



VERNON MANOR

Health Care & Rehabilitation

Tips for Understanding Stroke Rehabilitation

It is normal to feel angry, anxious or depressed after a stroke. You may feel worried about work, money and relationships, and the tiredness caused by stroke can exacerbate things. That is why stroke rehabilitation is such an important part of your recovery and for the continuation of your life.

The long-term goal of stroke rehabilitation is to improve daily functions so that stroke patients can become as independent as possible. This must be accomplished in a way that preserves dignity and motivates the person to relearn basic skills that the stroke may have impaired – skills like bathing, eating, dressing and walking. Rehabilitation is about getting back to normal life and living as independent a life as possible.

As a leading stroke rehabilitation center, Vernon Manor follows the latest clinical best practice guidelines established by the [American Heart Association/American Stroke Association](#) as follows:

- The primary goals of rehabilitation are to prevent complications, minimize impairments, and maximize function.
- Secondary prevention is fundamental to preventing stroke recurrence, as well as coronary vascular events and coronary heart disease-mediated death.
- Early assessment and intervention are critical to optimize rehabilitation.
- Using standardized evaluations and valid assessment tools are essential to the development of a comprehensive treatment plan.
- Evidence-based interventions should be based on functional goals that are relevant to patient lives and lifestyles.
- Every patient should have access to an experienced multidisciplinary rehabilitation team to ensure optimal outcome.
- The patient and the patient's family members and/or caregivers are essential members of the rehabilitation team.
- Patient and family education improves informed decision-making, social adjustment, and maintenance of rehabilitation gains.
- Available community resources should be utilized reintegrate patients into community life.
- Ongoing medical management of risk factors and comorbidities is essential, (e.g. lifestyle changes can help you recover from a stroke and may help prevent another one). Examples of these changes include quitting smoking, following a healthy diet, maintaining a healthy weight, and being physically active.



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Kristi Dougherty, RN, BSN, MSM, MBA, Administrator of Vernon Manor Health Care Center, says, “Strokes can be very frightening for anyone. However, with the specially trained staff, the latest therapies, and the advanced technology we provide at Vernon Manor, patients and their families come to us with the knowledge that they will receive the best rehabilitative care possible in a comfortable and highly-supportive patient-centered environment.”

Experience State-of-the-Art Post-Hospital Rehabilitation and Long-Term Care at Its Best

Located in Vernon, CT, **Vernon Manor** has proudly served the communities of Hartford and Tolland Counties for nearly 40 years, earning a highly respected reputation for delivering [outstanding quality care, successful outcomes and exceptional service](#) for our patients, residents and their families. We provide a proven [rehabilitation program](#) to enable patients to continue on their path to recovery as well as compassionate [long-term care](#) for loved ones who require 24-hour nursing support.

Rebuild. Recover. Renew.

Vernon Manor’s Recover Right Post-Hospital Rehabilitation program provides you with all the support, expertise and encouragement you need to achieve a full recovery and a speedy return home.

For more information on **Recover Right** Post-Hospital Rehabilitation or long-term care – or to schedule an informative tour at your convenience – please contact **Karen V. Duhamel MSN, MS, RN** our **Director of Admissions** at (860) 896-5113 or [contact us](#) online.