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## What is a stroke?

**Ischemic stroke** is similar to a heart attack, except it occurs in the blood vessels of the brain. Clots can form in the brain's blood vessels, in blood vessels leading to the brain, or even in blood vessels elsewhere in the body and then travel to the brain. These clots block blood flow to the brain's cells. Ischemic stroke can also occur when too much plaque (fatty deposits and cholesterol) clogs the brain's blood vessels. About 80% of all strokes are ischemic.

**Hemorrhagic strokes** occur when a blood vessel in the brain breaks or ruptures. The result is blood seeping into the brain tissue, causing damage to brain cells. The most common causes of hemorrhagic stroke are high blood pressure and brain aneurysms. An aneurysm is a weakness or thinness in the blood vessel wall.

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## Act FAST:

FAST is an easy way to remember and identify the most common symptoms of a stroke. Recognition of stroke and calling the emergency services will determine how quickly someone will receive help and treatment. Getting to a hospital rapidly will more likely lead to a better recovery.

**FACE:** Ask the person to smile. Does one side of the face droop?

**ARMS:** Ask the person to raise both arms. Does one arm drift downward?

**SPEECH:** Ask the person to repeat a simple phrase. Is their speech slurred or strange?

**TIME:** If you observe any of these signs, call for help immediately.

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## How does Life Rehabilitation fit into this?

According to the World Health Organization, rehabilitation is "a process aimed at enabling people with disabilities to reach and maintain their optimal physical, sensory, intellectual, psychological and social functional levels. Rehabilitation provides tools for people with disabilities, to attain independence and self-determination." In short we will do our very best to work with you to recover and become physically, emotionally and mentally stronger.

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## How does Life Rehabilitation fit into this?

**If you have a medical aid:**

- Get a referral letter from your doctor (and supportive documentation - brain scan reports or therapy letters)
- Contact unit of choice (see map of facilities)
- A Rehabilitation Admission Consultant will contact you and an assessment will be arranged free of charge (telephonically/in-person)
- A motivation for rehabilitation will be sent to your medical aid
- If approved, admission will be scheduled - please refer to brochure or more information on what to expect once admitted

**If you are paying privately:**

- Get a referral letter from your doctor (and supportive documentation - brain scan reports or therapy letters)
- Contact unit of choice (see map of facilities)
- A Rehabilitation Admission Consultant will contact you and an assessment will be arranged free of charge (telephonically/in-person)
- Quotation for private admission will be issued
- Once payment is received, admission will be scheduled - please refer to brochure or more information on what to expect once admitted

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## What happens after rehabilitation?

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## What happens after I am admitted?

Patient success stories

Out patient care

Management of spasticity

Links to NGO's and support groups

Links to resourceful sites

1. Assessment by all members of the interdisciplinary team
2. A specific rehabilitation plan will be designed for each patient
3. Family meeting
4. Therapy as needed - individual and group intervention (each patient is different)
5. Patient and family education
6. Practicing skills learnt in therapy in the ward environment supervised by nursing staff
7. Discharge planning
  - a. Carer identification and training
  - b. Assistive devices motivation
  - c. Home accessibility recommendation
  - d. Weekend leave of absence
8. Out-patient follow up
  - a. Referral or option to continue as out-patient at facility (if possible)