



7 Things You Must Know After a Stroke

Simple, supportive guidance for stroke survivors and their families

Because your loved ones deserve to get their
spark back.

Stroke recovery can feel uncertain, but survivors and families do not have to face every step alone. These seven points offer a clear starting place for safer, more hopeful recovery.

Movement | Confidence | Recovery



1

Call 999 immediately

If you notice facial drooping, arm weakness, speech problems, confusion or sudden balance issues, call 999 straight away. Fast treatment can save brain cells and improve recovery.

2

Start moving safely as soon as possible

Gentle movement and rehabilitation exercises can help rebuild strength, balance and confidence. Always follow advice from your medical or rehabilitation team.

3

Recovery takes time

Every stroke survivor recovers differently. Some improvements happen quickly, while others can take months or years. Small progress still matters.

4

Fatigue after stroke is real

Stroke fatigue is very common and can feel overwhelming even after rest. Pace activity, take breaks and avoid comparing one person's recovery with another.

**5****Look after mental health**

Anxiety, frustration and low mood are common after stroke. Talking to family, friends, support groups or qualified professionals can really help.

6**Keep practising daily tasks**

Simple activities such as standing from a chair, walking, making a drink or using the affected hand can support repetition, confidence and everyday independence.

7**Improvement can continue**

The brain can adapt through neuroplasticity. With consistency, repetition and the right support, meaningful improvements can continue long after a stroke.

**Want to talk about
the next step?**

Call Keith on 07805 812420
Email: hello@sparkrehabhull.co.uk

Important: This guide is general information only. It does not replace medical advice, emergency care or an individual assessment by an appropriate healthcare professional. Always follow the advice of the stroke survivor's medical and rehabilitation team.