

Multidisciplinary programs that combine the resources of physical, occupational and speech therapists to help individuals who have been disabled by a stroke recover their mobility and ability to communicate or develop alternative approaches or skills. Therapy focuses on helping patients to recover physical strength and control; improve their balance; relearn or replace basic motor skills that are needed for dressing, shaving, housekeeping and other activities of daily living; and overcome expressive and receptive language problems or develop alternatives.

Books & Guides

## **A Guide to Senior Rehabilitation Centers**

Senior rehabilitation centers provide medical care and skilled nursing services that help patients make a full post-treatment recovery. This guide introduces senior rehabilitation centers, explores who might need rehab care and gives an overview of typical services.

Source

[Caring.com](https://www.caring.com)

Links

## **Stroke: Know the Facts**

Source

[Stroke: Know the Facts](#)

Article

## **Prevent Stroke: What You Can Do**

Many strokes can be prevented through healthy lifestyle changes and working with your health care team to control health conditions that raise your risk for stroke.

Source

[Centers for Disease Control \(CDC\)](https://www.cdc.gov)

Links

## **Rehabilitation - MedlinePlus**

Source

[Rehabilitation - MedlinePlus](#)

Article

## **Managing the Transition From Hospital to Rehab to Home**

When faced with care transitions, planning is important to make the process go smoothly.

Source

[AARP](#)

Books & Guides

## **Life After Stroke: Our Path Forward**

Explore this helpful resource for patients and caregivers called [Life After Stroke Guide for Patients and Caregivers](#).

Source

[American Stroke Association](#)

Links

## **American Heart Association / American Stroke Association (AHA/ASA)**

Source

[American Heart Association / American Stroke Association \(AHA/ASA\)](#)

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