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Recovery After Stroke: Tips and Strategies for Moving Forward

The American Stroke Association provides fact sheets on a number of topics related to Stroke Recovery, including informative assistance on managing at home after a stroke.

Managing life at home is an important part of stroke recovery. Whether your “home” is a house, apartment, assisted living facility or retirement home, you still want gain independence in your everyday activities.

The [Recovery After Stroke: Tips and Strategies for Moving Forward](#) fact sheet provides information on preparing to go home, staying safe and connected, getting around safely, cleaning and doing laundry, bedroom and bathroom safety and comfort, kitchen assistance, and making dressing easier.

For additional valuable information on stroke prevention and recovery, please visit the resources section on the [American Stroke Association website](#).

Article Source

American Stroke Association

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