



Stroke Association of Southern California

Dear Doctor,

After stroke patients and families are discharged from the hospital, they may come to you with questions and concerns about what happens next.

After concentrated treatment in the hospital, they may fear that nothing more can be done for them. It will help them to understand how stroke recovery changes from inpatient care to outpatient education, therapy, practice and support in the community.

They now need to learn how to live with stroke, adapt to their limitations, expand their capabilities and independence, and develop supportive relationships. They can best do that in a community of experienced survivors, families, recovery services and specialists.

“Continuity of care” is an important concept in the continuum of stroke. As appropriate, you can tell your patients that transition to services in the community is the next step in the process of recovery.

For example, the Stroke Association, UCLA Rehabilitation Services and Santa Monica (Emeritus) College provide education, support, adaptive exercise, and enrichment classes to improve recovery and quality of life.

Would you please contact us or refer your patients when they can benefit from stroke recovery services in the community. Recovery is easier and more effective when done with others.

Sincerely yours,

Reams Freedman
Managing Director

(Today, stroke can be prevented, successfully treated and survivors and families can enjoy life even as they recover)