



STROKE - Online Family Training

Family/Caregiver(s): _____
 Tentative Hands-On Family Training scheduled for: _____

Date: _____

<p>MyShepherdConnection.org Shepherd Center website providing educational resources for brain injuries, strokes, spinal cord injuries, & more.</p>	<p>COMPLETED REVIEW</p>
<p>INTRODUCTION TO STROKE https://www.myshepherdconnection.org/stroke/introduction-to-stroke</p> <ul style="list-style-type: none"> ___ Stroke Infographics ___ Living With Stroke ___ How a Stroke Occurs ___ Recognizing Re-Stroke - F.A.S.T ___ Who Is At Risk Infographic ___ Risk Factors Specific to Women ___ <i>Brain Injury Education – Rehab.</i> Recorded class here: https://www.myshepherdconnection.org/stroke/family-training ___ <i>Stroke Education Class</i> Recorded class here: https://www.myshepherdconnection.org/stroke/family-training 	
<p>MIND AND BODY https://www.myshepherdconnection.org/stroke/mind-and-body</p> <p>___ Behavior & Emotions https://www.myshepherdconnection.org/stroke/mind-and-body/behavior-and-emotions</p> <ul style="list-style-type: none"> ___ Mood ___ Anxiety and Depression ___ Impulsivity ___ Social Skills <p>___ Body Functions https://www.myshepherdconnection.org/stroke/mind-and-body/body-functions</p> <ul style="list-style-type: none"> ___ Bowel & Bladder ___ Nutrition ___ Swallowing ___ Skin Care ___ Sleep and Fatigue ___ Respiratory Health ___ Vision 	

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<p>__ Communication https://www.myshepherdconnection.org/stroke/mind-and-body/communication <input type="checkbox"/> General Communication tips <input type="checkbox"/> Language Impairment-Aphasia <input type="checkbox"/> Motor Speech Disorder-Apraxia</p> <p>__ Nutrition after Stroke https://www.myshepherdconnection.org/stroke/mind-and-body/nutrition <input type="checkbox"/> Food Group Recommendations for after a Stroke <input type="checkbox"/> Swallowing <input type="checkbox"/> Diet & Exercise <input type="checkbox"/> Healthy Balanced Nutrition <input type="checkbox"/> Food Label Reading <input type="checkbox"/> Tips for Weight Management <input type="checkbox"/> Tips for Poor Appetite and Healthful Weight Gain <input type="checkbox"/> Tube Feeding</p> <p>__ Positioning and Mobility https://www.myshepherdconnection.org/stroke/mind-and-body/positioning-and-mobility <input type="checkbox"/> Splinting and Bracing <input type="checkbox"/> Positioning <input type="checkbox"/> Pivot Transfers <input type="checkbox"/> Lift Transfers (Hoyer)</p> <p>__ Thinking And Memory https://www.myshepherdconnection.org/stroke/mind-and-body/thinking-and-memory <input type="checkbox"/> Arousal or being Awake <input type="checkbox"/> Attention and Concentration <input type="checkbox"/> Memory <input type="checkbox"/> Problem Solving & Reasoning</p>	
<p>MEDICAL CONCERNS https://www.myshepherdconnection.org/stroke/Medical-concerns <input type="checkbox"/> Medication Management and Taking Coumadin <input type="checkbox"/> When to Call the Doctor <input type="checkbox"/> Manage Risk Factors <input type="checkbox"/> Alcohol & Smoking <input type="checkbox"/> Pain after Stroke</p>	

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<input type="checkbox"/> Abnormal Muscle Tone issue: Spasticity <input type="checkbox"/> Questions for your Physician	
SAFETY https://www.myshepherdconnection.org/stroke/Safety <input type="checkbox"/> Fall Prevention <input type="checkbox"/> Emergency Preparedness – Recorded class here: https://www.myshepherdconnection.org/stroke/family-training <input type="checkbox"/> Abuse & Neglect <input type="checkbox"/> Substance Use <input type="checkbox"/> Home Access and Safety <input type="checkbox"/> Home Function Resources	
FAMILY ADJUSTMENT https://www.myshepherdconnection.org/stroke/family-adjustment <input type="checkbox"/> Tips for Care Partners <input type="checkbox"/> Tips for Stroke Survivors <input type="checkbox"/> Sexuality	
LIVING WITH STROKE https://www.myshepherdconnection.org/stroke/Living-with-stroke <input type="checkbox"/> Support and Resources <input type="checkbox"/> Energy Conservation <input type="checkbox"/> Home Management <input type="checkbox"/> Money Management <input type="checkbox"/> Driving Safety	
NOTES:	



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