

# STROKE RECOVERY: THE FIRST 30 DAYS SET THE TRAJECTORY

The Recovery Roadmap Starts at Home



Stroke recovery doesn't end at discharge; it begins there.

What happens in the first month strongly influences long-term independence, function, and quality of life.



## THE FIRST 30 DAYS



### WEEK 1

Safety, medication routines, fatigue management



### WEEK 2

Therapy adherence, mobility confidence



### WEEK 3

Communication, cognitive engagement



### WEEK 4

Sustainable daily routines

## WHY FAMILIES STRUGGLE

- Lack of training to support mobility
- Lack of preparation for communication and cognitive changes
- Emotional stress and caregiver fatigue
- Confusion about therapy and care instructions



## SUPPORT AT HOME CHANGES OUTCOMES

- ✓ Reinforces therapy exercises.
- ✓ Assists with daily activities and transfers.
- ✓ Monitors medications and symptoms.
- ✓ Provides caregiver relief and emotional support.

Home care reinforces recovery plans at home—supporting stroke survivors and families during the most critical recovery period.



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