



Stroke Recovery Planning

A coordinated checklist for recovery goals, safety and caregiver support.

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| 01 | Agree on meaningful mobility, communication and daily-living goals. |
| 02 | Review home access, falls risk and medication routines. |
| 03 | Use short, consistent practice periods recommended by the care team. |
| 04 | Seek urgent help for new facial droop, weakness or speech difficulty. |

Keep this guide for discussion with your qualified care professional. It is educational and does not replace individual medical advice or emergency care.

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