

The expected hospital stay for patients with hemorrhagic stroke is 7 days. You may be ready for discharge sooner depending on your condition.

DAYS 1 & 2

- When you arrive on the unit, you will meet members of your care team. They are available to answer questions or address any concerns throughout your stay.
- Be prepared to discuss your medical history with members of your care team and provide a list of your current medications.
- Stroke assessment begins immediately and will occur multiple times during your visit. This is to see how the stroke has affected you and monitor any changes. Inform your care team of any changes to how you feel or your physical abilities.
- You may have difficulty speaking or swallowing. This is common after a stroke. We will assess your ability to eat and drink safely before offering any food, drink or oral medication. If necessary, you may be put on a special diet and/or work with a Speech Language Pathologist (SLP).
- A Physiotherapist (PT) and Occupational Therapist (OT) will meet with you to determine your safest activity level.

DAYS 3 & 4

- Physical activity is an important part of your recovery and you are encouraged to participate in as much activity as possible. This might include having meals in a chair or walking around your room. Work with your care team to determine your safest activity level.
- Your care team will make sure you are receiving proper nutrition and may make changes to your diet. This may include a feeding tube if you are having difficulty swallowing.
- If possible, identify a family member or caregiver who can support you throughout your care journey and help you with next steps after you are discharged from the hospital.
- It is important to start thinking and talking about next steps. Throughout your stay, members of your care team will work with you to determine the best place to continue your care when you leave the hospital.

DAYS 5 & 6

- Midway through your stay, your care team will start to discuss next steps. Whether you are going home or to another location, start thinking about what will be required for a safe transition. Discuss any concerns with the care team.
- Work with your care team to build your physical strength and safely increase your activity level. This might include increasing the walking distance in your room or around the unit independently or with assistance.
- Your diet may change several times as your ability to safely swallow food and drink improves.

DAYS 5 & 6 – CONTINUED

- Members of your care team will review a discharge plan with you. This includes information on next steps and further rehabilitation.
- Make sure you understand the medications you are taking and how to use them on your own.
- You may have to go home with special equipment or services to help you with your daily activities. Your care team will help you understand how to:
 - eat and drink (feeding tube);
 - walk (walker or wheelchair);
 - keep you safe (grab bars or shower chair).

DAY 7 – DISCHARGE

- Review your discharge plan with a member of your care team. Make sure you understand next steps and discuss any concerns or questions.
- You may be transitioning to another location to continue your journey. We will discuss transportation details with you.
- When you leave the hospital, you will be contacted by a nurse from the District Stroke Centre who will provide help and information as you continue your recovery.

If you have questions during your journey, ask!

