

Rehabilitation after Stroke

Rehabilitation benefits most patients after a stroke. It starts early after stroke occurs. You and your family members should be actively involved in your rehabilitation processes.



Rehabilitation aims to:

- ✓ Improve your ability to perform usual functions
- ✓ Decrease post- stroke complications

Where do I go for rehabilitation?

There are 2 general pathways for rehabilitation after stroke.

1. Outpatient Rehabilitation
 - ▶ You return home from the hospital and go to a centre a few times a week for therapy.
2. Inpatient Rehabilitation Centre
 - ▶ You are transferred to a specialised rehabilitation unit or community hospital with daily therapy sessions for continued inpatient stay and ongoing medical and nursing care.

* Refer to *Rehabilitation after Stroke fact sheets* for more information.

Where to get more help after stroke?

We acknowledge that it is not easy journey for a stroke survivor or a carer of stroke survivor. These are some available resources you can refer to. Alternatively, you may approach the medical social worker in the hospital or polyclinic for more information.

GOVERNMENT SUPPORTED AGENCIES

COMMUNITY CARE SERVICES



AIC seeks to create a vibrant care community enabling people to live well and age gracefully. AIC coordinates and facilitates efforts in care integration to achieve the best care outcomes for our clients.

Website: www.aic.sg • **Hotline:** 1800-650-6060



SG Enable is an agency dedicated to enabling persons with disabilities.

Website: www.sgenable.sg • **Hotline:** 1800-8585-885

FAMILY SERVICE CENTRES

Family Service Centres (FSCs) are based in the community to provide help and support to individuals and families in need. They are staffed by social service professionals.

Website: www.msf.gov.sg/dfcs/familyservice/default.aspx

FINANCIAL ASSISTANCE



ComCare provides social assistance for low-income individuals and families. ComCare assistance is available at the Social Service Offices (SSOs). ComCare programmes are funded by the Community Care Endowment Fund (ComCare Fund).

Website: www.msf.gov.sg • **Hotline:** 1800-222-0000

SOCIAL ENTERPRISE AGENCIES

There are various resources available from social enterprise in Singapore.



Singapore National Stroke Association (SNSA) aims to offer an avenue of help, support and information to stroke survivors and their caregivers in their time of need.



Stroke care is an initiative of SNSA, supported by Tote Board-Enabling Lives Initiative Grant. It is a one stop portal for stroke survivors, caregivers and healthcare professionals.

Website: www.snsa.org.sg
www.strokecare.sg

Hotline: +65 62229514
Email: contact@snsa.org.sg



Stroke Support Station (S3) helps stroke survivors to Re-learn and Enjoy Active Living (R.E.A.L) for a better quality of life through a wellness program with the social-emotional support that rebuilds confidence and independence.

S3 fosters mental resilience in stroke survivors and their caregivers, resulting in social connectedness among stroke survivors, caregivers, family members and volunteers.

Website: www.s3.org.sg

Hotline: +65 64733500
Email: info@s3.org.sg