

# Your Care Team After a Stroke

*Many providers will help you recover after you leave the hospital. This handout explains who may be on your care team and how they will help you. We are here to support you and help you reach your health goals.*



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digital copy of  
this handout.*

- **Primary Care Provider (PCP):** Your main doctor, nurse practitioner, or physician's assistant. They help with your overall health, manage your medicines, and refer you to specialists if needed.

## Medical Teams

- **Stroke Neurology:** Helps with early care to lessen the effects of a stroke and do tests to find what caused it. They support your recovery and provide treatment and education to help prevent another stroke.
- **Neurosurgery:** Monitors your healing if you had or may need brain surgery.
- **Rehab Medicine (Physiatry):** Helps you recover and function after a stroke. They focus on getting you back to daily life and working with any disabilities.

## Additional Teams:

You may have services from:

- **Physical Therapy:** Helps with your strength, balance, and walking. They can help you use tools like canes or wheelchairs.
- **Occupational Therapy:** Helps you practice daily tasks like dressing, eating, and driving.
- **Speech Therapy:** Helps with communication, talking, and swallowing.
- **Recreational Therapy:** Helps you participate in community activities and hobbies.
- **Nursing:** Helps with wounds, medicines, and personal care at home.
- **Vocational Counseling:** Helps you adjust to work again or find new job options.
- **Rehab Psychology:** Helps with emotions and thinking after a stroke.
- **Social Work:** Connects with community resources.
- **Case Manager:** Organizes your care and connects you to medical services and resources.
- **Cultural Mediators:** Organizes your care in a culturally sensitive way.
- **Caregivers:** Helps with daily needs like dressing, bathing, and managing medicines. You may have a family caregiver, or you may hire help based on your needs and finances.

## Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

To make an appointment, call 206.520.5000.

# How Each Team Supports You

