



**CARING FOR  
ELDERLY PATIENTS  
WITH STROKE**



# CARE NEEDS OF STROKE PATIENTS

**Stroke** is the third most common cause of death in the United States. It is also a leading cause of disability. Strokes can be caused by a blockage or rupture in an artery that supplies blood to the brain. Strokes can affect people of any age, but they are ...

*... more likely to occur in people over 65 years old.*

Strokes are also more likely to happen in people who have other health problems, such as high blood pressure, diabetes, and heart disease.

Due to lack of mobility of stroke patients, here are some things we need to help them with:

- **personal care (bathing, dressing, eating)**
- **medical-related needs such as medication and hospital appointments**
- **emotional support**
- **financial management**



## IN-HOME CARE TIPS

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**UNDERSTAND THE PATIENT'S MEDICAL RECORDS** - We should maintain our loved ones' medical records to understand their needs - medications, their stroke side effects, and even behavioral changes. We could be overloaded with the doctor's reminders and advise so we should make it a habit to organize our loved ones' medical records as well. This also means managing stroke risks. We should be aware of loves ones blood pressure, cholesterol and stress levels.

**MINIMIZE RISKS AT HOME** - Reduced mobility is one of the main side effects of stroke. We should make it one of the responsibilities to keep our homes safe as much as possible for our loved ones to comfortably move around the house. Steer clear of clutter in the hallway, use non-slip mats, install support bars along the hallway, and so on.

**BE YOUR LOVED ONES BEST FAN** - Other than physical side effects of stroke, there are also a lot of emotional and psychological effects that come with it. There could be instances of sudden outburst of emotions because of trauma or devastation. Be ready to provide support at all times. Cheer them when the time is appropriate. Console them when it is right. It is crucial we stay the most positive when we are with them.

**SEEK HELP WHEN YOU NEED IT** - You can definitely count on us, iProvide Home Care Solutions, when you need trusted professional care for your loved ones. Take your time in rejuvenating and relaxing without feeling guilt of leaving your loved ones. We ensure to provide the best support and care as we treat your loved ones as our own family.