



Life After Stroke

Resources for Survivors and Family Caregivers

St. Mary Medical Center provides specialized support for people who are recovering from a stroke and for the loved ones who care for them after discharge from the hospital. You and your family can look to our expert team for comprehensive, integrated services to promote the healing of body, mind, and spirit. These are offered for both our inpatients and outpatients as part of our continuum of quality care.

- Physical therapy and occupational therapy
- Speech therapy and recreation therapy
- Neuropsychology
- Spiritual care
- Nutritional counseling
- Annual stroke symposium, support group, and year-round educational sessions
- Referrals to community resources

NEW in 2010!

Educational Sessions for Stroke Survivors and Family Caregivers

Twice each month, the St. Mary stroke team will conduct informal educational programs for survivors and family caregivers. These programs are designed to help your loved one adjust to life at home, in the family, and in the community.

The classes will be conducted at St. Mary Medical Center, and topics will vary each session. They include rehabilitative techniques and advances, behavioral changes after stroke, sexuality and intimacy, and more.

Sessions are provided free of charge. Call **215.710.2623** to register and for class location.

Class Schedule

January 9, 1 – 2 PM, Assistive technology
January 23, 1 – 2 PM, Transfer training

February 10, 3 – 4 PM, Spiritual needs
February 25, 3 – 4 PM, Dysphagia

March 10, 3 – 4 PM, Positioning /Range of motion
March 25, 3 – 4 PM, Nutritional needs

April 14, 3 – 4 PM, Sexuality and intimacy
April 22, 3 – 4 PM, Behavioral changes after stroke

May 12, 3 – 4 PM, Leisure activities
May 27, 3 – 4 PM, Transfer training

June 10, 3 – 4 PM, Community resources
June 24, 3 – 4 PM, Emotional support



It's your health. Expect more.

www.StMaryHealthcare.org