

# Stroke Education Series

## Session 5: Function for everyday living

This fact sheet discusses strategies and aids for performing your everyday activities, including basic activities of living (bathing, dressing), instrumental activities of living (cooking, banking), home safety and accessibility, and return to work and driving.

### Life after Stroke

Following a stroke you may be experiencing changes with your ability to move, your sensation and/or your memory and thinking skills. This may make the performance of your everyday activities more challenging.

There are different ways your team can help you to get back to doing the things you used to do.



- Remediation: This refers to retraining your body and brain to do things the way you used to and requires lots of repetitive practice.
- Compensation: This refers to finding new ways to perform the tasks by using aids or other strategies.

Your team can help you to use one or both of these strategies to help you get back to your everyday activities.

### Activities of Daily Living (ADL's):

Activities of daily living refer to basic activities you perform everyday to care for yourself. They include activities such as eating, bathing, dressing and toileting. Aids to help you may include built-up utensils, reaching aids, sock-aids, and elastic shoelaces. You may require grab bars or a raised toilet seat. You may need more time to complete a task. Your team can help you figure out the best approach for you.

### Instrumental Activities of Daily Living (IADL's):

Instrumental Activities of Daily Living refers to your ability to perform more complex activities like banking or cooking. These activities may be more demanding physically (requiring more endurance) and more demanding cognitively (requiring planning and problem solving). You may benefit from a gait aid, such as a cane or a walker to help you with mobility or a memory or visual aid, like a calendar or written list to help you. Your team will work with you to find out the best way to get you back to the activities that are important to you.

### Home Safety and Accessibility:

Another way you can manage with the changes in your life is to make changes in your environment. Your team may have suggestions on how you can make your home more physically accessible. They may also have suggestions on changes you can make to be safer at home. Examples of equipment may include a bath seat and hand held shower fixture. Your team may suggest you remove clutter and tape down rugs to reduce your risk of falls. They may suggest a lifeline system, so you can get help if you need it.

### Return to Work and Driving:

Returning to work or school and returning to driving are important goals for many people. It is important to give yourself time to achieve these goals and work with your team to maximize your chance of success.

We offer Vocational Therapy to our outpatient population. These specially trained therapists can help you to work on the skills needed to return to work as well as work with your employers to implement modifications and a return to work schedule that is right for you.

Our team can help to make recommendations on when you can return to driving and educate you on the process involved. It is important to protect your safety and the safety of others.



**You may need more time or assistance to perform your everyday activities. Keep trying. It will get easier.**

**Talk to your team. Let them know what specific activities are important to you and set realistic goals to achieve them.**

For more information, contact  
Your Bridgepoint Healthcare Team  
or  
The Heart and Stroke Foundation of Canada  
[www.heartandstroke.com](http://www.heartandstroke.com)

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Bridgepoint Active Healthcare provides care and services to adults living with Multiple complex health conditions. Active healthcare is what we do: we Manage, deliver, research and coordinate the highest quality care for adults Living with conditions like diabetes, stroke, heart disease, mental illness, cancer, And respiratory, neurological and degenerative diseases. We work with patients, And with health and community care providers to create a collaborative plan that Encompasses the individual's overall medical and psychosocial well-being. Affiliated with the University of Toronto, Bridgepoint includes the Bridgepoint Hospital, Bridgepoint Family Health Team, Bridgepoint Collaboratory for Research and Innovation and Bridgepoint Foundation.

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