



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 inpatient and outpatient treatment, they may fear that nothing more can be done for them. They need to know that they are now in the empowerment stage of stroke recovery and much more can be done.

In the empowerment stage, patients and families learn and practice the steps and skills of recovery and transform from states of powerlessness to capability, dependence to independence and distress to optimism.

And they can recover with others. Please tell patients and families that experienced leaders, groups, survivors and families will guide, support, encourage and inspire them.

After acute and subacute care, there is a necessary transition from professional services to actions that survivors and families must do for themselves. Health professionals can help patients make that change.

“Continuity of care” is an important concept. Please explain to your patients that transition to services and support in the community is the next step in the process of recovery.

Would you please contact the Stroke Association or refer patients and families when they can benefit from “empowerment after stroke?”

Sincerely yours,

Reams Freedman, MA, MFT  
Director and Stroke Survivor

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