

Suggested Questions for your Provider Regarding Technology and Stroke Recovery

Below are examples of questions you may want to ask your healthcare provider when inquiring about technology use during stroke recovery.

Always remember; a physical, occupational, or speech-language therapist will make recommendations based on your personalized goals.

For your primary care physician

- Do you have advanced training with providing care for stroke survivors?
- What is your perspective on using technology in stroke recovery?
- Do you recommend specific technology for specific impairments?
- How can I use technology at home to help me after a stroke?

- What technologies are available for my caregiver in assisting me with recovery?

For your neurologist

- How often do you introduce your patients to technologies that assist with stroke recovery?
- Do you have any stroke technology information that I can take home to review?
- What do you think is the most important information you can share with me concerning stroke recovery and technology?

For your rehab professional

- Do you have any advanced education or expertise in stroke rehabilitation?
- How can technology be used to support my recovery goals, if at all?

- What is your opinion on how technology can be used to support stroke recovery?
- What technologies do you have access to in your clinic or otherwise that could support my impairments?
- What are some technical and non-technical approaches we could use during my rehabilitation therapy?
- Are there technologies that I can easily access at home to support my recovery?

Note: This fact sheet is compiled from general, publicly available information and should not be considered recommended treatment for any particular individual. Stroke survivors should consult their doctors about any personal medical concerns.

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Rehabilitation is a lifetime commitment and an important part of recovering from a stroke. Through rehabilitation, you relearn basic skills such as talking, eating, dressing and walking. Rehabilitation can also improve your strength, flexibility and endurance. The goal is to regain as much independence as possible.

**Remember to ask your doctor,
“Where am I on my stroke recovery
journey?”**