



Cognitive Fatigue after a Stroke

Patients may “look fine,” but struggle to function.

A stroke survivor may appear alert and engaged – even “back to normal,” but behind the scenes, their brain is working overtime.

The American Stroke Association reports that up to 70% of stroke survivors experience cognitive fatigue, which can significantly impact recovery and daily function. Cognitive fatigue is not just “being tired.” It’s a neurological exhaustion that affects attention, memory, decision-making, and processing speed.

What This Means at Home

Tasks that used to take minutes now take much longer.

Instructions may be forgotten shortly after hearing them.

They may seem disengaged or “not trying.”

Energy levels fluctuate throughout the day.

Multi-tasking becomes overwhelming.

Frustration or irritability may increase.

Social interaction can feel draining.

What Families Can Do to Support

Allow extra time. Avoid rushing or correcting.

Break tasks into simple, step-by-step directions.

Understand this is neurological – not motivational.

Plan activities during peak energy times.

Focus on one task at a time.

Stay calm and reduce pressure and stimulation.

Keep visits short and meaningful.

Bridging the Gap Between Therapy & Home

We provide structured, one-on-one support that aligns with how stroke recovery actually works, so progress continues at home — not just in therapy.



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