

Dependable & Meticulous

# CAREGIVING

for Patients of

# STROKE



Although the stroke recovery process is different for everyone, we know it is never easy. Oftentimes, stroke survivors must relearn physical skills and communication skills while managing emotional challenges. Home care may complement rehabilitation to help patients recover to the best of their abilities.

Since 2009, Presidio's Home Care Aides have been providing specialized care to stroke patients. Our Home Care Aides are thoroughly trained to assist with meal planning, physical therapy exercises, and activities of daily living. Our compassionate Aides are able to provide emotional support and companionship to your loved ones.

### **Thoroughly Trained**

In the course of the 150 hours of documented, state-accredited training every one of our Home Care Aides has received, each has been equipped with a foundation of knowledge to understand the goals for stroke care and rehabilitation and identify ways to create safer and healthier lifestyles for stroke survivors.

### **Observant & Vigilant**

The role of a Home Care Aide is not only to help with managing exercise, diet, medication, and everyday activities, but to be observant. Our Aides look for changes in stroke patients' habits and moods. They are able to recognize symptoms of depression and act with urgency.



## OUR APPROACH

### Meal Planning



Treating the causes of stroke is paramount to lowering your loved one's risk of having another stroke. Our Aides can plan healthy, balanced meals to help your loved one manage existing conditions that may contribute to stroke risk, such as high cholesterol, high blood pressure, diabetes and heart disease.

### At-Home Exercise



Stroke recovery often involves physical therapy to help your loved one regain movement and coordination. Our Aides can assist with at-home exercises to help your loved one adhere to their therapist's plan of care and improve cardiovascular fitness, mobility, and even emotional health.

### Personal Assistance



At times, patients may experience weakness in their muscles and limbs. Our Home Care Aides are trained to assist with personal grooming, bathing, and other activities of daily living with professionalism in mind.

### Be A Companion



Stroke survivors may experience mood changes and loss of interest in activities. Our Aides can be there to listen and support your loved one emotionally. Depression is common and can interfere with treatment and recovery. Our Home Care Aides can watch out for signs of depression that need to be addressed.

