



COMPASSION AT EVERY STEP



Quick Recap

Repetition of real-world tasks helps the brain relearn movement, speech, and self-care after stroke.

Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

(630) 915-5174

EMAIL

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HOURS

9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.



A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

“With the right support, daily life stays comfortable, independent, and full of the things you love.”

Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



Scan with your phone camera · tap the link.



COMPASSION AT EVERY STEP

Stroke Rehabilitation Guide

Neurological Recovery & Neuroplasticity



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

DAILY CARE



● Tips at Home

Practical day-to-day tips to keep recovery on track and make your daily care safer at home.

Build a calm daily routine — meals, medications, rest, and gentle activity at the same times each day. Note any changes and share them with your healthcare providers.

- Hemi-hand ADLs: adaptive utensils, dycem mat, and one-handed dressing techniques.
- Arm therapy: table slides, supported reaching, and mirror therapy when used.
- Dressing: weak arm into the sleeve first, out of it last; sit to dress safely.
- Swallowing: small bites, chin tucked, alternate solids and liquids; report coughing during meals.

WATCH CLOSELY



● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Daily screen: one-sided weakness, facial symmetry, speech, vision, balance, fatigue.
- Track shoe wear, fall risk, and need for assistive devices.
- Report sudden worsening—possible new stroke or complication.

Good to know

- Stroke blocks or reduces blood flow to part of the brain.
- Time is brain: faster treatment leads to better recovery.

When to call: Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

STAY STRONG



● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- Parallel bar or counter walking for safe repetition.
- ADLs: lay out clothes, use button hooks, and practice grooming seated.
- Constraint-induced or bilateral training only as prescribed.
- Daily routine and visual cues help cognition rebuild.
- Community re-entry in short trips with family support.