



CANADIAN STROKE BEST PRACTICE RECOMMENDATIONS

Stroke Systems of Care

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Box 5: Self-Management Checklist

*Hunter G, Arsenault S (Writing Group Co-Chairs)
on behalf of the Canadian Stroke Best Practice Recommendations
Stroke Systems of Care Writing Group, the Canadian Stroke Best Practice
Recommendations Advisory Committee, and in collaboration with the
Canadian Stroke Consortium, Can Stroke Recovery Trials Platform and the
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Box 5 Self-Management Checklist

Education topics:

- secondary stroke prevention
- medication management
- risk factor management (including adherence to pharmacotherapy)
- role and importance of exercise, information on community-based exercise programs
- symptom and stress management techniques
- fatigue, sleep management, and energy conservation strategies
- nutrition, managing dysphagia, healthy eating strategies
- coping with physical changes
- coping with emotions such as fear, anger and depression
- coping with cognitive and memory changes
- coping with perceptual deficits
- managing communication impairments
- health-related problem-solving and decision making
- relationships, intimacy and sexuality
- community participation and resuming valued activities
- 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 work
- financial resources
- advanced care planning, end-of-life and palliative care options
- respite care options
- peer support

Skills training and self-management topics:

- Self-management education to encourage independence, increase confidence and develop 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)

- Accessing community services and resources, including exercise programs
- Ongoing health system navigation
- Caregiver awareness of the importance of self-care and caregiver burnout
- Leisure activity adaptations or modifications