



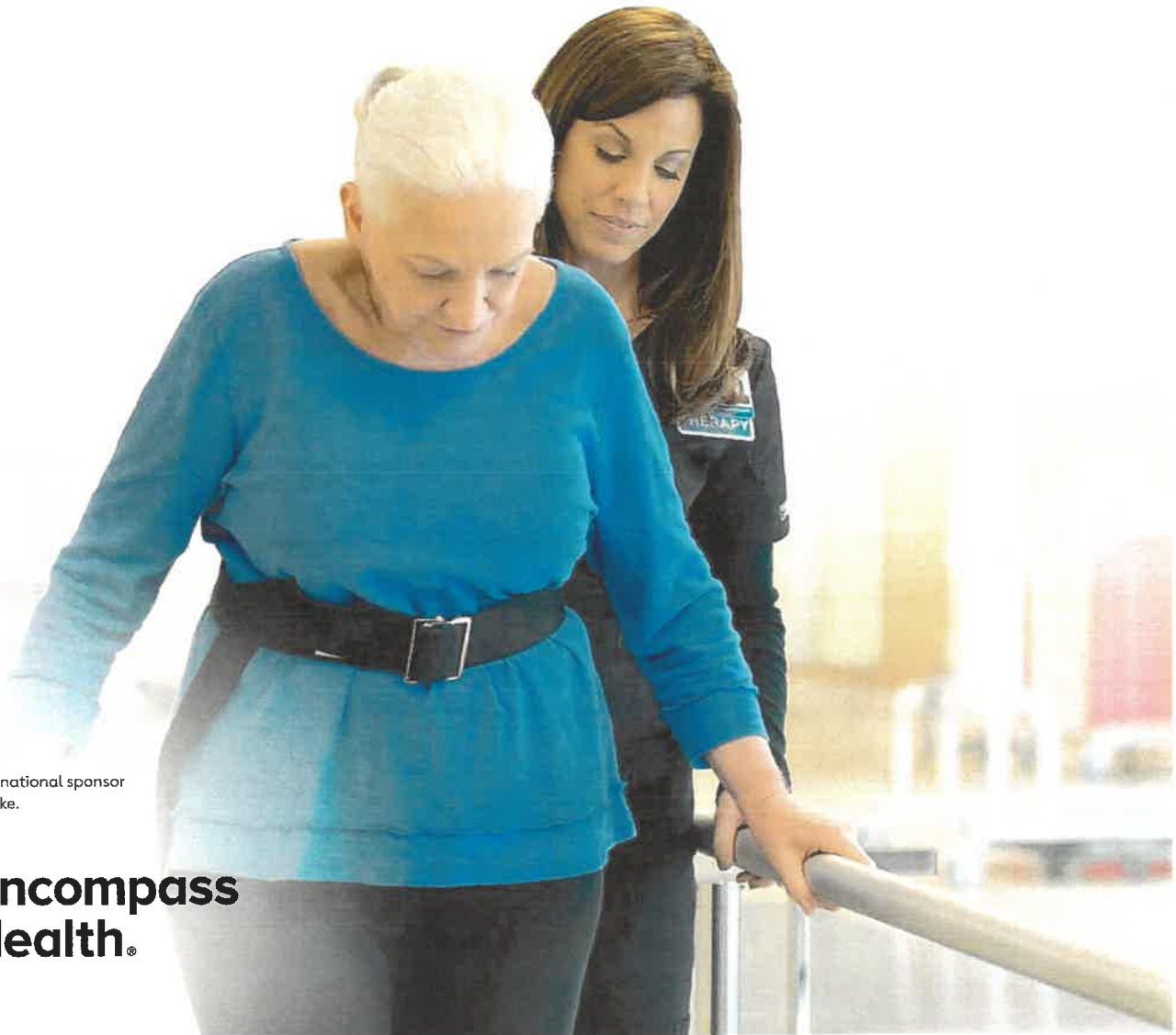
American Stroke Association.
A division of the American Heart Association.

Together to End Stroke®

**A GUIDE FOR PATIENTS
AND CAREGIVERS**

LIFE AFTER STROKE

Our Path Forward



Encompass Health is a national sponsor
of Together to End Stroke.



**Encompass
Health®**

RESOURCES



STROKE CONNECTION® MAGAZINE

Stroke Connection is a free digital magazine for stroke survivors and their family caregivers that brings information and inspiration directly to you quarterly. When you sign up with your email, you'll also receive the SC e-Extra monthly newsletter between quarterly issues. Sign up today by visiting strokeconnection.org.



TIPS FOR DAILY LIVING LIBRARY

A stroke can make everyday activities challenging. Our volunteer-powered library gathers tips and ideas from stroke survivors, caregivers and health care professionals who have created or discovered adaptive ways to get things done! Visit strokeassociation.org/tips.



SUPPORT NETWORK

Recovering from a stroke, or caring for someone who is, can be an emotional and isolating experience. Being there for each other is why we created a virtual support community for stroke and heart disease survivors and their families. Join our Support Network today at strokeassociation.org/supportnetwork.



AMERICAN STROKE ASSOCIATION WARMLINE

Stroke survivors and caregivers can get support and ask questions of others who have been affected by stroke by calling the Stroke Family Warmline at **1-888-4-STROKE (888-478-7653)**. The Warmline is staffed by specially trained stroke survivors and caregivers who can answer questions, just listen or provide information on local support groups.



NATIONAL STROKE GROUP REGISTRY

Support groups can be a very useful service for stroke survivors and their families. Tap into our registry of support groups. Go to strokeassociation.org/strokegroup and enter your zip code and a mileage radius to find registered stroke groups near you. Or call **1-888-4-STROKE (888-478-7653)** to find a group near you.