



# Occupational Therapy Services for **Stroke**

People who have had a stroke receive occupational therapy services to help them relearn how to do the activities they want and need to do every day.

## Occupational therapy practitioners work with clients to:

- Learn new ways to bathe, dress, and use the toilet
- Walk with mobility aids (e.g., cane, walker) in the community
- Eat and drink
- Evaluate their homes for safety risks
- Use adaptive equipment to make chores easier
- Manage stress and emotions
- Learn thinking strategies that help with remembering, planning, and organizing
- Do exercises that help with strength, movement, and sensation
- Drive safely or use other forms of transportation
- Go back to work
- Communicate with care partners

## What You Can Do



Ask yourself if your stroke is affecting your daily life



Ask your care provider for occupational therapy services

Reference: Hildebrand, M. W., Geller, D., & Proffitt, R. (2023). Occupational therapy practice guidelines for adults with stroke. *American Journal of Occupational Therapy*, 77, 7705397010. <https://doi.org/10.5014/ajot.2023.077501>