

Department of  
Rehabilitation Medicine

# Stroke Rehabilitation Programme



# About Stroke

A stroke occurs when there is a disruption of blood flow to the brain. The area of the brain that is deprived of blood becomes damaged, resulting in problems in the body.

## Common Post Stroke Challenges

You or your loved one may have just suffered a stroke, which can lead to some of the following problems:



Weakness and numbness on one side of the body



Memory loss, reasoning difficulties and mood disturbances



Inability to express feelings and emotions or understand instructions



Inability to feed or dress yourself



Inability to control bladder and bowel movements



Swallowing problems



Pain from stiff joints and muscles

# What is Stroke Rehabilitation?



This is a programme that enables you to be as independent as possible. Each patient's recovery potential (likelihood of recovery) is different.



You will have daily therapy sessions with rest periods over the weekend.



Your progress will be monitored weekly with resetting of goals if needed.



Approximately one to two weeks prior to discharge from the hospital, training sessions for your caregivers will be provided if necessary.



Mobility aids, assistive devices and housing modifications will be discussed with your doctor, if necessary.



You will learn how to reduce the risk of future stroke episodes and access community resources for stroke survivors.



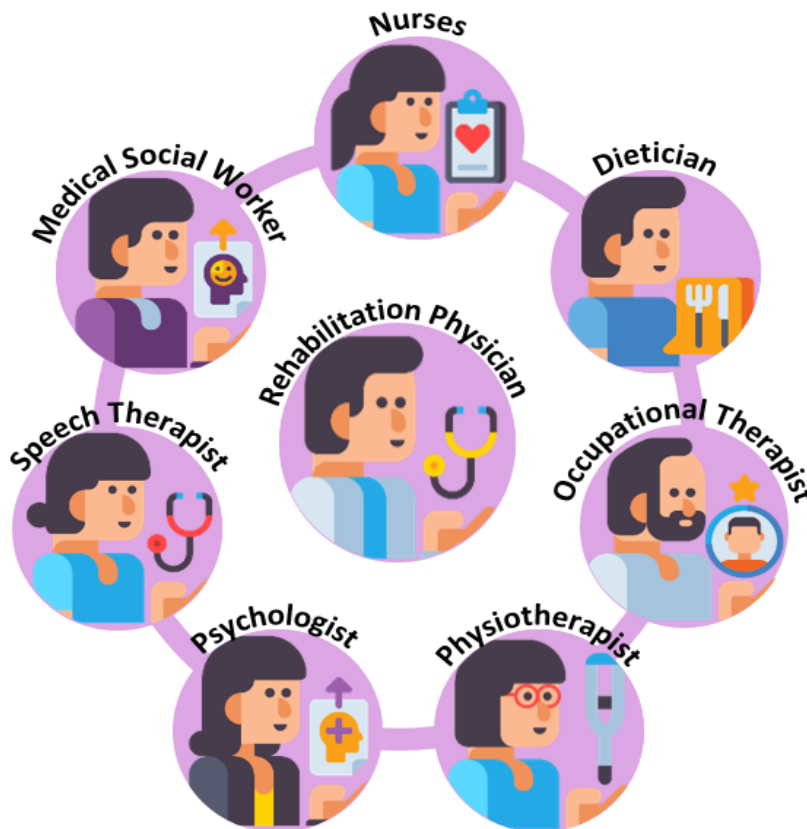
Upon discharge, outpatient therapy at appropriate facilities (e.g. Day Rehab Centres, **Clinic for Advanced Rehabilitation Therapeutics [CART]**) may also be considered.

# The Rehabilitation Team

You will soon meet your rehabilitation team which includes a:

- Rehabilitation physician
- Nursing specialist
- Physiotherapist
- Occupational therapist
- Speech therapist
- Dietitian
- Medical social worker
- Psychologist

Led by the Rehabilitation Physician, the team will guide you through your rehabilitation programme.



Your stay with us may last from two to four weeks depending on your speed of recovery.

# How Can You Help As a Patient?



- ✓ Maintain a positive attitude at all times during your rehabilitation journey.



- ✓ Participate actively in your therapy sessions and build a good relationship with your rehab team.



- ✓ Learn how to perform self-care and be as independent as possible.



- ✓ Work with your rehab team to come up with common goals and work towards achieving it.

# How Family Members Can Help



- ✓ Have a positive attitude and participate actively in your loved one's programme.



- ✓ Meet the rehab team to handle administrative matters and help us understand your loved one better.



- ✓ Have early discussions on where your loved one will be cared for after discharge, so that caregiver training can be arranged if necessary.



- ✓ Encourage your loved one to participate actively in therapy.

# Where to Get More Information and Support After Stroke

Platforms	Website(s)	Hotline(s)
HealthHub App	Download the HealthHub App > Programmes > Stroke Hub	
Singapore National Stroke Association/ Stroke Care	<a href="http://www.snsa.org.sg">www.snsa.org.sg</a> <a href="http://www.strokecare.sg">www.strokecare.sg</a>	8125 1446
Stroke Support Station (S3)	<a href="http://www.s3.org.sg">www.s3.org.sg</a>	6473 3500

Carer Matters



TTSH Rehab Care & Counselling Support Group



Stroke FAQ



**TTSH Integrated Care Hub  
1 Tan Tock Seng Link  
Singapore 307382**

**Clinic for Advanced Rehabilitation  
Therapeutics (CART)  
TTSH Annex 2, Level 1  
Contact: 6889 4580**



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<http://bit.ly/TTSHHealth-Library>

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