

## **Stroke Support**

Programs and services for individuals who have experienced a stroke.

Links

### **Stroke: Know the Facts**

Source

[Stroke: Know the Facts](#)

Article

### **Prevent Stroke: What You Can Do**

Many strokes can be prevented through healthy lifestyle changes and working with your health care team to control health conditions that raise your risk for stroke.

Source

[Centers for Disease Control \(CDC\)](#)

Article

### **Managing the Transition From Hospital to Rehab to Home**

When faced with care transitions, planning is important to make the process go smoothly.

Source

[AARP](#)

Books & Guides

### **Life After Stroke: Our Path Forward**

Explore this helpful resource for patients and caregivers called [Life After Stroke Guide for Patients and Caregivers](#).

Source

[American Stroke Association](#)

Links

## **Sheltering Arms Physical Rehabilitation and Therapy**

Source

[Sheltering Arms Physical Rehabilitation and Therapy](#)

Links

## **American Stroke Association: For Family Caregivers**

Source

[American Stroke Association: For Family Caregivers](#)

Links

## **Constant Therapy**

Source

[Constant Therapy](#)

Links

## **National Aphasia Association**

Source

[National Aphasia Association](#)

Links

## **American Heart Association / American Stroke Association (AHA/ASA)**

Source

[American Heart Association / American Stroke Association \(AHA/ASA\)](#)

Links

# American Stroke Association: About Stroke

Source

[American Stroke Association: About Stroke](#)

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