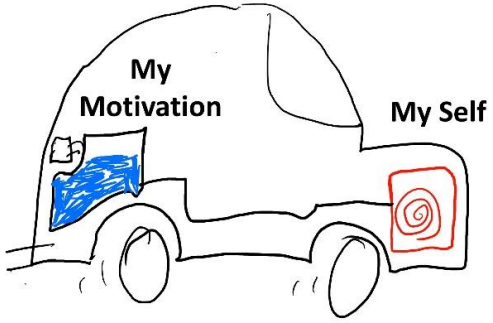
Taking Charge of your life after Stroke

The Inpatient/ OPD Workbook





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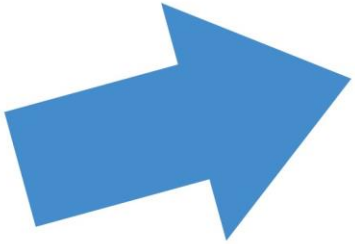
1. Taking charge: who I really am

For example:
weak, hard to talk, hard to walk, feel funny, tired, can't concentrate, lonely, sad, can't work, need help



A stroke person





For example:
Mother, daughter, wife, choir member, helper, walker, gardener, grandma, teacher, friend, reader, joker, volunteer, strong, happy, energetic, warm, kind, gentle and lots more!



A person who happens to have had a stroke

2. Looking beyond my stroke



Overall hopes, aims, aspirations for next 12 months

1.

2.

3.



Main fears

1.

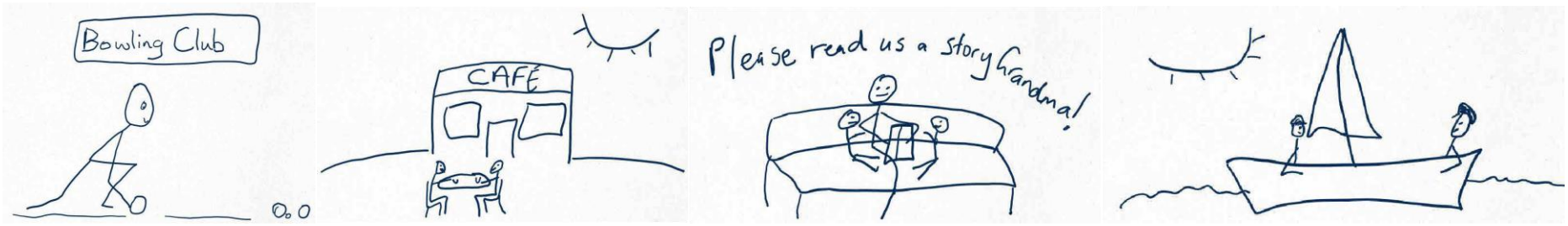
2.

3.



Take charge involves listening to people and helping people find the tools they need for self-determination. People chart their own path to recovery guided by what matters to and works for them.

3. What would my Best Day look like?



Draw a picture of your best day here. Friends and family may also want to draw something.

For people who don't feel like drawing, an alternate strategy is to ask the person to close their eyes and visualise their best day and to describe it. (A support person or the facilitator might draw what is described or write a verbatim description.)