brain, it can be hard to tell what kind of rehabilitation may be needed in order to better help seniors to recover as quickly as possible. The article states that rehabilitation may happen as soon as two days after a stroke because the sooner seniors work to recover lost movement and abilities, the quicker they are able to fully recover.

- 1. Physical Recovery.** Because strokes can affect so much of the body in the longterm, it's important to heal as much of the body as possible. As many of the most common strokes can cause pain, fatigue, sleep issues, paralysis, trouble with movement, seizures and vision loss long after they pass, it's important to schedule therapies to assist in these issues. Physical or occupational therapists can help to get your body and muscles back on track.
- 2. Cognitive Recovery.** Because of damage to the brain it becomes crucial to rehabilitate the brain. Typical cognitive changes include difficulty communicating, finding the right words, understanding speech, and having trouble reading or writing. Seniors could potentially suffer from memory loss. Most of these issues can be solved and recovered by therapy, however dementia is unable to be cured, only managed. Talk to your doctor if you notice any issues with memory.
- 3. Emotional Recovery.** It's common for seniors who suffer a stroke to deal with added emotional fallout. Many seniors begin to feel depressed about their current state and may even be embarrassed at not being able to do some of the things they were once able to do. Seniors may also become anxious that they will suffer another stroke and have a hard time coping. This is when it may become necessary for a cognitive-behavioral therapist to intervene, as they can help seniors deal with this either through therapy or medications.

We Would Love to Hear from You!

If you have comments or questions about our blog, we'd love to hear from you. We also welcome you to read our [recent blog articles](#) on current caregiver and memory care topics.

Live Well. Age Well. Be Well.



Live Well. Age Well. Be Well.

Now open and offering [Independent](#), [Assisted Living](#) and [A Knew Day® Memory Support](#), Aspired Living® of Prospect Heights is a distinctive senior living community designed to offer seniors residing in the Chicago Northwest Suburbs area a fresh alternative to “typical” senior living communities.

Aspired Living® of Prospect Heights provides residents with the ideal balance of personalized support, dignified privacy and enhanced independence complemented by luxurious amenities and our life-enriching, award-winning [VIVA!SM programming](#).

Managed by Pathway to Living®, an innovator in senior living, Aspired Living® offers the choice of private apartment floor plans and the beauty of a brand new community, stunningly appointed and decorated for unsurpassed comfort and style by the award-winning senior living design firm, Thoma-Holec Design, Inc.

For more information, please call Diane or Janette, Lifestyle Specialists, at 847-243-6920.

***Disclaimer:** The articles and tip sheets on this website are offered by Aspired Living® of Prospect Heights for general informational and educational purposes and do not constitute legal or medical advice. For legal or medical advice, please contact your attorney or physician.*

Live Well. Age Well. Be Well.

847.818.1808 | AspiredLivingProspectHeights.com
708 N. Elmhurst Road | Prospect Heights, IL 60070

A Pathway to Living® Community