



CANADIAN STROKE BEST PRACTICE RECOMMENDATIONS

Rehabilitation, Recovery and Community Participation Following Stroke Part One: Stroke Rehabilitation Planning for Optimal Care Delivery 7th Edition, 2025

Box 9: Education and Self-Management Checklist

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Box 9 Education and Self-Management Checklist

Education topics to address:

- ☐ Secondary stroke prevention
- ☐ Medication management
- ☐ Risk factor management (including adherence to pharmacotherapy and health related lifestyle behaviours)
- ☐ Role and importance of exercise, information on selection of community-based exercise programs
- ☐ Symptom and stress management techniques
- ☐ Fatigue, sleep management, and energy conservation strategies
- ☐ Nutrition, healthy eating strategies
- ☐ Coping with physical changes
- ☐ Coping with emotions such as fear, anxiety, anger, apathy and depression
- ☐ Coping with cognitive and memory changes
- ☐ Coping with sensory, perceptual and communication deficits or limitations
- ☐ Safety and fall prevention
- ☐ Health-related problem-solving and decision making
- ☐ Relationships, intimacy and sexuality
- ☐ Community participation and resuming valued activities
- ☐ Recreation, leisure and social participation
- ☐ Supports available in the community, such as housing/supported living options
- ☐ Driving regulations and rehabilitation, and community-based transportation services
- ☐ Considerations and strategies related to return to educational activities, work, and volunteering
- ☐ Financial resources and social services
- ☐ Advance care planning, end-of-life and palliative care options
- ☐ Respite care options
- ☐ Social and peer support

Skills Training and Self-Management Topics:

- ☐ Self-management education to encourage independence, increase confidence and skills to better manage their health
- ☐ Personal care techniques (e.g., feeding and bathing techniques)
- ☐ Communication strategies and supportive communication
- ☐ Safe transfers, lifts, and repositioning (e.g., transfers from bed to chair, positioning of a hemiplegic limb)
- ☐ Food preparation and modifications for dysphagia
- ☐ Cognitive strategies such as problem-solving techniques
- ☐ Stress management techniques (e.g., exercise, mindfulness and meditation)
- ☐ Energy conservation techniques to manage fatigue
- ☐ Participation in independent exercise to improve and maintain fitness
- ☐ Accessing community services and resources
- ☐ Ongoing health system navigation
- ☐ Awareness of the importance of self-care and caregiver burnout