

Your Stroke Journey: Chapter 6

As you read through the “**Your Stroke Journey**” book, you can use this guide to help you understand what each chapter is about and why it is important.

Chapter 6 – Relationships

A stroke can take a toll on you and those around you. Having a good support system once you come home is important for your recovery.

In this chapter you will:

- » Know why it’s important to have friends and family around after a stroke
- » Learn how strokes can change relationships and get tips on how to handle these changes
- » Find out who can help and support you during your recovery

Information received from a Stroke Navigator is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Ask a physician or qualified health care provider about questions you may have regarding a medical condition or making a lifestyle change.



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You'll find helpful resources in **Chapter 6 - Relationships**. Here are a few more that might be useful for you.

Find these resources and more online at: heartandstrokenb.ca/stroke-resources

- » [Community of Survivors Facebook Group](#)
- » [Care Supporters' Community Facebook Group](#)
- » [Canadian Stroke Best Practices Website - Patient and Caregiver Resources](#)
 - Enabling self-management following stroke: A checklist for patients, families and caregiver



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